

**CORONARY HEART DISEASE & IMPACT OF HEALTH EDUCATION IN
MIDDLE AGE WOMEN: A STUDY OF AURANGABAD CITY.**

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INTRODUCTION:

Health is a fundamental human right and integral part of development but unfortunately it contains to be neglected entity. Traditionally the word "Health" has been defined as "Mere absence of diseases" or the ability to function effectively with in one's environment

As a matter of fact it is need of the hour to understand the health problems that are creating negative impact on our general are creating negative impact on our general wellbeing. It is also necessary to introspect our lifestyle which allowed certain diseases too deep in our lives by making us well and addicted to medicines. The present study is about the prevalence of disease like coronary heart disease whether found among middle age women along with menopausal complications experienced by women of same group

OBJECTIVES OF THE STUDY

1. To study the prevalence of coronary heart disease commonly found in middle age women.
2. To Study the impact of the subjects with regard to health education in the outline of the subject with regards to health & lifestyle changes.

CORONARY HEART DISEASE:

Cardiovascular Disease is characterized by a thickening of the arterial walls and their loss of elasticity (Shrilakshmi 1993). The term heart attack come a group of clinical syndrome arising particularly due to Angina pectoris, Coronary thrombosis, ischemic heart disease, myocardial infarction and atherosclerosis which leads to failure of the coronary arteries to supply blood to the heart mainly causes by fat deposition and plaque formation which leads to narrowing or blocking of arteries.

The study of gupta R & Wakul R.J reported that there are increased incidences of heart disease in india & Western countries in the age group of 40-60 years.

Studies revealed by deewania(2000) also show association between illiterate, low socio-economic status type of food intake and physical activities.

Focus on educating women about CVD risk and CHD risk reductions therapies must be established to benefits women of postmenopausal phase. Also women should be asked for lipid test, Pap test and Knowledge about coronary risk factors should be given according to Dr.Saliney Cardiologist at gangaram hospital Menopause SS Khadilkar.

METHODOLOGY:

The present study Title "Coronary Heart Disease and impact of health education of middle age women" A Study of Aurangabad City was conducted in Maharashtra State covering the area of Aurangabad City. Understanding the health problems faces by middle age women, a research study was caused out by formulating the questionnaire.

The samples were chosen by random sampling technique. Approximately seven hundred samples size forms were distributed among the urban female melons working and non-working women of age group lying between 38-55 yrs. were selected

Table No.1 Data of food habits by CHD Disease among urban dwellers.

Disease	Food habit	Urban Dwellers	Total
Coronary Heart Disease	Non-Vegetarians	93.4%	100%
	Vegetarians	6.6%	

Whether disease and diet are dependent on each other or to see the effect of food habits on health conditions a data analysis was done & presented on Table No.01.

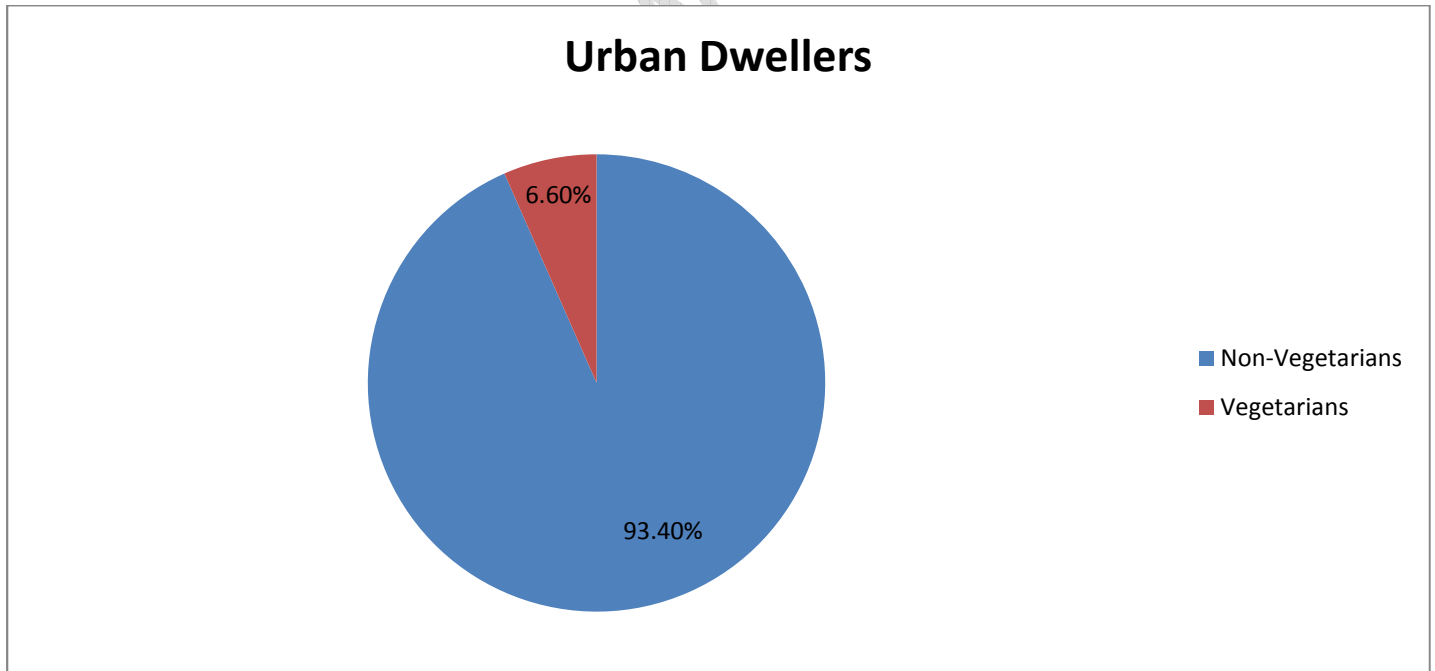


Figure No. 01: Showing food habits by CHD Disease among urban dwellers

Table No. 02 Epidemiological data of Disease Prevent among middle age women in Aurangabad City.

	CHD Disease	Obesity	Diabetes
Prevalent	9.07	20.68	9.35
Non-Prevalent	90.93	79.32	90.65
	100%	100%	100%

Heart & Vascular disease often go hand in hand with diabetes. Persons with Diabetes are at a much greater risk for heart attacks, strokes and high blood pressure. The leading case of death in people with diabetes is heart disease

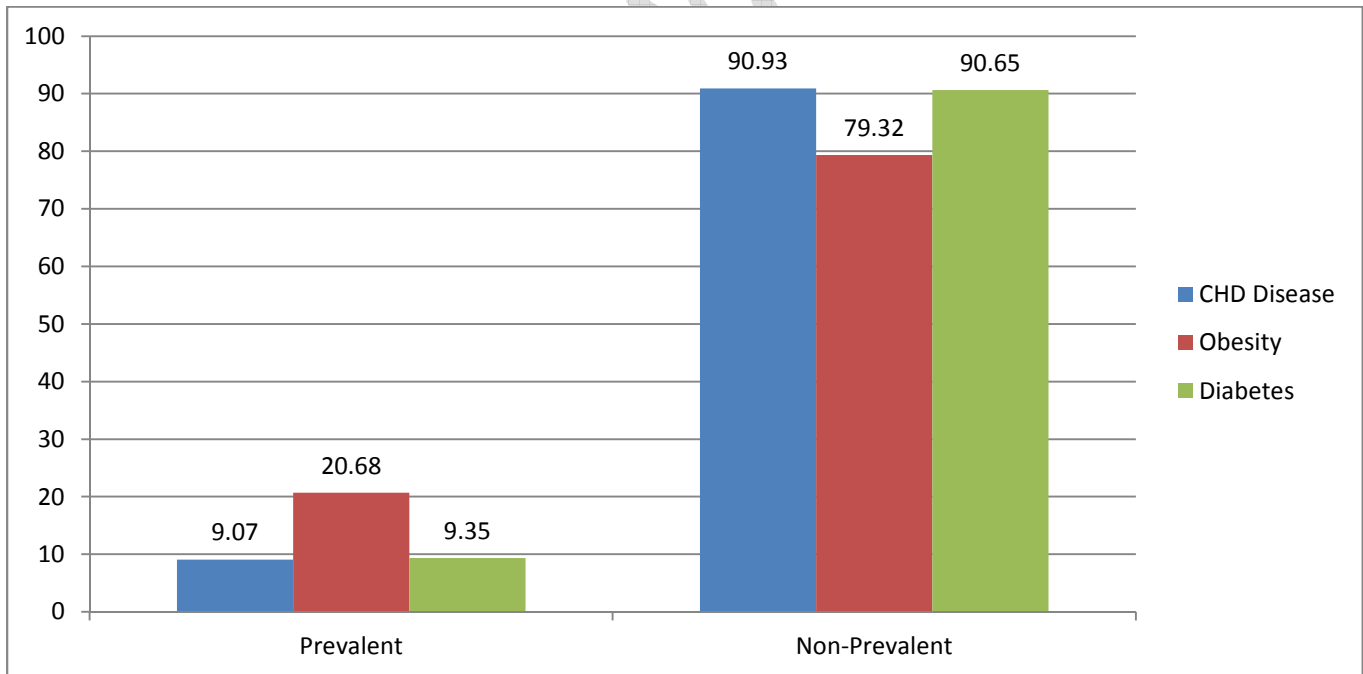


Figure No. 02: Epidemiological data of Disease Prevent among middle age women in Aurangabad City.

Table No. 03 Data Reflecting effect of dwelling on the prevalence of Disease.

Disease	Dwelling	Effects of Dwelling		Total
		Positive	Negative	
Coronary Heart Disease	Urban	6.6%	93.4%	100%

Coronary Heart Disease the life threatening disease prevailed 93.4% Negative & 6.6% positive

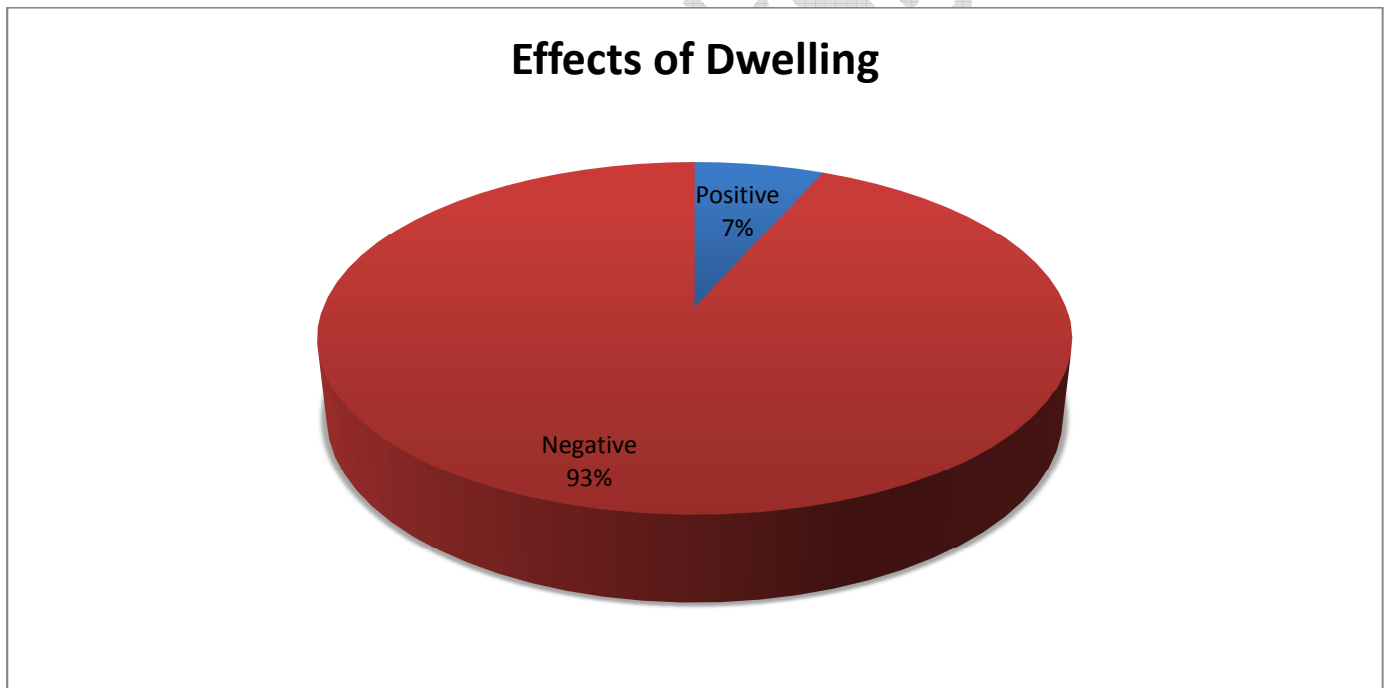


Figure No. 03: Data reflecting effect of dwelling on the prevalence of Disease.

Table No. 04: Data Showing Awareness & Unawareness of Diseases among urban Dwellers

Name of the Disease	Response	Urban Dwellers
Coronary Heart Disease	Awareness	58.4%
	Unawareness	41.6%
	Total	100 %

According to table 4 Awareness for the disease like coronary heart Disease was between 40 To 60 % among urban women concerning to their health and Awareness about the symptoms and further complications.

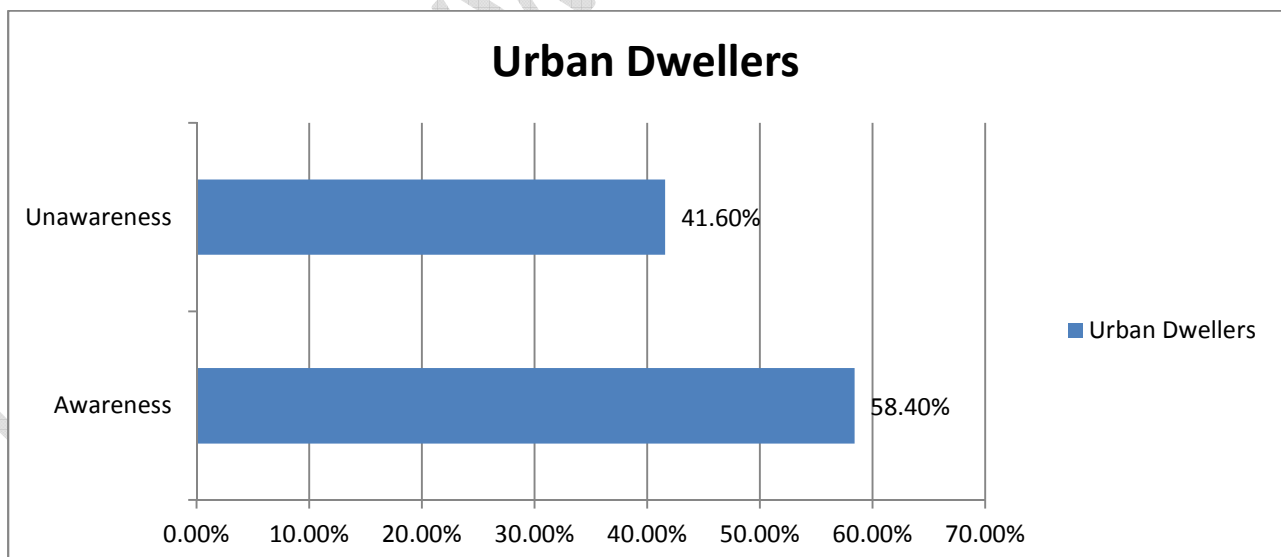


Figure No. 04: Data Showing Awareness & Unawareness of Diseases among urban Dwellers.

Therefore a study need was fact by the researcher, to make the subject aware and educate them as how to prevent the diseases, safeguard the health.

Table No. 05: Data showing the effect of Education Level on Prevalence of Disease among Urban Women in A’bad City.

Disease	Dwelling	Category	Education			Total
			Unaware	Yes	No	
Coronary Heart Disease	Urban	Illiterate	-	-	0.5%	0.5%
		Primary	-	-	2.8%	2.8%
		Secondary	-	0.9%	9.4%	10.3%
		SSC/HSC	-	1.9%	21.6%	23.5%
		Graduate	-	1.4%	26.3%	27.7%
		PG. Ph.D.	-	2.4%	31.9%	34.3%
		Any other	-	-	0.9%	0.9%
		TOTAL			6.6%	93.4%

Table No. 05 shows a picture in which the effect of study levels and the prevalence of disease have been displayed. The objective was to see the impact of education as how to control or prevent the disease through knowledge, awareness and information among middle age women.

It is apparent from the table that there is a non-significant relation between education and illness because the most learned person also complain about diseases condition due to lack of health Knowledge, food habits and wrong lifestyle Pallerins

The present advocated the causative factors for these diseases apart from the scientific etiologies mentioned the sedentary and traditional lifestyle, food habits, heredity and hormonal imbalance seem to to be responsible for high cholesterol which leads to coronary elements some suggestions are :

1. Engage in physical exercise for at least 30 min daily

2. Relive Stress

Ensure to get eight hours of sleep.

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