

SRM STUDY

Start working out: Chennai blips on high cholesterol radar

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A SIGNIFICANT population of Chennaiites could have high levels of cholesterol – if the results of a study conducted by Sri Ramachandra University here is any indication.

Speaking about the findings of phase one and two of 'Purse-His Cohort', a population health study to find out the prevalence of risk factors conducive to a host of vascular diseases like heart attack and stroke, principal investigator Dr S Than-



Eat healthy

ikachalam said that out of the results of 6,000 people drawn from Chennai and Tiruvallur districts only 240 (just 4 per cent) were normal while the rest showed disturbing findings.

About 50 per cent of the subjects of the study had altered blood sugar regulation, 71 per cent had high plasma cholesterol or triglycerides or both, 17 per cent had hypertension, 16 per cent stress, 13 per cent excess body fat and 18 per cent had presence of albumin in urine.

All is not lost, however. "At early stages of the disease, the process

can be reversed," the doctor said.

Citing significant variation in the results between urban, semi urban and rural people, Thanikachalam claimed this disproved western notions that cardio vascular diseases in Indians were genetically oriented.

"The rural people with an active life style had better parameters of health, and phase one and two of Purse-His results show that cardiac diseases are not genetic," he said.

Phases I and II of the study began in April 2008. Phase III was launched on Friday by Deputy CM M K Stalin.