

## “A Need of the Study on the risk factors on occurrence of coronary artery disease”

Mr. Nemi Chand Jat<sup>1</sup> Prof. (Dr.) Yogesh Yadav<sup>2</sup>

<sup>1</sup> Ph.D. Scholar, Maharaj Vinayak Global University, Jaipur, Rajasthan

<sup>2</sup> Supervisor, Dean/Principal, Maharaj Vinayak Global University, Jaipur, Rajasthan

Corresponding Email: - [nemijat60@gmail.com](mailto:nemijat60@gmail.com)

### **Background of the study:-**

Occurrence of coronary artery disease is the important and serious health consequences among sedentary health workers. The incidence of coronary artery disease in young adults increasingly due to lack of exercise, physical activity and obesity.

### **Key Words**

- Need of the study , Risk factors on occurrence of C.A.D. Coronary Artery Disease

### **INTRODUCTION**

The WHO expert committee on prevention of Coronary Artery Disease identified a number of lifestyles and environmental factors as the underlying causes of CHD. These risk factors may be conceptualized as modifiable and non modifiable. Age, sex, smoking history of high blood pressure, diabetes, elevated plasma cholesterol /triglycerides, obesity, sedentary lifestyle, personality type and psychological stress are considered some of the major risk factors for CAD. Of the many known risk factors, age, sex and genetic pre – disposition cannot be altered. Other risk factors can be altered and therefore, it is essential to characterize specific risk factors

that influence the rapid progress of this disease in various ethnic populations.

Indians have the highest rates of CAD all over the world it is 2 to 4 times higher at all ages and 5 to 10 times higher in those below 40 years of age. The excess burden of CAD in Indians is due to combination of nature and nurture<sup>5</sup>. Due to industrialization and changing feature of socio-economic scenario, the incidences of CAD are rising in the developing countries as well prevalence of CAD in India is 3 to 4 fold higher than in America and Europe.

Coronary artery disease should now be considered an important public health problem due to epidemiological transition characterized by changing lifestyles and a

problem related to interplay of factors with regards to their existence, causality and attributes. The epidemiological factors like ageing and changing lifestyles, which culminate in an epidemic of non – communicable disease is rapidly occurring in the developing countries.

### **NEED & SCOPE FOR THE RESEARCH:-**

Coronary artery disease is a condition in which the blood supply to the heart muscle is partially or completely blocked. The heart muscle needs a constant supply of oxygen-rich blood. The coronary arteries, which branch off the aorta just after it leaves the heart, deliver this blood. Coronary artery disease can block blood flow, causing chest pain (angina) or a heart attack and also called myocardial infarction.

Coronary artery disease was once widely thought to be a man's disease. On average, men develop it about 10 years earlier than women because, until menopause, women are protected by high levels of estrogen. However, after menopause, coronary artery disease becomes more common among women. Among people aged 75 and older, a higher proportion of women have the disease, because women live longer.

In India, heart disease is the single largest cause of death in the country with heart attacks being responsible for 1/3rd of all deaths caused by heart diseases. According to the projection by the WHO and the Indian Council for Medical Research (ICMR), India will not only be the heart attack capital but also the capital of diabetes and hypertension by 2020. According to WHO, 60 percent of the world's cardiac patients will be Indians by 2020. In 2012, the prevalence of Coronary Heart Disease (CHD) in India was estimated to be 3 - 4 percent in rural areas and 8 – 10 percent in urban areas with a total of 29.8 million affected according to population-based.

The acceleration of cardiovascular diseases (CVD) has become an alarming health problem across the globe. The global burden of diseases study has reported that by the year 2025, CVD would be the major cause of death all over the world including the developing countries. According to world health report 2002, CVD will be the largest cause of death and disability in India by 2020.

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