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Cardiac risks evaluation in medical students (18-25 years)

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Medical students due to highly competitive and demanding academic environment are more prone to lifestyle related risks but till date no data predicting risk factors of CAD among medical students is available in literature. The present study was conducted on 400 medical students (200 Males, 200 Females). Anthropometric indices such as body mass index (BMI), waist circumference (WC), waist hip ratio (WHR) & waist height ratio (WHtR) were calculated and lifestyle related risk factors: dietary habits and physical activity and family history was noted. Medical students were consuming more junk food, exposed to less sleep, having more sedentary lifestyle which results in increased prevalence of obesity especially in male medical students while trunkal obesity was more prevalent in females. Students pursuing medical course have lower prevalence of stress.

Biography

Somya Puri, is 2nd year student at Maharishi Markandeshwar Medical College, Solan, India. She did her Class X from Secret Heart School, Chandigarh securing "A" Grade and Class XII from Rehan Public School, Chandigarh. She attended first Pokachi Obihiro First Heart Summit, 2013 and Advanced Heart and Vascular, Tokyo, Japan and was Coordinator and Host at Cardiomersion-2015 Global Conference at Dubai. She was also awarded Miss Fresher-2016 at MMMC, Solan, H.P. India.

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