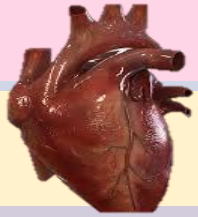
Prevalence of atherosclerosis cardiovascular diseases (ASCVD) among unaware un-diagnosed Pakistani population



[1]Hina Rehman, [2]Quratulain Waseem, [2]Samreen Aziz, [2]Saima Hussain

[1]Department of Pharmacy Practice, Institute of Pharmaceutical Sciences, Jinnah Sindh Medical University , Karachi Pakistan

[2]Department of Pharmacology, Faculty of Pharmacy, Jinnah University for Women, ,Karachi Pakistan

Introduction

-Pakistan is one of the south Asian countries who have large number of death incidence due to CVS [1].

-Here, We present the study who estimates the 10 years risk and life time risk among unaware population residing the large metropolis city of Pakistan [2] by pooled cohort equation through AHA guidelines [3].

By knowing the risk, individuals can safe their own life and reduce the cardiac risk by adopting LSM, HIS & MIS [4].

Demographics and Risk indicators as per Revised pooled cohort Equation

Groups	Range	N (%)
Age	31 - 39 years	(370) 21.02 %
	40 - 49 years	(579) 32.9%
	50 - 59 years	(515) 29.3%
	60 - 69 years	(228) 13.0%
	70 - 79 years	(62) 3.5%
	>= 80 years	(6) .3%
Gender	Male	(753) 42.7%
	Female	(1007) 57%
Diabetes	Yes	(872) 49.5%
	No	(888) 50.4 %
Hypertension	Yes	(819) 46.5%
	No	(734) 41.7%
	Dont know	(207) 11.7%
Smoking	Yes	(322) 18%
	No	(1438) 81%
Family history of premature CVD	(592) 35%	
BMI	29.81±4.6	
Heart rate (beats/min)	89 ± 17	
Systolic blood pressure (mmHg)	117.2 ± 20.7	
Diastolic blood pressure (mmHg)	69.7 ± 13.7	

Odd ratio association with Age and TC group

AHA Score Risk		Sig.	ODD Ratio	95% Confidence Interval for	
				Lower Bound	Upper Bound
Age with Total Cholesterol (TC)					
10-14.9		.003	1.040	1.013	1.067
15-19.9		.000	1.070	1.036	1.106
>20		.000	1.121	1.089	1.155
<7.5		.000	.908	.888	.927
Total Cholesterol (TC)					
10-14.9	TC Groups				
	< 200	.239	1.431	.788	2.596
	200-239	.886	1.048	.553	1.986
	>240	-	-	-	-
15-19.9					
	< 200	.168	1.741	.791	3.828
	200-239	.733	1.160	.493	2.729
	>240	-	-	-	-
>20					
	< 200	.532	1.216	.658	2.245
	200-239	.591	.833	.427	1.623
	>240	-	-	-	-
<7.5					
	< 200	.000	4.041	2.481	6.584
	200-239	.005	2.086	1.245	3.495
	>240	-	-	-	-

Requirement of statins as per AHA guidelines

Risk Score	HIS MIS	LSM & no recommendation	Total	P Value
7.5-9.9	182	-	183	0.00
10-14.9	201	-	202	
15-19.9	89	-	90	
>20	153	-	163	
<7.5	653	469	1122	
Total	1278	469	1760	

Conclusion: CVD risk prediction is significant to know for avoiding the silent death.; By following AHA guidelines, heart risk can be minimized and further quality of life can be improved by use of moderate to high level statin along with life style modification. For more magnified result FRS score would be compare with RPEC for recommendation of statins. Prevention is better than cure for the ones who knows that they are at risk.