

A SYSTEMATIC REVIEW OF UNHEALTHY HABITS AND CARDIAC DEATH RATE AMONG POPULATION WITH DIFFERENT OCCUPATION IN ASSAM

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ABSTRACT

Sudden Cardiac Death (SCD) is natural death due to Cardiac causes, indicated by abrupt loss of consciousness within one hour of the onset of acute symptoms. The study is undertaken to find out some natural causes of sudden natural death due to cardiac failure like age, addiction of few unhealthy habits, occupation etc. 7 age groups are taken for the study from the age 0 to above 60 years. It was observed that maximum number of sudden cardiac death victims were in the age group of 51-60 years followed by the age group of >60 years(25%) and finally the age group of >60 years (22.20%). The least number of cases were observed among the age group of 0-10 years and 11-20 years. Male victims outnumbered the female victims, the number being 35(97.2%) in the male and the number in female is 1(2.80%). A total of 12 number of victims were those who were working as government servant like police constable, military personal etc. followed by 6(16.70%) businessman. 4(11.11%) cases of each were of retired persons, daily wagger and private sector workers. Only 3(8.30%) cases was student. Occupational studies of 3 unknown people were not known. Most of the victims of sudden cardiac death were from urban area 75 % (27 cases). Only 6 cases (16.70%) were from rural area, and in 3 cases (8.30%) habitat were unknown. Smoking was the habit of 21 cases (58.30%) and intake of alcohol in 8 cases (22.20%) among the victim of sudden cardiac death. However 6 cases (16.70%) of total victims were the habituated to both smoking and alcohol intake.

KEYWORDS: A Systematic Review, Unhealthy Habits And Cardiac Death Rate Among Population With Different Occupation