

## Session 5

# Case study 5 – Risk factors for coronary heart disease

**Name:** Vinda Kaur

**Age:** 65

**Gender:** Female

**Ethnicity:** South Asian

**Waist measurement:** 90cm (about 35.5 inches)



Vinda Kaur is 65 years old, and lives with her husband, son and daughter-in-law. She is overweight, with a waist measurement that is in the 'health is at high risk' category, and knows that she should try to lose some weight. She wants to change her diet, so that she eats more healthily and loses weight, but she doesn't want to offend her daughter-in-law by commenting on her cooking.

When Vinda Kaur visits her GP surgery they tell her she needs to lose weight and change her diet, but because of her weight, she finds exercising difficult. The whole family love their food, and regularly eat snacks of lamb koftas and vegetable pakora.

**1. What are Vinda Kaur's risk factors for coronary heart disease?**

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**2. Which of her known risk factors are modifiable, and which are non-modifiable?**

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**3. What screening should she have to assess her risk of coronary heart disease?**

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**4. What suggestions do you have about where Vinda Kaur could be screened?**

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