

**Comparison of LDL and HDL of admission and 3 months after treatment
in patients with acute coronary syndrome admitted to the cardiology ward
of Imam Khomeini Hospital in 2013**

Abstract

Introduction

High prevalence of heart ischemic disease is considerable in the world wide and include about one-fifth of causes of death. Hyperlipidemia is a risk factor for atherosclerosis that includes hypercholesterolemia and hyperlipidemia. As a regard to the above, we intended to evaluate dyslipidemia in patients with acute coronary syndrome and also the level of LDL and HDL at admission and 3months after treatment in these patients.

Material and Methods

Patients with a primary diagnosis of ACS through Imam Khomeini hospital emergency were admitted to the cardiology ward and CCU, and finally through history, physical examination, exercise test and angiographic diagnosis were definite and selected for inclusion in the study and information include age, gender, coronary risk factors, type and dose of prescribed drug in discharge and also route of medication consumption were collected and recorded in collection forms. Patients were educated regarding to the importance of medication consumption and initial training about diet were given by pamphlets. One week and one month after discharge, patients referred to the cardiology clinic and took drugs again and was recommend to them regularly medication consumption. At the ends of third track, (the first three months after discharge), the patients was reexamined and then the requested results were entered into the collection form.

Results

In this study, information of 180 patients were evaluated that 64.4% were men and the average age was 54.46 years. 34.44% were with diabetes, 32.7% were with high blood pressure, 46.6% with hyperlipidemia background, and 56.7% with smoking background. In this study 55.6% had irregular use of medication and 76.7% were used from 20 doses of this drug. In relation to LDL, cholesterol and triglyceride was observed that during 3 months of treatment the levels of them were decreased significantly but the average of them was not in the target range.

Conclusion

The results of this study showed that LDL average after 3 months was more than the target range (70 mg/dl) that this may be due to inadequate dose of drug or irregular use or improper education to patient and or irregular track that it should be reviewed