

**UNIVERSITI TEKNOLOGI MARA**

**A SURVEY ON THE USAGE OF DIETARY  
SUPPLEMENTS AMONGST THE CARDIAC  
PATIENTS IN SERDANG HOSPITAL.**

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Dissertation submitted in partial fulfillment  
of the requirements for the degree of  
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I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This dissertation has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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## ABSTRACT

Cardiovascular disease (CVD) is a leading cause of morbidity and mortality throughout the developed and developing countries including Malaysia. Hypercholesterolemia is one of the known variable risk factor for cardiovascular disease and its treatment is crucial in preventing CVD. Many studies showed that lowering cholesterol in people at high risk of cardiovascular events significantly reduced the risk of overall mortality and morbidity. Dietary supplements may be useful in certain patients with lipid disorders. Thus, this research was to examine the prevalence and understand the use of dietary supplements among the cardiac patients in Serdang Hospital and more specifically to identify factors which predicted the likelihood of using dietary supplements. A cross sectional survey was done from October 2014 to November 2014 in Cardiology Clinic in Serdang Hospital with 373 patients (305 males and 68 females). Thirty-Eight per cent of the cardiovascular patients reported taking a dietary supplement in the past 12 months: 30.1% took Fish Oil, 17.5% took Multivitamins and 19.6% took Royal Jelly and more than 5% respondents consumed Vitamin B Complex, Vitamin C, Calcium and Barley Bran. In multivariate analysis, smoking status, education level and household income were associated of greater use of any supplements. However, there were no association showed between dietary supplement intake and patient's lipid profile. This research had thrown up many questions in need of further investigation. Further works need to be done with larger populations to establish whether dietary supplement intake have beneficial effects to reduce cardiovascular risk factors specifically in serum cholesterol level.

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