



A STUDY OF THE MARKERS OF PATIENTS UNDERGOING CARDIOVASCULAR SURGERY

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ABSTRACT

Aim: To study the markers of patients undergoing cardio vascular surgeries.

Objectives: To estimate and compare the attributable markers of patients undergoing various cardiovascular surgeries and procedures.

Methods: The sample population (n=48) was randomly chosen from four different hospitals of Hyderabad. All the patients were of different age group, sex, socio-economic status, ethnicity with different co-morbidities. A pre-tested format consisting of patient profile, subjective data, objective data, biochemical data, medications and 24 hour dietary recall followed by Medical Nutrition Therapy during the hospital stay.

Results: Among 48 subjects the detailed study identified the common risk factors with respect to cardio vascular diseases. The bio-markers studied, showed a higher percentage in age group of 61-80 years and is mostly prevalent in males. Majority of patients are with normal BMI and are non-smokers. Hypertension and Diabetes are superiorly predominant and dietary patterns recorded are favorably non-vegetarians.

Conclusion: From the result it is very clear that majority of the patients studied with cardiovascular diseases belong to the age group 61-80 years and is mostly seen in males. Majority of them are accompanied with co-morbidities like hypertensive, obesity and diabetic. And predominantly follows a non-vegetarian diet.

Keywords: Cardio vascular diseases, cardiovascular surgery, hypertension, obesity, diabetes, myocardial infarction, stroke, heart failure, diet.
