

**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)

DATE: 20/5/2006

Investigation into the increasing incidence of coronary heart diseases among the Indian population in KwaZulu-Natal.

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ABSTRACT

The purpose of this study was to describe the prevalence of increasing coronary heart diseases (CHD) among the Indian population in Chatsworth, Kwa Zulu-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
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loved and served selflessly. Were my
inspiration and role models in life.

AND

My precious nephew LISHEN GOVENDER
who died under tragic circumstances. Will
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BORN: 28/5/1984 AND DIED 7/6/2006.

