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Vascular Disease in Young Indians (20-40 years): Role of Ischemic Heart Disease.

Dalal J¹, Hiremath MS², Das MK³, Desai DM⁴, Chopra VK⁵, Biswas AD⁶.

Author information

Abstract

Coronary Artery Disease (CAD) occurs at a younger age in Indians with over 50% of Cardiovascular Disease (CVD) mortality occurring in individuals aged less than 50 years. Although several risk factors have been suggested; smoking, dyslipidemia and hypertension are major risk factors in the young. In this review, we have pooled the current evidence on Ischemic Heart Disease (IHD) in young (20-40 years) and provided an opinion for the effective management of IHD in young Indians.

KEYWORDS: Coronary artery disease; Management; Risk factors

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