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A STUDY ON RISK FACTORS OF CORONARY ARTERY DISEASE IN CHONG QING CITY

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Objective To investigate the relationship between risk factors and coronary artery disease in Chong Qing city, and to provide scientific basis for preventing and intervening coronary artery disease.

Methods Four hundred and fifty eight inpatients who had been diagnosed with suspected coronary artery disease were divided into two groups: non-coronary artery disease group (NCAD) and coronary artery disease group (CAD), according to coronary angiography. The relationship between risk factors and coronary artery disease was then analysed.

Results (1) The rates of male, older age, smoking, hypertension and abnormal lipid metabolism were significantly higher in coronary artery disease group than those non-coronary artery disease group ($p < 0.05$). (2) The rates of smoking, hypertension and diabetes mellitus were significantly higher in male coronary artery disease group than those non-coronary artery disease group ($p < 0.05$). The rates of older, hypertension and abnormal lipid metabolism were significantly higher in female coronary artery disease group than those non-coronary artery disease group ($p < 0.05$). (3) The rates of male, smoking, hypertension, diabetes mellitus and abnormal lipid metabolism were significantly higher in younger coronary artery disease group than those non-coronary artery disease group ($p < 0.05$). The rate of hypertension and diabetes mellitus was significantly higher in older coronary artery disease group than those non-coronary artery disease group ($p < 0.05$). (4) Multiple regression analyses indicated that age, gender, smoking, hypertension, diabetes mellitus and abnormal lipid metabolism were the most prominent risk factors.

Conclusion Age, gender, smoking, hypertension, diabetes mellitus and abnormal lipid metabolism are the most prominent risk factors of coronary artery disease in Chong Qing city.