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## Waist circumference measures predict the cardiovascular risk parameter

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**Background:** Systolic and Diastolic blood pressure are two variables of Blood pressure that can be precisely measured if right precaution is taken and hence provides an attention to understand the cardiovascular risk parameters such as atherosclerosis, Ischaemic Heart disease, Strokes that leads to premature death. Waist circumference is considered to be one of the important measurements that indicate deposition of fat bulk around the waist region that is directly associated with insulin resistant, Hypertension another Cardiac-metabolic risk.

**Aim:** Hence, this study aims to find the waist circumference (WC) measurement strongly predicts hypertension one of the cardiovascular risk.

**Methods:** A community based cross-sectional study was conducted by incorporating total of substantial number (more than 100) of subjects in the data who were male only older than 25 years, non-smokers, non-alcoholic, didn't have history of taking any type of medication, non vegetarian with normal physical activity and were residents in the urban and rural areas throughout, were included in the present study. Waist circumference referenced to umbilicus measured by non tensile and non-flexible measuring tape and at the meantime height and weight were also recorded by standard device in order to calculate BMI and blood pressure was measured by Aneroid sphygmomanometer of the respective subject subsequently data analysis was made by using SPSS to compare the BMI and Waist circumference relationship with blood Pressure independently to identify their relationship with hypertension.

**Results:** Keeping few exceptional aside, Both BMI and Waist Circumference exhibited a positive association with blood pressure, while the waist circumference was more strongly associated with hiking of blood pressure and also BMI is not always the relating parametric tool to metabolic disease as was conventionally considered.

**Conclusion:** The result and analytical data showed that ( $P < 0.05$ ) there is significant strong correlation of blood pressure with waist circumference comparatively more than BMI thus WC alone can significantly predict the co-morbidity, therefore, this study approach to suggest and hints to follow as a routine task for measuring Waist circumference while taking inference for diagnosing hypertension risk at least in male.

### Biography

Niraj Khatri Sapkota has completed his PhD in Molecular Physiology applications to pharmacology at the age of 32 years from Zhejiang University, China, one of the Thomson Reuters and Elsevier best ranked university of the world; he is now working as an Associate Professor in the Department of Physiology in Chitwan Medical College affiliated to Tribhuvan University, Nepal. He is an active researcher and academician of his country, Nepal. He has published more than 50 papers both original and review papers as a single author or with collaboration in reputed international journals and is serving as a reviewer, advisory and editorial board member and Editor of more than 30 international reputed journals.

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