

Risk Factors Associated with Coronary Artery Disease in Gaza

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Abstract:

we have conducted a study of Coronary Artery Disease (CAD) cases including 94 Palestinian patients, 68 (72.3%) males and 26 (27.7%) females, the mean patients age was 57.3 yrs. And the means of serum cholesterol, triglyceride (TG) and Low Density Lipoprotein (LDL) were low and they were close to international ranges, unlike High Density Lipoprotein (HDL) level. In addition, the distribution of Sedentary Physical Activity was the highest CAD risk factor, particularly females were higher than males (**P=0.001**), then male smokers were the second highest risk factor and the stressed females were the third highest risk factor (**P=0.001**). In addition, we noticed the total cholesterol/HDL ratio is higher indicator than LDL/HDL and HDL/LDL ratio. Also, the distribution of serum total and direct bilirubin concentration was lower than normal value. Therefore, in our CAD patients, we recommend that the serum HDL level of females and LDL should be modified and concern about physical activity, smoking and stress in our population.

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