

A STUDY ON SERUM LIPID PROFILE IN HYPERTENSIVE PATIENTS OF HADOTI REGION

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ABSTRACT

Background & Objectives: There is strong association between hypertension and dyslipidemia. They increase patient's susceptibility to the development of coronary heart disease. This study is done to estimate the serum total cholesterol, triglyceride, HDL-C and LDL-C values in hypertensive patients and to study the association between hypertension and dyslipidemia.

Methodology: The study was carried out in New Medical College Hospital (NMCH), Kota, Rajasthan. The study period was from October 2013 to March 2014. 100 patients were studied. Out of them 50 were cases and 50 were controls. The patients that were included satisfied JNC VII criteria of hypertension.

Results: The study showed that TG, Total cholesterol, LDL-C, VLDL-C levels were raised in patients with hypertension in comparison to controls. HDL-C levels were decreased in patients with hypertension in comparison to controls. There was negative correlation between cholesterol and HDL-C levels in cases where as a positive correlation was seen between cholesterol and LDL-C levels.

Interpretation & Conclusion: Based on the obtained results the serum lipid profile may be useful in identification of patients at risk of hypertension. Measuring TG, Total cholesterol, LDL-C, VLDL-C levels is a useful test as it carries important prognostic information.

KEYWORDS: Cholesterol, Cardiovascular Diseases, Lipids, Hypertension, Triglycerides