

## ABSTRACT

This study was carried out to determine the significant risk factors of ischaemic heart disease (IHD) and to build models for future prediction of the disease in the presence of significant risk factors. For the achievement of objective a hospital based case-control study was conducted and data was collected from Mayo Hospital Lahore and Punjab Institute of Cardiology Lahore selected at random from public sectors hospitals of Lahore. In all a sample of 310 patients of both males and females who were 20 to 85 years old with a mean age of 51.65(13.80) was selected comprised of 254(81.9%) cases and 56(18.1%) controls. Total females were 102(32.9%) in which 71(69.6%) were cases and there were 208(67.1%) male patients in which 183(59.0%) were cases. The information was obtained on 51 risk factors which were categorized as socio-demographic risk factors, clinical risk factors and onset symptomatic risk factors. The descriptive section was comprised on the frequencies and percentages of all the risk factors of IHD according to the categories of risk factors and absence or presence of IHD. In analytical section firstly bivariate analysis was done to determine the strength of significance of association of risk factors with IHD and then Multiple Logistic Regression Models were fitted for overall patients, male patients only, female patients only, patients under the age of 45 years and patients above the age of 45 years in order to evaluate the predictive strength of risk factors of IHD. It is concluded that gender, marital status, age, area, sedentary life style, eating food containing high cholesterol, smoking, abuse of tobacco other than cigarettes, hypertension, diabetes and elevated levels of total cholesterol, low density lipoprotein and triglycerides are the significant risk factors of IHD.