

# 29<sup>th</sup> World Cardiology Conference

November 19-20, 2018 | Edinburgh, Scotland

## Profile of risk factors in coronary artery diseases in young south Asian population

**Abid Amin Khan**

Bolan Medical College, Pakistan

CVD (cardiovascular disease) is a major health problem worldwide. It is common in older age group 55 years of age. In the current era the disease involves younger age population (45 years and less) particularly in south Asian countries e.g. India, Pakistan and Bangladesh as compared to developed countries. The common risk factors for CADs are smoking, naswar (sublingual tobacco use), hypertension, diabetes mellitus, family history, sedentary lifestyle, obesity, hypercholesterolemia and hyperlipidemia (high triglyceride and low HDL). Less common risk factors are psychological stress, hyperhomocystinemia, physical inactivity, excessive food consumption (carbs and fats) and reuse of deep frying oil. Metabolic syndrome, prediabetes and diabetes are pretty common in young population of Southeast Asia. The presentation includes studies from Pakistan, Bangladesh and India on younger population, who were studied by coronary angiography, and related risk factors were evaluated by clinical and biochemical methods.

### Biography

Abid Amin was born on 25th June 1956 at Murdakarez Chaman Pakistan. He pursued his Primary and secondary school education at Islamia public school, Quetta and achieved his Intermediate certification from Govt Science College, Quetta. He received his Medical education (MBBS) from Bolan medical college Quetta 1981 and did his Post graduation diploma cardiology (dip card) 1986 NICVD Karachi and Post graduate doctor in medicine (MD-CARD) 1996 NICVD Karachi. He is the Fellow American College of cardiology (FACC) 2012 and fellow of European society of cardiology (FESC) 2013. MRCP (royal college of physician Glasgow UK ) 2013. He is the Former professor of cardiology and head of dept. of cardiology Bolan medical college Quetta. He also served as Former President Pakistan cardiac society, Vice president Pakistan hypertension league and Chairman heart failure council Pakistan cardiac society. He presented numerous papers at national and international conferences (ACC,ESC,ACC middle East, PHL,PCS). Presently he is working as consultant cardiologist and chief executive Al- Qadeer hospital, Quetta Pakistan.

abidamin25@yahoo.com

### Notes: