



## **ANU MARY OOMMEN (ALEXANDER)**

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**Qualifications:** MD Community Medicine, Christian Medical College, Vellore

**Institute:** Christian Medical College, Vellore

**Current position:** Associate Professor, Christian Medical College, Vellore

### **Research Interests**

- Epidemiology of cardiovascular diseases: Was in charge of a cross sectional study on cardiovascular risk factors and coronary heart disease (ICMR), in which around 6000 people from rural and urban Vellore were studied for NCD risk factors, between 2010-12.
- Screening programs for diabetes and hypertension by training rural volunteers to check BP and GRBS and also cervical cancer.
- Primary prevention: Two pilot programs for diet and activity have been approved and are about to start. One will train female volunteers regarding healthy diets, expecting them to train other women in their villages and self-help groups. The second aims to develop a physical activity program for a village and measuring physical activity, physical and biochemical changes following the program, in young women.

### **Recent publications**

1. **Anu Mary Oommen**, Vinod Joseph Abraham, Kuryan George, V. Jacob Jose. Accepted, in press (Indian Journal of Medical Research). Prevalence of risk factors for non-communicable diseases in rural and urban Tamil Nadu.
2. **Anu Mary Oommen**, Vinod Joseph Abraham, Kuryan George, V. Jacob Jose. Rising trend of cardiovascular risk factors between 1991-94 and 2010-12: a repeat cross sectional survey in urban and rural Vellore. Indian Heart Journal (2016).
3. **Anu Mary Oommen**, Vinod Joseph Abraham, Kuryan George, V. Jacob Jose. Prevalence of coronary heart disease in rural and urban Vellore: a repeat cross sectional survey. Indian Heart Journal (2016).