**Original article:**

**Study of serum ‘Lipid Profile’ patterns of Indian population in young Ischaemic Heart Disease**

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**Abstract:**

**Introduction:** The relationship between lipid profile and obstructive disease in coronary arteries is well known. Data from the OPERA registry suggests that in patients with different ACS, the strongest predictor of in-hospital death was untreated dyslipidemia. With this background the present study was conducted with the objectives to study serum ‘Lipid Profile’ patterns of Indian population in young Ischaemic Heart Disease (IHD) of age forty years and below

**Methodology:** Considering the fact that young IHD patients are not so common, it was decided to include all

patients attending OPD or admitted in the hospital diagnosed as having IHD. During the study period 40 eligible

patients were admitted and all were included in the study.

**Results:** The present study found that the mean HDL level and LDL level were 39.03 mg/dl and 116.3 mg/dl respectively with 4.6 and 22.5 mg/dl standard deviation. Mean VLDL level was 17.03 mg/dl with standard deviation of 4.6. Mean TC level and TG level were 175.63 mg/dl and 138.35 mg/dl respectively with standard deviation of 23.5 and 16.9 mg/dl respectively.

**Conclusion**: From the present cross sectional study we can conclude higher level of LDL value were associated with young IHD and HDL and VLDL values were higher in non smoker while LDL, TC and TG values were higher in smoker patients. Similarly mean serum creatinine level was found to be significantly higher among never smoker compare to non smoker

**Keywords:** Ischaemic Heart Disease , Lipid Profile