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Hypertension in the community at the National University of Santiago del Estero, Argentina

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Abstract

Introduction: The aim of this study was to obtain information regarding patients with hypertension, and the presence of some risk factors for cardiovascular disease in hypertensive Community National University of Santiago del Estero.

Objectives: General: Describe the hypertensive population and investigate the presence of some risk factors for cardiovascular disease.

Specific: Describe the hypertensive population of the University Community, National University of Santiago del Estero and inquire about the presence of some risk factors for cardiovascular disease, such as obesity, sedentary lifestyle, smoking, hypertensive population in the university community of the National University of Santiago del Estero.

Development: This is a quantitative study, descriptive and cross, which began in November of 2007 with the literature search, recording the blood pressure of those who spontaneously attended the appointment and requested, in Unit of Primary Health Care. The variables studied were age, sex, obesity, sedentary lifestyle, smoking.

Result: The total number of consultations were 1403, for a population of 13,988 people. Controls were recorded blood pressure 173, of which there were 66 with hypertension, which represents 0.471% of the total population.

According age: 20 to 29: 06, 30 - 39: 21, 40 - 49: 07, 50 - 59: 11, 60 to 69: 18, 70 - 79: 01 of 80 to 89: 01, with a total of 66 hypertensive.

According sex: Male: 62.12% of the population, 0.293% of the total sample. Females: 37.87% of the population, or 1787% of the total sample.

Obese quantity: 57, representing 86.36% of the sample, and 0.407% of the total population.

Sedentary quantity: 66, representing 100% of the total sample, and 0.471% of the total population.

Smoking quantity: 18, representing 27.27% of the total sample, and 0.128% of the total population.

It was recorded that 01 patient has cardiometabolic syndrome and 04 patients with type 2 diabetes. Of the 66 hypertensive patients, 32 suffered from hypertension previously, and 34 were new hypertensive cases. Of the 32 previous hypertensive patients, 06 are those with less than 05 years of evolution of the disease, 26 who were with over 10 years of evolution. There are 10 that are medicated with 01 drug, 20 which have 02 specific drugs and medication, and 02 patients who have more than 02 drug treatments. Only 45% of hypertensive patients usually comply with treatment.

Conclusion: The figures obtained are not statistically significant. As suggested by the control and monitoring of individual and community patients.

Biography

Dr. Roberto Antonio Flores has been Graduated from National University of Tucuman, Argentina as Medical Doctor, with the specialties including Internal Medicine, Social and Community Medicine and Diploma in Cardiology from the National University of Tucuman and Medical Clinic National Academy of Medicine Argentina. Later on he obtained his post-graduation from National University of Cuyo with subjects Pharmacology & Biology and then started working at The Nurses School, Faculty of Humanities, Social Sciences and Health, National University of Santiago del Estero, Argentina where he has continued his research. Presently he has been working at the at the Regional Hospital Dr. Ramon Carrillo, Santiago del Estero City. He has got eminent memberships in many Scientific Societies including Internal Medicine and Cardiology at the Society of Santiago del Estero, Argentina, Membership of Argentina Federation of Cardiology, Membership of Hypertension Committee of Argentina Federation of Cardiology, Membership of Inter American Society of Cardiology and Board of Epidemiology of Inter American Society of Cardiology.

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