

Lifestyle Habits and Cardiovascular Risk Factors among Israeli Cardiologists

Ehud Goldhammer^{1,2}, Ghassan Zaid¹, Uri Rosenschein^{1,2}

¹*Cardiology, Bnei Zion Medical Center, Israel*

²*Faculty of Medicine, Technion, Israel*

Aim:

to assess lifestyle habits and cardiovascular risk factors among Israeli cardiologists.

Methods:

We used an e-mail survey to elicit self-reported prevalence of cardiovascular risk factors and healthy lifestyles among members of the Israeli Heart Society (IHS).

Results:

A 22-item questionnaire was sent via e-mail to 603 IHS members, and complete data were available for analysis in 111 (18.4%). Males - 82%, age = \leq 40yrs - 12.61%, 41-50 - 25.23%, 51-60 - 38.74%, and \geq 61 - 23.42%, employment = hospital - 78.38%, community- 14.41%, and private- 7.21%, working hours = 40/week - 8.11%, 40-60/week - 57.66%, 60/week - 34.23%, BMI \leq 20 = 0.9%, 21-26 = 36.94%, 27- 30 = 44.14%, 31-35 = 4.5%, 36 - 40 = 2.7%, do not know = 10.81%, waist circumference = 53.15% do not know, hypertension = 27.93%, diabetes = 7.21%, hyperlipemia = 45.95%, previous cardiovascular hospitalizations = 6.3%, family history of CAD = 49.5%, smoking = yes = 9%, mostly with \leq 10 pack years, alcohol intake = yes - 61.26% (\leq 2 drinks/day - 11.71%, 2 drinks/day - 0%, \leq 2 drinks/week - 41.14%, drinks/week - 5.41%, regular breakfast = yes - 40.54%, occasionally - 21.62%, no - 37.84%, salt consumption = \geq 1.5 gr/day - 17.12%, \leq 1.5 gr/day - 41.44%, do not know - 41.44%, exercise = yes- 86.49% (1-2/week = 41.44%, 3-4/week = 29.73%, 4/week = 15.32%), sport session duration = 0 min- 13.51%, 15-30 min - 16.22%, 30-60 min- 43.24%, 60 min- 27.03%, sleeping hours = \leq 6 hours/night - 53.15%, and sleeping pills use - 4.5%.

Conclusions:

Overweight and "workaholism" were common, however most of participants reported regular exercise and low rates of smoking.