

THE EFFECTS OF SMOKING AND DYSLIPIDEMIA ON CORONARY ARTERY DISEASE AMONG WOMEN AT DR. PIRNGADI HOSPITAL, MEDAN, NORTH SUMATERA

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ABSTRACT

Background: Coronary artery disease (CAD), also known as ischemic heart disease, is the most common type of heart disease. Globally, CAD is the leading cause of death and is predicted to remain so for the next 20 years. Each year, approximately 3.8 million men and 3.4 million women die from CAD. In 2020, it is estimated that this disease will be responsible for a total of 11.1 million deaths globally. This study aimed to examine the effects of smoking and dyslipidemia on CAD among women at Dr. Pirngadi hospital, Medan, North Sumatera.

Subjects and Method: This was a case control study conducted at Dr. Pirngadi General Hospital, Medan, North Sumatera. A sample 124 women ≤ 45 years of age was selected in this study. The dependent variable was coronary artery disease. The independent variables were smoking and dyslipidemia. The CAD and dyslipidemia data were obtained from the medical record. The smoking data were collected by questionnaire. The data were analyzed by a multiple logistic regression.

Results: The risk of coronary artery disease increased with smoking (OR= 3.76; 95% CI= 1.66 to 8.53; $p= 0.002$) and dyslipidemia (OR= 5.32; 95% CI= 2.31 to 12.22; $p < 0.001$).

Conclusion: The risk of coronary artery disease increases with smoking and dyslipidemia.

Keywords: coronary artery disease, smoking, dyslipidemia

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