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ASSOCIATION BETWEEN CONSUMPTION OF CARBONATED DRINKS AND RISK OF CARDIOVASCULAR DISEASE IN IRANIAN PATIENTS

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Background: This study aimed to evaluate the amount of carbonated-drinks in patients with documented cardiovascular disease in Iranian population.

Material and Methods: This cross-sectional study analyzed the data of 301 patients (age 40-87 years old) who were admitted in Ghaem hospital and participated in this study. Carbonated-drink intake was defined as the sum of the intakes of carbonated beverages. Participants were categorized into two study groups depending on their angiography reports. The association between angiography reports and carbonated-drink intake was evaluated using a multivariable-adjusted logistic regression model.

Results: The study involved 301 patients; 156 patients (51/8%) were male and 145 patients (48/2%) were female. Patients with cardiovascular disease who consumed carbonated drinks everyday compared with those who consumed carbonated drinks ever month, showed a significant ($p < 0.001$) for high risk angiography results. Additionally, the risk of cardiovascular disease increased with the increase in the intake of carbonated drinks and high levels of total cholesterol, low-density lipid, triglyceride, High Blood Pressure (Systolic and Diastolic) ($p < 0.001$) but there was no association between high-risk angiograph results and smoking.

Conclusion: In Iranian patients, every day carbonated-drinks intake is associated with a multivessel involvement cardiovascular disease.

KEYWORDS: Carbonated- drinks; Sugar-Sweetened Beverages; SSBs; Cardiovascular Diseases; Iranian; patients**INTRODUCTION**

In Iran, population aging has resulted in a progressive increase in the healthcare burden which is caused by chronic diseases such as cancer, cardiovascular disease (CVD), obesity, diabetes, and osteoporosis. In particular, cardiovascular disease follows traffic accidents as the second leading cause of death in Iran. Therefore, decreasing the incidence and prevalence of cardiovascular dis-

ease cardiovascular disease has become an important public health target to improve population health and decrease medical expenses. Non-communicable diseases, also known as chronic diseases are the main reason for more than two-thirds of global deaths in lots of countries, in which the unhealthy diet is one of the primary risk factors. In lots of published articles, a high correlation be-

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