# EVIDENCE OF SELF-ORTHODOX MEDICATION AND CONTRADICTORY ARGUMENT OF CARDIOVASCULAR DISEASE AMONG THE YOUTHFUL AGES AT ITA OLUWO, A BOUNDARY BETWEEN LAGOS AND OGUN STATES AND LAGOS MAINLAND LOCAL GOVERNMENT AREAS.

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## Abstract

Hypertension being one of the major community health challenges among elderly people on the risk of cardiovascular disease, is now a disease which is found among people who fall within the age brackets between 20 and 30 years. Our community outreaches reveal this at Ikorodu and Lagos Mainland Local Governments in particular.

A community cross-sectional research was carried out and it was shocking that people of the aforementioned age brackets were found hypertensive during one of our Community Medical Outreaches at the aforementioned Local Government Areas.

Our discovery was terrific that the prevalence of hypertension was found among male than female during the BP test to found result as $125.27 \pm 17.08$ mmHg and $93.55 \pm 9.48$ mmHg, respectively. TV-TAY Wellbeing Initiative has pre-conclusive agreement to present this that the odds of being hypertensive in the community is majorly the problem of challenges such as economic instability situation, social unrest and political disenchantment in the country which bring about unnecessary taking of uncontrollable alcoholic drink, tobacco, illiteracy unawareness of the danger with continuous indulging and engagement because of unawareness risk of it based on our findings.

**Keyword:** Political disenchantment, Economic instability, Illiteracy unawareness, Community cross-sectional research, medical outreach, youthful age, social unrest.

**Conclusion**: Out of the total people checked for other community diseases based on our previous target on Malaria, Typhoid and Hypertension, 375 patients were hypertensive who fall within the age bracket as aforementioned, 55% of the male while 25% of the female are victims as we speak without being aware.
So, this means, they are not aware of this danger, which we can term as ignorance of the whole population initially, that, they are hypertensive until results show it. TV-TAY Wellbeing Initiative is now creating a strong awareness, treatment, and control of high blood pressure among the aforementioned age bracket so that in the next two to three years we do not have worst of this community challenge among the people of the age bracket and increment in percentage to the total we currently have in order to prevent more numbers across communities in Nigeria.

In synopsis to the above-mentioned justifications and conclusions, TV-TAY Wellbeing Initiative suggests that proper community screening outreaches in addition to consistent diagnostic and intensive evaluation of the victims and community education, strict and strong awareness will increase the systematic subdue of the cardiovascular disease among the so-called community to improve the treatment and continuous control of the disease.