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**Original article  
Effect of obesity on electrocardiographic P-wave dispersion in apparently healthy young women**

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**Abstract**

Obesity is said to affect cardiovascular physiology. Objective**:** The present study was undertaken to assess the impact of obesity on electrocardiographic p-wave dispersion.

**Methods and materials:** A cross sectional study conducted among 60 apparently healthy young women, who were further divided into two groups according to their BMI. The first group consisted of non-obese subjects with BMI of 18 to 24.9 kg/m2 and the second group consisted of obese subjects with BMI of 30 kg/m2 and above. All the subjects underwent electrocardiogram analysis for p-wave dispersion.

**Results**: After analysing the data and comparing by independent sample t-test, we found significantly higher p wave dispersion in obese group in comparison to non obese group (p<0.001).

**Conclusion**: Obesity has an impact on cardiac electrophysiology of women even in younger age group, therefore they should be safeguarded against the hazards of obesity by taking corrective steps through our health programs.

**Key words**: Obesity, ECG, P-wave, BMI