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### Original Research Article

## Relationship between morphometric indices and cardiovascular risk factors in patients undergoing coronary artery bypass graft surgery

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### ABSTRACT

**Introduction:** Reducing complications and death from heart disease depends on recognizing risk factors and educational planning to correct these factors. By using the relevant research, it is possible to help improve the cardiovascular health of these people. In order to achieve these goals, the present study intends to investigate the relationship between morphometric indices and cardiovascular risk factors in patients undergoing coronary artery bypass graft surgery. **Material and Methods:** In this descriptive-analytical study, anthropometric indices of 158 candidates for coronary artery bypass graft surgery referred to Shahid Madani Hospital (Tabriz University of Medical Sciences) were measured and its relationship with the incidence of cardiovascular disease and the need for surgery was investigated. **Results:** Explanation coefficient values also showed that each of the blood sugar indices, WHtR, BF and BMI, alone accounted for 8.9%, 6.9%, 6.9% and 7.7% of Tcho changes in men, respectively. **Conclusion:** It seems that patients who are candidates for coronary artery bypass graft surgery are prone to cardiovascular risk factors due to their sedentary occupation on the one hand and little control over their diet on the other. Early detection of cardiovascular disease and risk factors in these people can have very positive results in reducing the incidence of these diseases.

**Keywords:** morphometric, risk factors, coronary artery bypass graft