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**Original article:**

**Body Mass Index – a predictor of Gall Stone Disease?**

**1Dr Ashok Kumar Das**, 2**Dr Anku Moni Saikia, 3Ms Anjana Moyee Saikia, 4Dr Rupali Baruah**

1Associate Professor, Dept of Surgery, FAA Medical College, Barpeta, Assam.

2Associate Professor, Dept. of Community Medicine, Gauhati Medical College, Guwahati, Assam.

3Statistician, Dept. of Community Medicine, Gauhati Medical College, Guwahati, Assam.

4Professor, Dept of Community medicine, Gauhati Medical College

Corresponding author: Dr Ashok Kumar Das

**Abstract:**

**Introduction:** Body Mass Index (BMI) has been identified as one of the predictors of Gall Bladder stone (GBS) Disease. However, its role is not found to be consistent. This preventable risk factor could easily be controlled with simple lifestyle changes. The present study was planned to assess the relationship between BMI and GBS over different age groups and gender.

**Materials and methods:** This hospital based case-control study was conducted in a tertiary care institution. Indoor case of Surgery Dept diagnosed to have GBS and after fulfilling the inclusion criteria were considered as cases. A total of 189 cases were taken for the study. Age and sex matched control at the ratio of 1:1 were taken as control. Family history of GBS disease were excluded from both cases and controls.BMI was measured and compared among cases and conthols. Chi square test and t test was used to see the difference.

**Results and observations**: Male female ratio was 3:1.Insignificant association was observed between mean BMI of cases and controls irrespective of gender. But when stratification was done based on gender, significant difference was seen in female.

**Conclusion:** BMI can be used as predictor of GBS only in case of female. Further studies are required to establish the link as predictor in both sexes.

**Keywords:** BMI, Obesity, Gall stone disease.