**PREVALENCE OF CARDIOVASCULAR RISK FACTORS IN 1000 URBAN EGYPTIANS**

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Background: Egypt, as third world country is facing an epidemic of premature coronary disease (CAD. Sparse data are available about the prevalence of different cardiovascular risk factors among Egyptians.

Methods: 1000 consecutive urban Egyptian candidates who were selected to join training courses abroad had a full medical check-up. All of them were screened for the traditional risk factors; obesity, smoking, hypertension, abnormal glucose tolerance, & hypercolesterolemia.

Results: The mean age of the cohort is 39.6 (range 22-62) years. 24.7% were females.73.2% of this sample has a body mass index of 25 kg/msq or more. 34.3% of males were current smokers. 15.3% had a blood pressure of 140 mmHg systolic and/or 90 mmHg diastolic, or under antihypertensive treatment. Only 37.4% of candidates had serum cholesterol below 5.2 mmol/L. The surprising finding is that 18.6% had impaired glucose tolerance and 11.7% had frank diabetes mellitus.

Conclusion: Compared with Western societies, Egyptians had an alarming higher prevalence rate of CAD risk factors