

Study of Pulmonary Function Test of over the 40 Years Adults in Ulaanbaatar

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Abstract : Background: The rapid economic growth and to the common use of smoky fuel such as coal in the small traditional houses (Ger) in Mongolia is worsening its air pollution problem. In addition, the smoking rate is considered to be high. Despite these conditions, few prevalence studies of COPD epidemiology and diagnose have been performed in Mongolia. The spirometric test is a widely used diagnose for COPD. Aims: Healthy and over the 40 aged adults were evaluated of Pulmonary function test in Ulaanbaatar. Methods: Healthy, over the 40 aged residences were admitted for this study from II sub-district, in Khan-Uul district of Ulaanbaatar city. In this cross-sectional study. Health information was collected 184 subjects between 01-03 July in 2013; spirometry device was named Hichest-105 Japan that was employed for this study. Studies were using the acceptability standards outlined, and data were compared with personal reference data generated on Asian subjects which were performed abnormally to evaluated by global initiative obstructive lung decreases (GOLD). Data were analyzed using SPSS 20 software. Results: A total of 134 subjects (age 52.9 ± 9.8 , man 32.8%) were performed PFT which were interpreted normal 73.9% (sum of man 65.0% and woman 79.4%), abnormal 26.1% which were typed obstruction 17.2% (23), restriction 6% (8), mixed 3% (4). Airflow obstruction were determined in all man 25% (11), woman 13.3% (12) which were classified mild 43.4% (man 54.5%, woman 33.3%), moderate 52.2% (36.3% vs. 66.7%) and severe 4.3% man 1 GOLD degree. Undetermined a very severe obstruction. Normal PFT subjects were compared a group of gender and age group which man was significantly higher than the women ($p < 0.05$). Age group of PFT decrease was no difference in gender ($p > 0.05$) also no difference in BMI ($p > 0.05$). Normal PFT subjects were compared with predicted values were used to Asian population which was significantly lower than FEV1 (0.15 ± 0.36 l), PEF (1.92 ± 1.31 l) and same deference occurred man (FEV1 0.19 ± 0.42 l, PEF 2.04 ± 1.64), women (0.14 ± 0.33 l vs. 1.86 ± 1.15 l). The decrease of FEV1 was defined in over the 60 age group higher than other age groups. Conclusion: Not only observed an air flow limitation prevalence dominance in all case but also COPD prevalence diagnosed man were higher than women. Normal PFT subjects were compared with predicted values were used to Asian population which was significant air flow limitation started early.

Keywords : PFT, obstruction, FEV1, COPD

Conference Title : ICPRM 2016 : International Conference on Pulmonary and Respiratory Medicine

Conference Location : Kyoto, Japan

Conference Dates : November 10-11, 2016