Meetings International
SciTechnol

Mohammad Shoaib Hamrah, Int J Cardiovasc Res 2018, Volume: 7
DOI: 10.4172/2324-8602-C2-007

INTERNATIONAL HEART CONFERENCE

August 13-14, 2018 | Singapore City, Singapore

Mohammad Shoaib Hamrah

Nagoya University Graduate School of Medicine, Japan

The association between *Helicobacter Pylori (H. pylori)* infection and cardiovascular risk factors remains controversial.

Background: The association between *Helicobacter Pylori (H. pylori)* infection and cardiovascular risk factors remains controversial. The high prevalence of *H. pylori* infection among Afghan patients facilitates to investigate this association. The aim of the present study was to determine the association between *H. pylori* infection and cardiovascular risk factors among patients visiting an outpatient clinic in Andkhoy, Afghanistan.

Materials and Methods: We performed a cross-sectional study of 271 consecutive patients in an outpatient clinic in Andkhoy, Afghanistan from April 2017 to June 2017. The diagnosis of *H. pylori* infection was achieved using the enzyme-linked immunosorbent assay (ELISA) test. The patients were divided into *H. pylori* positive (n=189) and *H. pylori* negative (n=82) groups. The association between *H. pylori* infection and cardiovascular risk factors was analyzed.

Results: Of the total 271 study participants, 102 (37.6%) were males and 169 (62.4%) were females. The mean age of the patients who were H. pylori-positive and H. pylori-negative was 51.0 ± 17.6 years and 51.6 ± 17.6 years, respectively. In multivariate logistic regression analyses, *H. pylori* infection was significantly associated with Diabetes mellitus (DM) (odds ratio [OR] 3.16, 95% confidence interval [CI] 1.31-7.62, P = 0.011), BMI (body mass index) levels (OR 1.17, 95% CI 108-1.26, P < 0.001).

Conclusions: Our study indicated that *H. pylori* infection was significantly associated with DM and BMI levels in an outpatient clinic in Andkhoy, Afghanistan. More aggressive measures, including DM, obesity control, and *H. pylori* eradication should be needed.

mshoaibhamrah@gmail.com

Notes: