

## **A Comparative study of major CAD risk factors between medical doctors and general population**

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### **Objective:**

CAD and its complications are only preventable if we know the risk factors in individuals and population of a region. CAD risk factors are variable in different society, culture and profession.

We studied and compared the major CAD risk factors among medical practitioners and general population of Guilan region in Iran.

### **Methods and Materials:**

In this cross sectional study, physicians in Rasht, the largest city in north of Iran, were surveyed with a self reported questionnaire. Performa had 2 sections (demographics and medical history). Data from returned questionnaires were analyzed and compared with those in a epidemiological study for general population at Sowmesara near Rasht (18km) .

Data from returned questionnaires were analyzed using SPSS software. Results obtained were compared with the results of a similar epidemiological survey for major CAD risk factors in 2304 adult population of Guilan. We used Chi - square test.

### **Results:**

Associated cardiovascular risks in Rasht doctors included:

23.9% were active Smokers.

2.6% had Diabetes mellitus .

11.6% had Hypertension.

13.2% had Dyslipidemia.

23.6% were Obese.

Associated cardiovascular risks in Sowmesara general population:

21% were active Smokers.

6.2% had Diabetes mellitus.

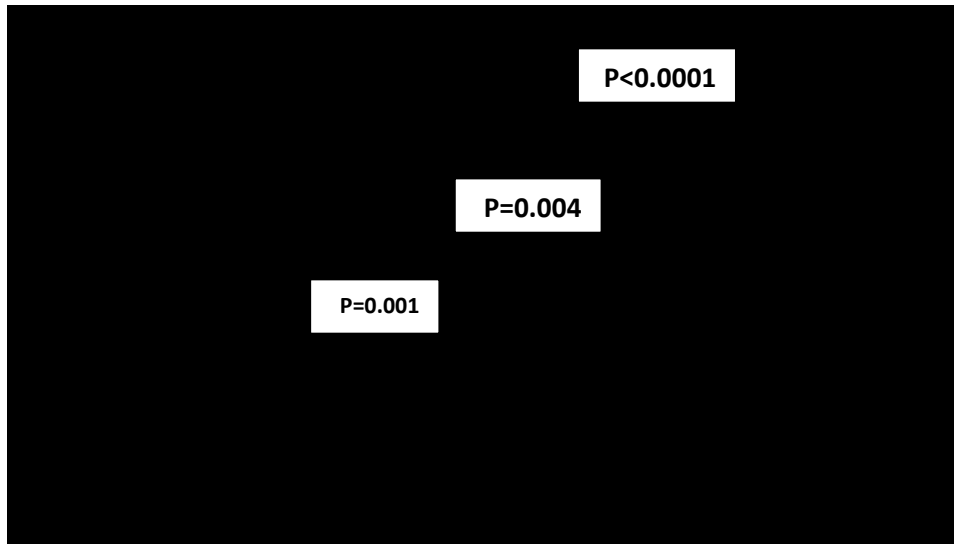
16.5% had Hypertension.

30.3% had Dyslipidemia.

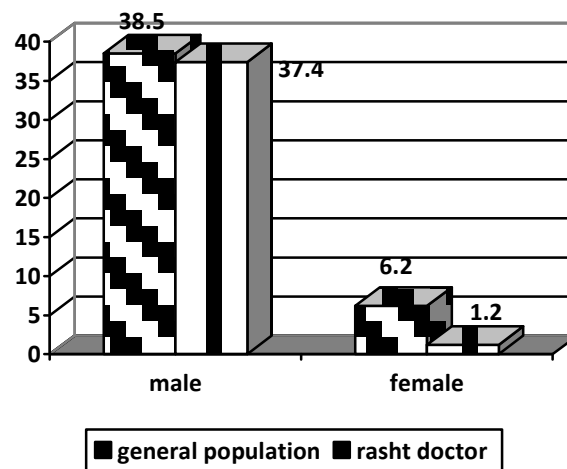
39.8% were Obese.

## Risk factor comparison with general population

P<0.0001

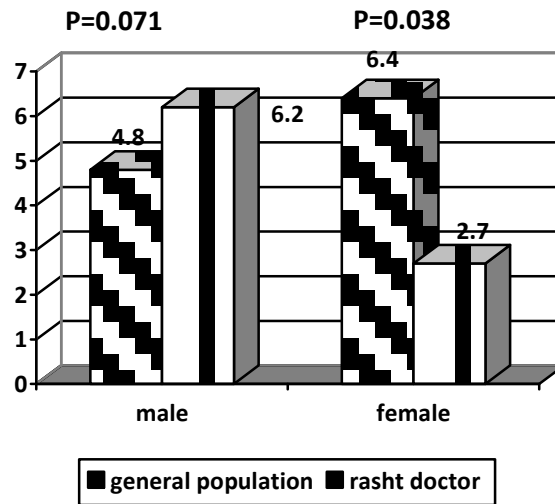


## Tobacco smoking in Rasht doctors comparison with general population



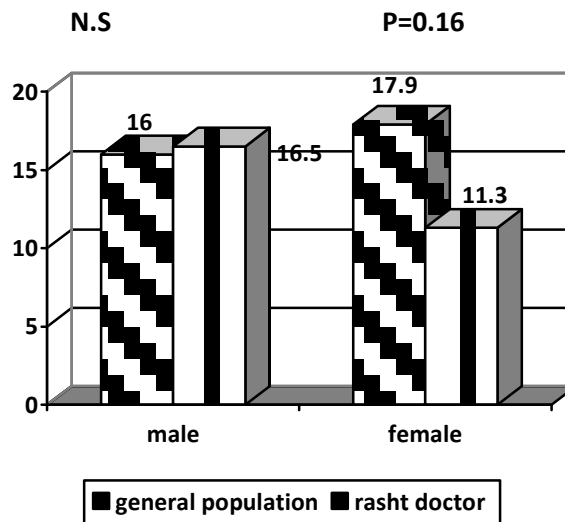
Tobacco smoking was equally prevalent in 2 groups of male but Female doctors significantly smoked less

## Diabetes among Rasht doctors in comparison with general population



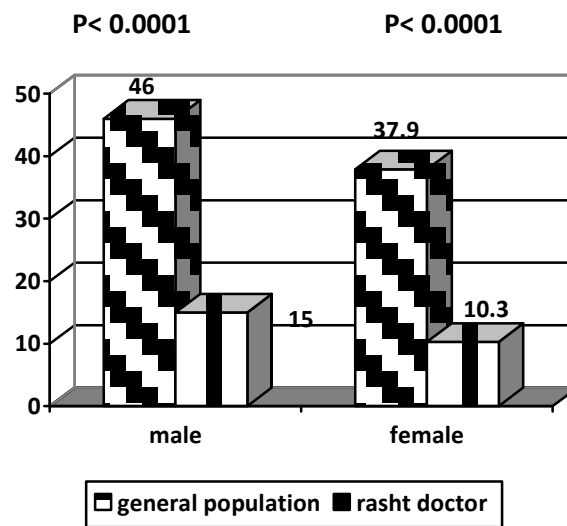
Diabetes was more prevalent among general population

## Hypertension in Rasht doctors comparison with general population



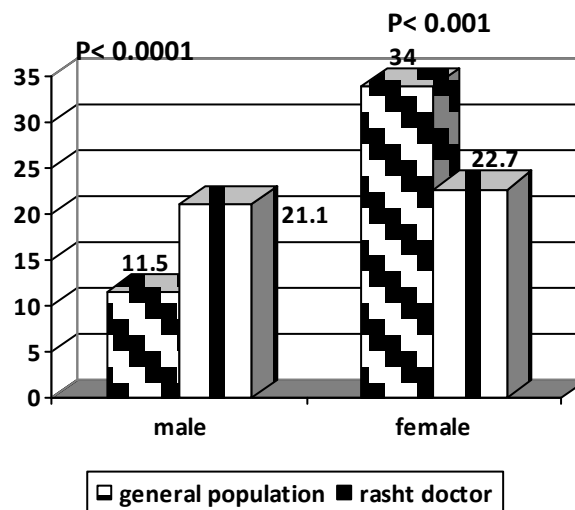
Hypertension was equally prevalent in 2 groups of male. But statistically non significant in male. Female doctors were less Hypertensive significantly

## Dyslipidemia in Rasht doctors comparison with general population



Dyslipidemia was more prevalent among general population

## Obesity in Rasht doctors comparison with general population



Obesity was more prevalent among male doctors and female of general population . Obesity in female doctors were less

### Conclusion:

These findings revealed that risk factors for cardiovascular diseases among physicians are as prevalent as general population. Tobacco smoking was more prevalent among male doctors and calls for future intensive prevention in this group. Interestingly female doctors in this study had a significant decrease in CAD risk factors in comparison to their male colleagues. So that female physician are better healthy life style model in our society.