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### **Achieving exercise goal amongst multi-ethnic Asian patients in primary care: what is the impact on their control of dyslipidemia?**

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**Background and Aim:** Exercise is a recommended measure to manage dyslipidemia and for the maintenance of cardiovascular health. Physicians often rely on patient's self-reporting to assess their exercise status in clinical practice. This study aimed to determine the prevalence, demographic characteristics and attitude of patients with dyslipidemia in Singapore, who reported achieving the recommended 150 minutes of weekly exercise in association with their LDL-Cholesterol (LDL-C) treatment goals.

**Methods:** Assistant-administered questionnaires were fielded to patients with physician-diagnosed dyslipidemia, aged 31-80 years, to determine their attitude and exercise pattern. Their clinical and lipid profile data were retrieved from their electronic clinical records. Demographic and laboratory variables were described for patients who self-reported achieving recommended 150 minutes of exercise per week (RE-group) and those who did not (NRE). Logistic regression analyses were performed to identify factors associated with achieving LDL-C goal. A  $p < 0.05$  was considered statistically significant.

**Results:** The complete records of 1060 patients (37.8% male, 44.0% aged < 60 years, 33.5% Chinese, 34.0% Malay, 32.5% Indian, mean LDL-C 99.5mg/dL) were reviewed. 50.7% self-reported episodic laziness and 47.2% would find excuses not to exercise occasionally. of the 57.5% reported fulfilling the RE-group criteria, ethnicity, gender, highest education attained, pharmacotherapy, employment and smoking status were significant associated factors. Those with ischemic heart disease (IHD) were associated with failure to achieve LDL-C treatment goal in the NRE-group.

**Conclusion:** 58% of the patients reported 150 minutes of weekly exercises. Their demographic characteristics and lipid-lowering medication prescription influenced their achievement of LDL-C treatment goals. IHD may deter patients from regular exercises.