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## Abstract 11

### 30-YEAR CARDIOVASCULAR RISK PREDICTION OF MEDICAL UNDERGRADUATES OF UNIVERSITY OF KELANIYA, SRI LANKA

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#### Background

Medical students could be at high risk of cardiovascular diseases (CVDs) due to lack of exercises, increased mental stresses, unhealthy dietary practices. However, there are no reported data on this from Sri Lanka.

#### Objective

We aimed to predict 30-year CVD-risk of medical students of University of Kelaniya.

#### Methods

A cross-sectional study was conducted among medical students of Faculty of Medicine, University of Kelaniya during November 2018. 20 students from each batch were randomly selected. Data were collected using an interviewer administered questionnaire. 30-year risk of General-CVDs were calculated using Framingham 30-year CVD-risk calculator using sex, age, systolic blood pressure, use of antihypertensive medications, smoking, presence of diabetes mellitus and body mass index (BMI). Data was analysed using SPSS version-22.

#### Results

100 students (female 59(59%)) aged 21-29 years (mean  $24.8 \pm 1.8$  years) were studied. Cardiovascular risk factor prevalences were; hypertension 1(1%), hyperlipidaemia 2(2%), diabetes mellitus 1(1%), smoking 3(3%), overweight 37(37%) and obesity 2(2%).

Mean 30-year hard-CVD risk was 2.13% (SD $\pm$ 1.63), mean 30-year general-CVD risk was 4.58% (SD $\pm$ 2.88). Majority (93%) were low-risk, and 7% were at moderate-risk and none were categorised high-risk.

Of the moderate risk participants, 5(28.6%) were male ( $p=0.11$ ), 6(87.7%) ( $p=0.043$ ) were overweight but none were smokers nor had diabetes mellitus, hypertension or hyperlipidaemia.

#### Conclusion

Majority of current medical students of University of Kelaniya are at low risk of future CVD events. The commonest risk factor seen among moderate risk students was being overweight. This emphasize the importance of adhering to healthy lifestyle.