CONTENTS

Page No.

List of Tables i-iv
List of Figures v-viii
List of Abbreviations ix-xi

Chapter 1: Introduction 1-54

1.1 Cardiovascular diseases 4
  1.1.1 CVD- A cause of mortality and morbidity in developing countries 6
1.2 Cause of CVD burden in developing countries 7
  1.2.1 Epidemiological transition 7
    1.2.1.1 Stages of epidemiological transition 7
  1.2.2 Epidemiologic transition and India 12
1.3 Individual risks for CVD 14
  1.3.1 Modifiable traditional risk factors 18
    1.3.1.1 Blood pressure 18
    1.3.1.2 Overweight and obesity 19
    1.3.1.3 Blood lipids 20
    1.3.1.4 Raised blood glucose/diabetes 22
    1.3.1.5 Tobacco 25
    1.3.1.6 Dietary patterns 26
    1.3.1.7 Alcohol 26
    1.3.1.8 Physical activity 27
    1.3.1.9 Psychosocial risk and mental health 29
  1.3.2 Emerging non-traditional cardiovascular risk factors 29
    1.3.2.1 Non high density lipoprotein (non HDL) cholesterol 29
    1.3.2.2 Prehypertension 30
    1.3.2.3 Fat distribution 31
    1.3.2.4 Hypertriglyceridemic waist 32
    1.3.2.5 Metabolic syndrome – a multiplex cardiovascular risk factor 33
1.3.3 Unmodifiable traditional risk factors 38
  1.3.3.1 Age 38
  1.3.3.2 Sex 38
  1.3.3.3 Heredity 39

1.4 Cardiovascular disease susceptibility: Genes or environment or GXE to play 49
  1.4.1 Disease susceptibility 49
  1.4.2 GXE model for an individual to develop cardiovascular diseases 51

1.5 Rationale 52

1.6 Aim 53

Chapter 2: Materials and Methods 55-102

2.1 Study design 55
  2.1.1 Phase I: Pilot survey 56
  2.1.2 Phase II 57
    2.1.2.1 Anthropometric measurements 57
  2.1.3 Physiological variables (blood pressure) 58
  2.1.4 Inclusion and exclusion criteria used for sampling 59
  2.1.5 Blood sample collection 59
  2.1.6 Laboratory analysis 61
    2.1.6.1 DNA extraction 61
    2.1.6.2 DNA quantification 64
    2.1.6.3 DNA amplification - polymerase chain reaction (PCR) 66
    2.1.6.4 Restriction enzyme digestion 68
    2.1.6.5 Genotyping 68
  2.2 RNA isolation and real time PCR standardization for relative quantification of Foxp3 gene 72

2.3 Statistical analysis 75
  2.3.1 Hardy-Weinberg equilibrium test 75
  2.3.2 Correlation 77
  2.3.3 Simple linear regression 77
  2.3.4 ODD Ratio (OR) 77
  2.3.5 Logistic regression 79
3.4.2.1 Prevalence of non-traditional risk factors

3.4.2.1.1 Metabolic syndrome (MS)

3.4.2.1.2 Non high density lipoprotein cholesterol (non HDL-C)-An emerging cardiovascular risk factor

3.4.2.1.3 Distribution of fat among Jats of Haryana

3.4.2.1.4 Hypertriglyceridemic waist- A marker of the atherogenic metabolic triad

3.4.2.1.5 Distribution of hyperhomocysteinemia and nutritional deficiencies (folate and vitamin B12) among Jats of Haryana

3.4.3 Summary of the distribution of traditional and non-traditional cardiovascular risk factors

3.4.3.1 In total population

3.4.3.2 In men and women

3.5 Complex phenotypes: Pre-hypertension, Hypertension (HTN) and Metabolic syndrome (MS)

3.5.1 Pre-hypertension (Pre-HTN) and Hypertension (HTN)

3.5.2 Metabolic Syndrome (MS): Major Risk Factor for CVD

3.5.3 Conclusion based on prevalence of risk factors

3.5.4 Summary of the independent risk factors for pre-hypertension, hypertension and metabolic syndrome

3.5.5 Based on the above summarized results emerging non traditional variables to be considered as cardiovascular risk factors

Chapter 4: MTHFR Gene-Environment Interaction and Cardiovascular Variables

4.1 MTHFR C677T polymorphism

4.2 Distribution of MTHFR C677T polymorphism

4.3 MTHFR C677T and Cardiovascular variables

4.3.1 MTHFR C677T and hypertension

4.3.2 MTHFR C677T and Metabolic Syndrome (MS)

4.4 Gene X environment interaction and cardiovascular phenotypes

4.5 10-year cardiovascular risk and MTHFR

4.6 Searching reasons for hyperhomocysteinemia

4.6.1 Homocysteine and MTHFR C677T

4.6.1.1 Risk analysis
4.6.1.2  Lifestyle (alcohol consumption and smoking status) and homocysteine 193
4.6.2  Gene X environment interaction in hyperhomocystenemia 195
4.6.3  Hcy-modulation and micronutrients 199
4.6.4  Homocysteine and inflammation 201

Chapter 5: Summary and Conclusion 207-217

References 218-271

Annexures
Annexure I: Ethical Clearance
Annexure II: Proforma

List of Publications