

# Cardiovascular Risk Factor Profile of Unstable angina patients in Bangladesh

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## **Background:**

In recent years, unstable angina has emerged as a dominant cause of hospital Admission.

## **Purpose:**

To observe the cardiovascular risk factors in patients with unstable angina,

## **Methods:**

Observational study with 205 patients of diagnosed unstable angina who were admitted between January 2002 to June 2003 in cardiology department of Bangabandhu Sheikh Mujib medical University.

## **Results:**

Out of 205 cases 167 (75%) were male, 40 (25%) were female with a mean age of  $54.82 \pm 11.72$  (age range 24-90 years). Among 205 cases 85 (41%) had hypertension, 62 (30%) had dyslipidaemia, 53 (26%) were smoker, 50 (24%) were diabetic, 27 (13%) had left ventricular hypertrophy, 25 (12%) had positive family history of ischaemic heart disease and 10 (5%) were obese.

## **Conclusion:**

High prevalence of multiple cardiovascular risk factors superadded by a tendency for aggregation of risk factors in the same individual explains the recent increase in occurrence of unstable angina in Bangladesh.

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