**ASIAN-INDIANS: A REVIEW OF CORONARY ARTERY DISEASE IN THIS UNDERSTUDIED COHORT IN THE UNITED STATES**

**A. Sharma**1, D.R. Ardeshna2, T. Bob-Manuel1, A. Nanda1, U. Ashraf1, J. Kelly1,

R.N. Khouzam1

1University of Tennessee Health Science Center, Memphis, TN, USA

2University of Tennessee Health Science Center College of Medicine, Memphis, TN, USA

**Objective:** To review risk factors for Coronary Artery Disease (CAD). in Asian Indians.

**Background:**Asian Indians (with country of origin as India, Pakistan, Bangladesh, Sri Lanka) form almost one fifth of the global population. The rates of coronary artery disease in this population is up to 3 times higher than in western countries. These high rates tend to persist in immigrant communities, making it a public health challenge for the United States.

**Method:** We conducted an extensive PubMed Search using “Asians” “ Indians” and “ coronary artery disease” as search terms. We found a total of 66 research articles on this topic suitable for review.

**Results:** **Epidemiology**: Indian Communities have higher prevalence of CAD in the US, UK, Canada, South Africa and Caribbean countries. They have higher rates of hospitalization for CAD as compared to other ethnic groups.

**Risk Factors**: Asian Indians have a lower prevalence of conventional risk factors such as hypertension, hypercholesterolemia, obesity, and smoking. Studies report increased prevalence of other risk factors such as abdominal obesity, high use of high-fat dairy, coconut oil as a cooking medium, and reuse of cooking oil. Clustering of CAD in certain Asian Indian families suggests a genetic link as well. They may also have increased levels of CAD markers like, LP(a), CRP and homocysteine.

**Social Factors**: Studies have shown that Asian Indians in US often eat high carbohydrate diets and have uneven meal patterns and longer working hours. Acceptance in the new society after immigration is a major factor affecting psychological well-being and stress. Lower levels of health insurance and health literacy among Asian Indians in US may also contribute to higher rates of CAD.

**Conclusion:**Since Asian-Americans are the fastest growing ethnic group in the US, more studies examining CAD risks in this population are indicated. With a growing Asian Indian population in the US, physicians will be seeing more Asian Indian patients. Consequently, it is important for physicians to be aware about their increased risk for CAD.