

# RELATION OF VISCERAL OBESITY AND CORONARY CALCIFICATION IN THE PATIENTS WITH ISCHEMIC HEART DISEASE

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Diseases of the cardiovascular system occupy a leading position among the causes of death in the world. Over the past decades, there has been a rapid increase in the prevalence of risk factors for cardiovascular diseases.

Obesity stayed on among cardiometabolic risk factors. Along with the study of classical risk factors, previous studies have shown a high role of coronary calcification assessment in stratifying the risk of developing cardiovascular diseases, including in asymptomatic patients.

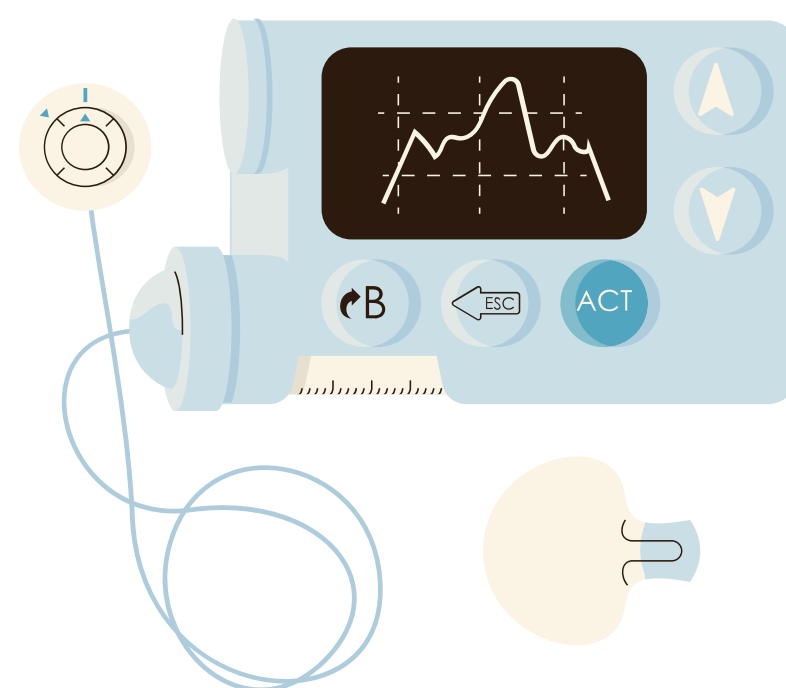
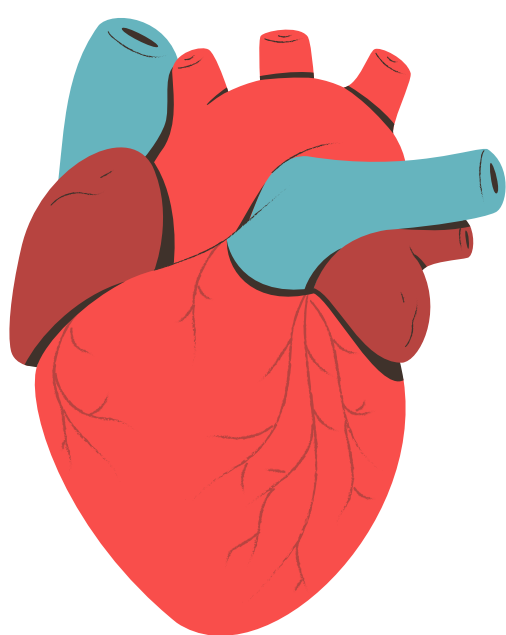
The high prevalence of obesity, the study of the association between visceral obesity and coronary calcification indicators in ischemic heart disease is of particular interest.

## *Aim:*

To evaluate the relationship between the severity of coronary calcification and the visceral obesity the patients with verified ischemic heart disease.

## *Materials and methods:*

- 35 patients
- men
- age  $52 \pm 1.3$  with ischemic heart disease
- Body Mass Index (BMI)
- Multislice computed tomography (MSCT):  
visceral adipose tissue  
coronary calcification
- Agatston method (calcium index)
- Statistica



## *Results:*

Visceral obesity was found out in 31 (88.5%) patients with ischemic heart disease. When increased presence of ischemic heart disease, higher coronary calcification values were observed in the projection of the envelope (51,4%), right coronary (48,5%) arteries. The calcium index from Agatston method show the massive coronary calcification (20%) rose with growing area of visceral adipose tissue. According to the correlation analysis observed the relationship between the amount of visceral adipose tissue and the coronary calcification.

Conclusion: The ratio of visceral adipose tissue, but not Body Mass Index, had a correlation with coronary calcification. The visceral obesity may be a significant diagnostic sign of massive coronary calcification in patients with ischemic heart disease, as a factor affecting treatment and prognosis of disease.

The high prevalence of obesity, the study of the association between visceral obesity and coronary calcification indicators in ischemic heart disease is of particular interest.