

A STUDY ON VISCERAL ADIPOSITY INDEX IN PATIENTS WITH ACUTE CORONARY SYNDROME

ABSTRACT

AIM AND OBJECTIVES

- To calculate the VAI in patients with acute coronary syndrome.
- To study the factors influencing high VAI among patients with acute coronary syndrome.

MATERIALS AND METHODS

This is a case control study which includes 200 patients out of which 100 were cases and 100 were controls. Cases were selected among those patients admitted with acute coronary syndrome in Chengalpattu medical college and hospital. Controls were selected from those with atypical chest pain or chest due to non cardiac causes. Controls were matched with cases with respect to smoking, alcohol, diabetes and hypertension.

A proforma was drawn up and following details were recorded for each patient age, sex, history, clinical examination of signs and symptoms, ECG and relevant blood investigations.

OBSERVATION AND RESULTS

Our study shows that a definitely high level of VAI among cases with mean value of 7.1 among cases and 5.2 among controls with a p value of 0.0001. Thus a statistically significant value.

CONCLUSION

In conclusion, given the simplicity of WC and BMI measurement and TG and HDL assessment, and the identification of reference cut-off points in a population, we suggest that VAI would be an easy tool for the assessment of VAD, and might be useful in daily clinical practice and in population studies for the assessment of cardio metabolic risk associated with visceral obesity.