INVESTIGATION INTO THE INCREASING INCIDENCE OF CORONARY HEART DISEASES AMONG THE INDIAN POPULATION IN KWAZULU-NATAL

by

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DECLARATION

I declare that Investigation into the increasing incidence of coronary heart diseases among the Indian population in KwaZulu-Natal is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references and that this work has not been submitted before for any other degree at any other institution.

SIGNATURE

(Bakiavathie Vardhan)
The purpose of this study was to describe the prevalence of increasing coronary heart diseases (CHD) among the Indian population in Chatsworth, KwaZulu-Natal. A quantitative, descriptive survey was conducted using non-probability purposive sampling. Respondents were sampled from four medical wards at the RK Khan Hospital.

The results of this study indicate that the Indian population is at risk for the development of CHD. Although the increasing rate could not be attributed to a single risk factor, 72% of the respondents had a familial history of CHD and 52% had both parents at risk of CHD.

Implementation of the primary prevention programmes recommended by the American Heart Association might reduce the prevalence among the Indian population.

KEY CONCEPTS
Coronary heart disease; heart diseases; Indians; myocardial infarction; prevalence to coronary heart diseases.
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Dedication

To my late parents, Mr. and Mrs. Vardhan Pillay

Parents who planted the seeds of knowledge, loved and served selflessly. Were my inspiration and role models in life.

AND
