The effect of lifestyle intervention on reducing of lipid profile in C.H.D patients

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Research question: Whether modification in lifestyle can have a significant effect on reducing of lipid profile in coronary heart disease (CHD) patients

Objectives: To study the effect of modification in lifestyle of (CHD) patients in reducing of lipid profile

(Study design: Randomized controlled trial (RCT)
Setting: Cardiac rehabilitation center, Shahid Madani Heart hospital, Tabriz, Iran

Sample size: all total of 100 patients participated in this study, of these 50 were in the experimental group and 50 were in the control group. At base line, there were no significant differences between experimental and control group in age, gender, education

Study variable: socio-demographic, socio-economic-characteristics, presenting symptoms, past history and family history of patients

Outcome variable: Effect of modification in lifestyle of (CHD) patients and reducing of total cholesterol, T.G, LDL, RBS

Statistical analyses: T-test, test of significant, paired T-test

Finding: Low-density lipoprotein (LDL) cholesterol levels decreased from mean of 146.07 mg/dl at base line to 134.82 mg/dl after 9 month (P<. 000). Total cholesterol decreased from a mean of 211.94 at baseline to 188.86 mg/dl after 9 month (P<. 000) with 95% confidence internal of the differences high density lipoprotein (HDL) cholesterol levels initially increased from 34.41 mg/dl to 38.97 mg/dl after 9 month (P<. 000) Triglycerides decreased from 179.4 mg/dl to 174.7 mg/dl after 9 month (P<. 000). Mean weight decreased from 77.45 at baseline to 73.88 after 9 month ((P<. 000) waist/hip ratio decreased from 108.67 to 0.99 after education P= . 000 sig (2-tailed

Conclusion: In this study we found that lifestyle change in experimental group can reduce the lipid profile of patients without increasing cardiac morbidity and mortality

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Poster