

Cardio Care 2020: Angiographic profile of NSTEMI patients with or without metabolic syndrome-Major Dr. Md. Aminul Haque, MD- Classified cardiologist, Combined military Hospital, Dhaka, Bangladesh.

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Abstract

Metabolic Syndrome (MS) constitutes the clustering of clinical and biochemical risk factors, associated with increased risk of CV events. NSTEMI accounts for the important part of CV event with considerable morbidity and mortality. The aim was to investigate association of MS with angiographic severity of CAD in patients with NSTEMI. This was a cross-sectional study included total 192 prospectively enrolled NSTEMI patients. The patients underwent CAG in National Heart Foundation Hospital, Dhaka during August 2013 to August 2014. CAG evaluated via Sullivan's method. Statistically significant difference in vessel score observed between two groups, such that triple vessel disease was significantly higher in patients with MS (42.7% versus 15.6%, $p < 0.001$) and single vessel disease was significantly higher in patients without MS (45.8% versus 21.9%, $p < 0.001$). The mean total stenosis score of patients with MS was also significantly higher than for those without MS (9.26 ± 4.29 versus 6.06 ± 3.07 , $P < 0.001$). The mean extension score of patients with MS was also significantly higher than for those without MS (53.70 ± 18.11 versus 39.11 ± 17.59 , $P < 0.001$). Correlation analysis found that angiographic scores showed a direct correlation with MS scores, total cholesterol, LDL-C, HDL-C, TG and waist circumference. When the components of MS were enrolled into multivariate linear regression analysis, it was found that individual components of MS waist circumference, raised BP, reduced HDL-C and elevated TG were independent predictors of high total stenosis score and extension score. MS, as well as individual components of MS independently associated with angiographically severe CAD.

Biography

Major Dr. Md. Aminul Haque MBBS, MD graduated from Shaheed Ziaur Rahman Medical College, Bogra in 2003. He obtained MD in Cardiology from National Heart Foundation Hospital & Research Institute, Dhaka. He is now working as a classified clinical & interventional cardiologist at Combined Military Hospital (CMH), Dhaka in Bangladesh Army. He is a member of American College of Physicians (ACP) and life member of Bangladesh Cardiac Society (BCS). He has been serving as a peer reviewer of American Journal of Internal Medicine (AJIM).

This work is partly presented at 29th International Conference on Cardiology and Cardiovascular Disease March 23-24, 2020 held in Osaka, Japan