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Angiographic Patterns of Young Patients with Coronary Artery Disease in an Indian Population

Modèles Angiographiques chez les Jeunes Patients Atteints de Maladie Coronarienne dans une Population Indienne

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ABSTRACT

BACKGROUND: The incidence of coronary artery disease has continued to rise in recent decades, even in the developing world, affecting a broad spectrum of the population including young adults less than forty years. This is attributable to the rise in prevalence of conventional risk factors like diabetes mellitus, hypertension, smoking, dyslipidemia, and obesity. Although a significant number of studies have been done on the angiographic profile of patients with coronary artery disease, only a few of these studies were done in young patients and most of the studies were limited to northern India.

AIMS AND OBJECTIVES: In this study, we aimed to determine the angiographic profile of young patients ≤ 40 years in a tertiary care centre in southern India.

MATERIALS AND METHODS: A retrospective analytic study was conducted at the Meditrina Specialist Hospital, Kollam, Kerala, India. Individuals of both genders with age ≤ 40 years who were diagnosed with coronary artery disease between June 2021 and May 2022 were included.

RESULTS: A total of 74 patients were included, out of which 62 were male and 12 were female. The mean \pm SD age of the participants studied was 36.38 ± 3.99 years. Amongst patients who had significant coronary artery disease, 24 (57.14%) had single vessel disease, 13 (31.00%) had double vessel disease, and 5 (11.86%) had triple vessel disease. The left anterior descending (LAD) artery was found to be the most frequently involved in all patterns of coronary artery disease (CAD). Male gender and diabetes were the most common risk factors for CAD present in 29.3% of patients studied.

CONCLUSION: Male gender and diabetes were responsible for the relatively high incidence of premature CAD in this study with single vessel disease being the most prevalent finding. The LAD artery was the most commonly affected followed by RCA and LCX with right PLB being the least vessel involved. **WAJM 2024; 41 (3): 238 - 243.**

KEYWORDS: Coronary artery disease; Coronary angiography; Profile; Young people; Indian population

RÉSUMÉ

CONTEXTE: L'incidence de la maladie coronarienne n'a cessé d'augmenter, touchant un large éventail de la population, y compris les jeunes adultes de moins de quarante ans au cours des dernières décennies, même dans le monde en développement. Cela est attribuable à l'augmentation de la prévalence de facteurs de risque conventionnels tels que le diabète sucré, l'hypertension, le tabagisme, la dyslipidémie et l'obésité. Bien qu'un nombre significatif d'études aient été réalisées sur le profil angiographique des patients atteints de maladie coronarienne, seules quelques-unes de ces études ont porté sur des patients jeunes et la plupart des études étaient limitées au nord de l'Inde.

OBJECTIFS: Dans cette étude, nous visons à déterminer le profil angiographique des jeunes patients de ≤ 40 ans dans un centre de soins tertiaires du sud de l'Inde.

MATÉRIAUX ET MÉTHODES: Une étude analytique rétrospective a été menée à l'hôpital spécialisé Medtrina de Kollam, Kerala, Inde. Les individus de deux sexes âgés de ≤ 40 ans, diagnostiqués avec une maladie coronarienne entre juin 2021 et mai 2022, ont été inclus.

RÉSULTATS: Au total, 74 patients ont été inclus, parmi lesquels 62 étaient des hommes et 12 étaient des femmes. L'âge moyen \pm SD des participants était de $36,38 \pm 3,99$ ans. Parmi les patients présentant une maladie coronarienne significative, 24 patients (57,14 %) avaient une maladie à un seul vaisseau, 13 patients (31,00 %) avaient une maladie à deux vaisseaux et 5 patients (11,86 %) avaient une maladie à trois vaisseaux. L'artère interventriculaire antérieure (LAD) était la plus fréquemment impliquée dans tous les types de maladie coronarienne (MC). Le sexe masculin et le diabète étaient les facteurs de risque les plus courants pour la MC, présents chez 29,3 % des patients étudiés.

CONCLUSION: Le sexe masculin et le diabète étaient responsables de l'incidence relativement élevée de la MC précoce dans cette étude, la maladie à un seul vaisseau étant la constatation la plus courante. L'implication de la LAD est la plus fréquente, suivie de la RCA et de la LCX, la branche droite PLB étant la moins impliquée. **WAJM 2024; 41 (3): 238 - 243.**

MOTS-CLÉS: Maladie coronarienne; Angiographie coronaire, Profil; Jeunes, Population indienne

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