

STUDY ON ELECTROCARDIOGRAM (ECG) AMONG TOBACCO SMOKERS & NON SMOKERS OF ADULT MALE IN INDIA

Physiology

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ABSTRACT

Smoking is one of the major causes of preventable morbidity & mortality. The main Cause of death related to Smoking are atherosclerosis & Cancer. Regular Smoking of any number of cigarettes is one of the important Common risk factor for the development of myocardial infarction (MI). Nicotine & Other Component of cigarette can produce profound Changes in the heart.

KEYWORDS

ECG, Smokers, non- smokers, Male

INTRODUCTION:

Smoking starts as a passion in youth & gradually becomes addiction. Smoking causes the most premature deaths in India. [1]

(1) Electrocardiogram is the electrical activity of the heart. Each heart beat displayed is a sequence of electrical waves Characterized by peaks & Valleys.[2]

(2) ECG analysis plays a pivotal role in the timely diagnosis & effective management.[3]

(3). Tobacco is consumed in many forms & one such form is Cigarette Smoking. Its use leads to heart attacks, Chronic obstructive pulmonary disease, cancer, peripheral vascular disease, hypertension & the list is endless. [4]

MATERIALS & METHODS;

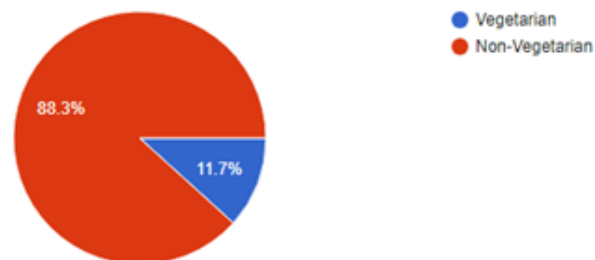
This study was conducted among adult men. It was a Case Control Study. After taking the Ethics Committee approval of the of the Institution, the Clinical Examination of heart rate, blood pressure, pulmonary function, respiratory rate, ECG & PEFr performed. Medical history, general examination & personal history also documented. Accordingly, statistical analysis is done.

RESULTS & DISCUSSION

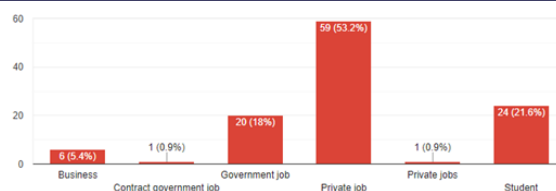
Total number of participants was 112. Informed Consent was collected from each participant. The male adults were between the age group of 18-45 yrs. The participants were both Smoker & non- smoker males.

Among the participants 88.3% were Non Vegetarian 11.7%. Hypertension associated with Consumption of processed meat as the process of processing the meat increase the Sodium & nitrite amount-[5] 45.9% of the participants had the history of alcohol consumption. Hypertension has over the years been associated with long term alcohol intake. [6] Smoking is a major risk factor for cardiovascular morbidity & mortality. It was well documented that Smokers have tendencies to be less physically active than nons-mokers. [7, 8] Smoking is believed as one of the major risk factors resulting in a variety of Non-Communicable diseases.

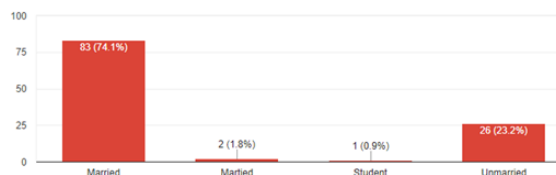
Such as lung cancer & chronic respiratory diseases. [9] Inflammation & irreversible myocardial hemorrhage past- myocardial Infarction represent adverse long-term prognosis in Smokers [10]



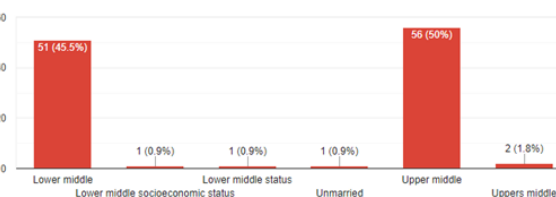
Diet



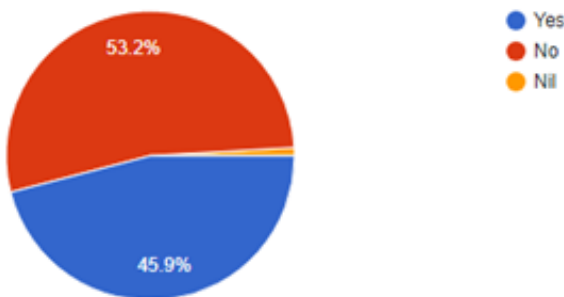
Occupation



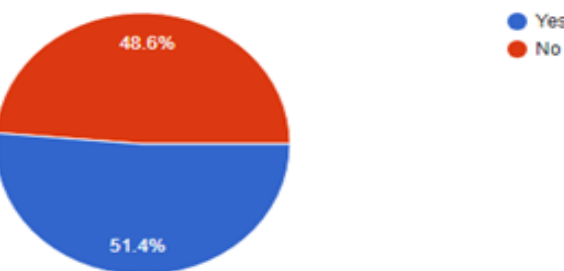
Marital Status



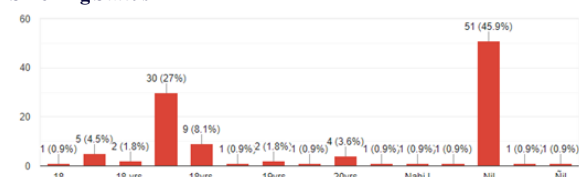
Socioeconomic Status



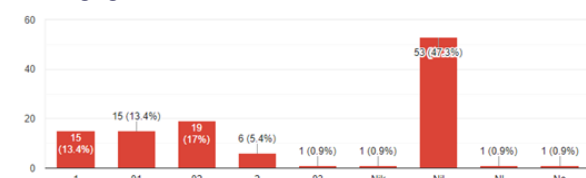
Alcohol Histry



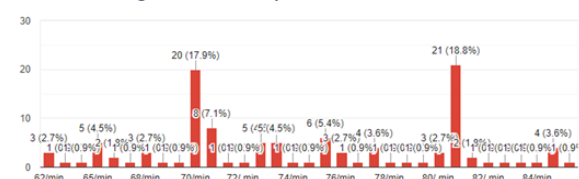
Smoking Status



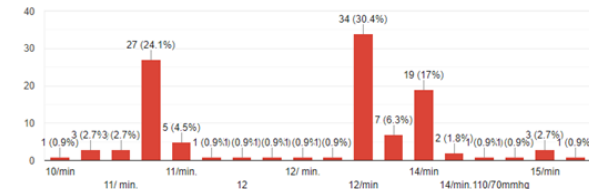
Smoking Age



Number Of Cigarettes Per Day



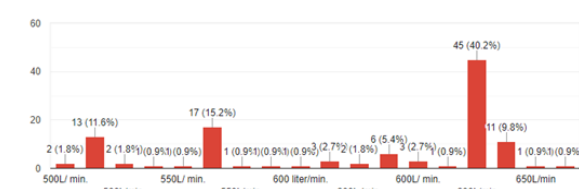
Heart Rate



Respiration Rate



Blood Pressure



Peak Exploatry Flow Rate Pefr

4. CONCLUSION

ECG analysis plays a pivotal role in the timely diagnosis effective management of different-cardiovascular diseases. In earlier stage abstinence from smoking may revert back the cardiovascular changes.

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