

Relation of Lipid Profile, BMI and Cholelithiasis in Nepalese Population

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Relation of Lipid Profile, BMI and Cholelithiasis in Nepalese Population

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Abstract

Introduction: Cholelithiasis is common disease in Nepal. The traditional risk factors for cholelithiasis were female, fat, forty and fertile but age, multiparity, obesity, hyperlipidemia, cigarette smoking, diabetes are other risk factors..High triglyceride and low HDL(high density lipoprotein) are associated with cholelithiasis whereas total cholesterol and LDL(low density lipoprotein) have less association. There is increase prevalence of cholelithiasis in those who are overweight. This study is conducted to determine the association of lipid profile, BMI (body mass index) and cholelithiasis in Nepalese population. **Methods:** The 120 patients diagnosed as cholelithiasis after ultra sound were included. The patients were inquired about, age, sex, dietary habits and medical history.BMI was calculated as weight in Kg/height in meter square. BMI 18 to 24.9 were considered normal, 25 to 29.9 as overweight,30 to 39.9 as obese and above 40 as morbid obese. The serum cholesterol, LDL, HDL and Triglyceride were sent for evaluation by keeping patient nil orally for 9hrs after their normal meal as they were taking. **Results:** There were n=115(95.8%) female and n=5(4.2%) male, with female to male ratio 7:1. The patients with age group 20 to 40 were n=60(50%). Triglyceride were increased in n=34(28.3%), cholesterol were increased in n=8(6.6%) and LDL were increased in n=6(5%). The cholesterol were decreased in n=12(10%), HDL were decreased in n=7(5.8%) and triglyceride were decreased in n=3(2.5%).Both Triglyceride and LDL were increased in n=4(3.3%), cholesterol and triglyceride were increased in n=3(2.5%) cholesterol and HDL were decreased in n=4(3.3%). The patients with BMI 18-25 were n=72(60%), BMI 25-30 were n=33(27.5%) and BMI >30 were n=11(9.1%). **Conclusion:** Cholelithiasis is more common in female. The most common affected age group is 20 to 40 years. Increased Triglyceride and decreased cholesterol are associated with cholelithiasis. Increased BMI is not associated with cholelithiasis. BMI is associated with increased Triglyceride. **Key Words:** cholelithiasis, BMI, Triglyceride, Cholesterol, LDL, HDL

References

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