

## Lipid Profile Changes in Young Pregnant Females with Low-Socioeconomic Status in Nanded, Maharashtra

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### Abstract

**Background:** Pregnancy is associated with several physiological changes in the body of females, it may also influence the way by which body handles lipids and lipoproteins. **Aim:** In the present study, it was tried to evaluate the changes in lipid profile in young pregnant females with low-socioeconomic status in Nanded District, Maharashtra. **Methods:** A total of 120 women were selected for the present study following inclusion and Exclusion criteria. Out of them 90 were diagnosed healthy pregnant women in first, second and third trimester, they were included in Group I, Group II and Group III respectively, selected from the antenatal clinic and 30 healthy non-pregnant women were selected as control included in Group IV. Both the case and control groups were compared with each other for lipid parameters changes. **Results:** The mean  $\pm$  SD of Serum TC in Group I, Group II, Group III, and Group IV were  $157.43 \pm 10.83$ ,  $179.13 \pm 19.63$ ,  $195.43 \pm 15.14$  and  $144.46 \pm 5.73$  respectively. Similarly, serum HDL-C in four groups were  $47.1 \pm 6.9$ ,  $52.7 \pm 4.3$ ,  $49.33 \pm 1.21$  and  $46.76 \pm 4.42$ . The mean  $\pm$  SD of Serum LDL-C in four groups were  $91.8 \pm 6.50$ ,  $103.06 \pm 20.72$ ,  $120.26 \pm 15.29$  and  $81.86 \pm 8.05$ . The mean  $\pm$  SD of Serum VLDL-C in four groups were  $18.53 \pm 2.24$ ,  $23.36 \pm 3.31$ ,  $25.83 \pm 3.1$  and  $15.76 \pm 1.79$  respectively. **Conclusion:** Lipid profile changes increase during pregnancy. The changes in lipid profile during pregnancy are attributed to alternation in body metabolism of lipids due to change in levels of several hormones during pregnancy.