

5<sup>th</sup> International Conference on

# GLYCOBIOLOGY & GLYCOPROTEOMICS

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3<sup>rd</sup> International Conference on

# MOLECULAR BIOLOGY & NUCLEIC ACIDS

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## Association of triglycerides to HDL ratio as a marker to detect cardiovascular risk factors among adults in a Tertiary care hospital setting Pakistan

**Qurat ul ain**

Peshawar, Pakistan

This study conducted with the aim to find an association of Triglycerides to HDL ratio in adults with cardiovascular risk factors (Obesity, diabetes, and hypertension). study design was a Cross-sectional study conducted in Department of Chemical Pathology and Endocrinology, Armed Forces Institute of Pathology Rawalpindi from January 2018-June 2018. This study was a cross-sectional study conducted in Armed forces institute of Pathology CMH Rawalpindi. Inclusion criteria include an adult with a range of 19-50 year of age. Patient with comorbidity like cancer, tuberculosis, bedridden patient will be excluded from the study. Sampling Technique is simple random sampling. A structured; standardized and pre-tested questionnaire was applied in a pilot study. The independent variables evaluated at the first meeting will be, socioeconomic and demographic (age, gender, marital status, years of schooling and economic class), and presence of morbidities (heart disease, dyslipidemia, hypertension, diabetes, the presence of depressive symptoms). A total of 355 sample size was analyzed after getting approval from an ethical review board of Armed forces institute of pathology CMH Rawalpindi, out of which 269(71.5%) were female while 86(22.9%) were male with mean age of  $37 \pm 11.64$  year with a range of 22-60 year of age group. To check association among cardiometabolic Risk factors like Diabetes, obesity, hypertension and TG/HDL-C ratio chi-square test computed for all cardiometabolic Risk factors. It shows strong association among HOMA-IR, Diabetes, Hypertension, percent body fats and TG/HDL-C ratio ( $p=0.00$ ,  $p=0.001$ ,  $p=0.00$ ,  $p=0.00$ ). TG/HDL-C ratio considered as a potential biomarker for the early prediction of cardiometabolic risk factors.

draaneiseera@gmail.com