

Analysis of Association of Various Risk Factors with Atherosclerosis through Carotid Intima-Media Thickness Measurement

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Abstract

Introduction: Atherosclerosis remains the major cause of death and premature disability in developed societies. Cardiovascular risk is amplified multifold in post-menopausal women. Carotid intima-media thickness (CIMT) is non-invasive, reproducible, economical, safe contrivance to analyze amassed effect of various risk factors for atherosclerosis. **Aims and Objectives:** The present study was undertaken to find out prevalence of dyslipidemia in postmenopausal women coming from rural area to the tertiary care hospital for any illness, estimate CIMT in these women and to find out correlation between dyslipidemia and abnormal CIMT, to find the prevalence of other CAD risk factors. **Materials and Methods:** The present study was cross sectional observational study, which measured CIMT through B- mode ultrasonography on common carotid artery. **Results:** Out of 87 dyslipidemics, 13 had raised CIMT. Diabetes mellitus and coronary artery disease showed statistically significant association with raised CIMT. **Conclusion:** CIMT findings showed that it may be considered as sensitive but not specific marker of atherosclerosis.