

A CORRELATIVE STUDY OF HYPERTENSION WITH LIPID PROFILE

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ABSTRACT

Background: Hypertension is recognized as the most common cardiovascular disorder and a leading cause of morbidity and mortality in both developed and developing countries. Dyslipidaemia (hyperlipidaemia), which is associated with hypertension, has been recognised as an independent risk factor for cardiovascular disease.

Objectives: To assess the plasma lipid profile of hypertensive and normotensive subjects. To assess the association between hypertension and Dyslipidaemia in subjects.

Materials and Methods: The present study was carried out on a total of 100 hypertensive patients attending our tertiary care Hospital and 100 age and sex matched healthy controls. Twelve hour fasting lipid analysis was done for Serum triglycerides (TG), total cholesterol(TC), High Density Lipoprotein (HDL), Low Density Lipoprotein (LDL). Height and weight were measured with the subject in light clothes without shoes, and Body Mass Index (BMI) (Kg/m²) was calculated. Statistical analysis was done by mean, standard deviation, and correlation test.

Results: Maximum incidence of hypertension was noticed in the age group 40-49 years. Male to female ratio was 2.3:1. The hypertensive subjects were significantly ($p < 0.005$) heavier than the normotensive subjects ($28.58 \pm 4.25\text{kg/m}^2$ vs. $26.79 \pm 3.71\text{kg/m}^2$) with significantly higher lipid profile. The triglyceride level was significantly higher in the male than female hypertensive's. Hypertensive subjects has significantly higher BMI as well as lipid profile in the age group of 30-39 years.

Conclusions: A correlation was attempted with various clinical parameters like age, gender and lipid fractions. The serum lipid profile of hypertensive patients were deranged specially in the middle aged group.

KEYWORDS: Hypertension, Dyslipidaemia, BMI, HDL, LDL, Triglycerides