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Association between ABO Blood Group and Hypertension among Post-menopausal Females of North India

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ABSTRACT The present study is an attempt to explore possible associations between ABO blood group and the risk of hypertension among post-menopausal females of north India. This cross-sectional study covered 250 post-menopausal women, ranging in age from 45 to 80 years from North India. Four anthropometric measurements (height, weight, waist circumference and hip circumference) and blood sample of all the participants were taken. Analysis of data revealed total prevalence of hypertension was 32% as per JNC VII criteria. Hypertension was more prevalent in subjects having blood group O (10.4%), followed by blood group A (8.8%), B (8%) and least in AB (4.8%). Mean values for systolic blood pressure, diastolic blood pressure and pulse rate were higher in subjects with blood group O than non O blood group (that is, phenotype A, B and AB). Findings of present study suggest that subjects with blood group O has greater incidence of association with hypertension.