

## عنوان مقاله:

Modifiable and Non-modifiable Risk Factors in Myocardial Infarction in the Iranian Population

## محل انتشار:

مجله کشت ها و گردش خون، دوره 1، شماره 4 (سال: 1399)

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## خلاصه مقاله:

**Background and Aim:** Cardiovascular disease, especially myocardial infarction, is one of the common causes of death, disability, and productivity reduction globally, which is also rising in Iran. This study evaluated the share of modifiable and non-modifiable risk factors in myocardial infarction in the Iranian population. **Materials and Methods:** A descriptive-analytic and retrospective study was conducted on 361 patients with myocardial infarction in Alborz, Iran, in 2019-2015. Data collection was done by reviewing records of patients diagnosed with myocardial infarction with ECG changes or increased cardiac enzymes (CPK-MB, Troponin I). Then required information was extracted, and intended data were analyzed with descriptive and inferential statistics by the SPSS software. **Results:** Among the subjects in the study, 71/1% were male, and 28/9% were female. The majority of samples were between the ages of 60 to 71 (33/8%), and the least of them were under 30 years old (1/7%). 82/68% of the samples had a positive family history. The most common modifiable risk factors of myocardial infarction in this study were first Hypertension (42/4%), then Diabetes (31/6%), smoking (32/04%), and Hyperlipidemia (15%). Hypertension was significantly associated with gender, age, and diabetes, and Hyperlipidemia is also positively associated with diabetes and Hypertension. **Conclusion:** Myocardial infarction is common in men and patients with Hypertension in the Iranian population. High blood pressure is also associated with gender, age, and diabetes. The prevalence of both modifiable and non-modifiable risk factors and coronary artery occlusion increases with increasing age. Therefore, training a healthy lifestyle and controlling modifiable risk factors from an early age can significantly prevent various cardiovascular diseases in the future.

## کلمات کلیدی:

Heart Disease Risk Factors, Myocardial Infarction, Patient, Modifiable, Non-modifiable

