



## 6. DIETARY HABITS OF PATIENTS WITH ISCHEMIC HEART DISEASE

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**Introduction.** Ischemic heart disease continues to be the leading cause of mortality, morbidity and high hospitalization rates in both high-income and developing countries. According to data from the World Health Organization, almost 18 million people die from cardiovascular disease (CVD) every year, the mortality rate is 32.7% and it is the most common cause of death in developing countries. Unhealthy diet leads to CVD and its progression. Diet changes in patients with chronic and acute coronary syndromes (ACS) can reduce the mortality and cardiovascular events.

**Aim of study.** The aim of the study is to examine the relation between dietary habits and acute coronary syndrome.

**Methods and materials.** Retrospective study of 88 patients with acute coronary syndrome hospitalized during the period September 2023- november 2023 in Cardiac Catheterization Department, IMSP Institute of Cardiology. The dietary habits of patients with ACS were analyzed using a questionnaire of 60 questions including nutrition score (CONUT) that represents poor nutritional status and has been identified as an indicator of adverse outcomes. The patients were classified into: normal (0–1), mild (2–4), moderate–high (5–8), and marked high (9–12).

**Results.** The average age of the patients was  $65.61 \pm 8.4$  years, 68.2% of them are men. The average body mass index was  $29.27 \pm 3.86$ . Dyslipidemia (LDL > 2.6 mmol/l) was detected in 66 patients (75%) with an average  $3.39 + 1.14$  mmol /l. CONUT scores were mild in 78 patients (88.6%) and moderate-high in 10 patients (11.3%). Rare consumption of fish (once a week) was mentioned in 76 patients (86.36%) and frequent consumption of red meat (> 3 times/week) in 66 patients (75%).

**Conclusion.** Acute coronary syndrome is more susceptible in men over the age of 50 years. Weight gain, dyslipidemia, frequent red meat consumption and rare fish consumption increase the risk for acute coronary syndrome. In all patients with ACS it was appreciated an increased CONUT score.