BIBLIOGRAPHIC REVIEW ABOUT CARDIOVASCULAR RISK IN MEXICAN PEOPLE

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INTRODUCTION

The latest study conducted by the National Institute of Geography and Statistics in Mexico shows that one of the leading causes of death in men and women is cardiovascular disease. Unfortunately, there are not enough studies on this important subject. The objective of this study was to address what is known and the amount of publications about cardiovascular diseases in Mexican people. We hope that the research about cardiovascular risk in the general Mexican population could help the nursing field to prevent or intervene in cardiovascular diseases.

METHODS

We performed a systematic investigation of the following databases: Springer, Ebsco Host, Scielo, Medline and Pubmed. We searched the following keywords: cardiovascular risk, cardiovascular disease and Mexicans, with the Boolean operators: "AND", "OR", and "NOT". Retrieving articles published in the last five years, a total of 1075 articles were obtained. The article summaries without key information for our investigation were dismissed; after that, 175 relevant articles were chosen. Then, the whole texts were read and articles, either in English or Spanish. After that we removed inconclusive studies, research not specific to Mexican people and duplicate studies.

RESULTS

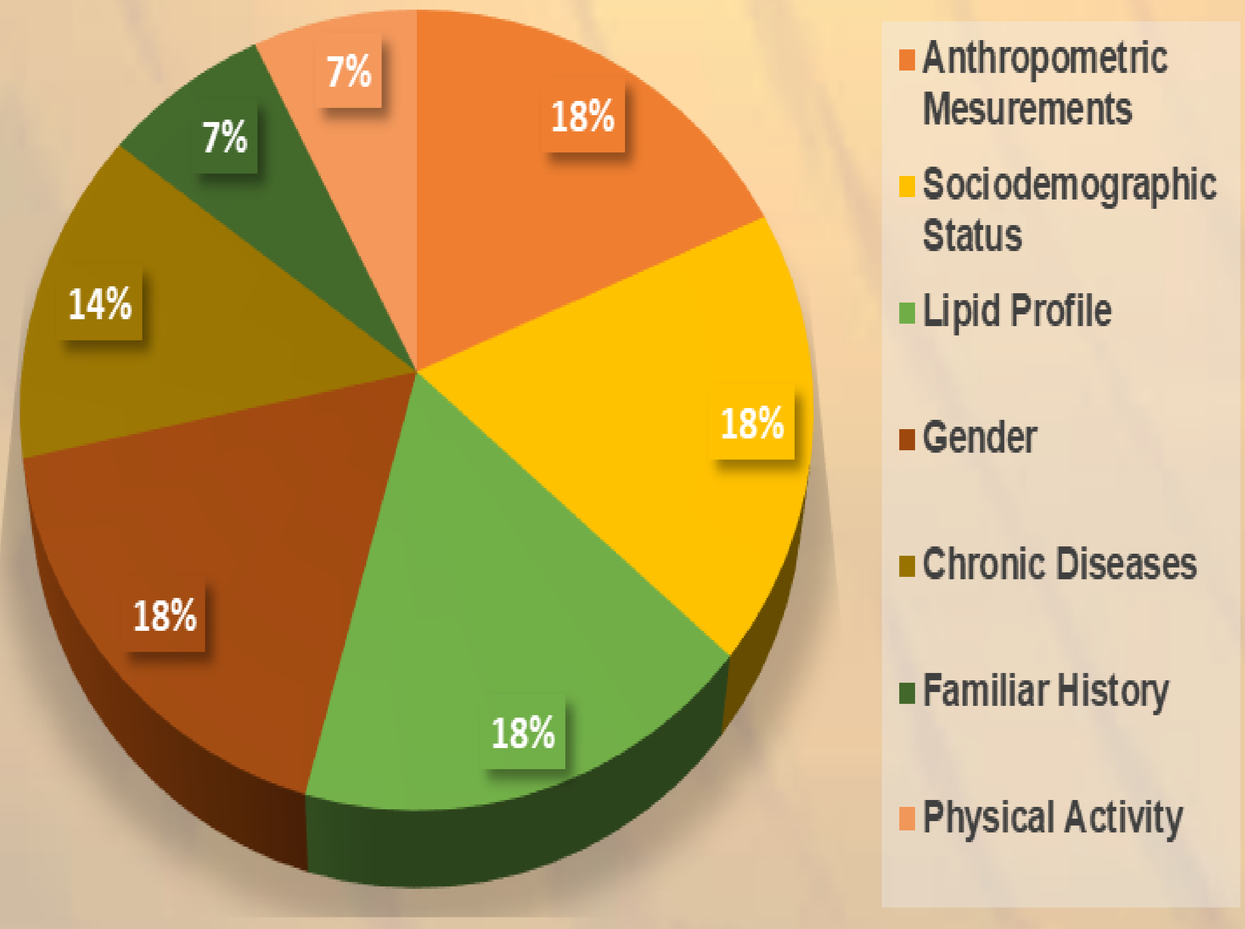
For this literature review we selected 51 of the most relevant articles related to cardiovascular risk in Mexican people. Of those articles, 26 were published in Spanish and 25 in English. Notably, we observed that the English articles analyzed more risk factors.

The following table displays the cardiovascular risk factors most frequently analyzed in the 25 English articles.

The cardiovascular risk factors measured most frequently in English studies were the following: 20 (18%) studies used anthropometric measures and sociodemographic status. The lipid profile and gender were 19 (18%); the chronic disease was 15 (14%) and the cardiovascular risk factors less used in the studies were family history and physical activity. The articles analyzed in the following table were exclusively in English and we only took the cardiovascular risk factors most used in the studies carried out.

STUDY DATA	PARTICIPANTS		CARDIOVASCULAR RISK FACTORS																	
YEAR/AUTHORS	Age	Sample	Gender	Familiar history	Physical activity	Anthropometric Measurements			Lipid Profile					Chronic Disease					Status			
						BMI[1]	AC[2]	WC[3]	Glucose	TC[4]	HDL-c[5]	LDL-c[6]	TAG[7]	DM[8]	T2DM[9]	HTN[10]	RA[11]	DLP[12]	Nutrition	Education	Economic	Smoking
2013/CERECERO	>30	2,065				•			•	•				•		•						•
2016/MUÑOZ-AGUIRRE	20-80	6,294	•	•	•	•	•	•		•			•							•		•
2016/BAÑUELOS	7-10	456	•	•	•														•	•	•	
2014/MORALES	>20	8,379	•	•	•	•		•	•													
2014/GONZALES	6-12	30	•			•		•		•				•	•					•		•
2017/SÁNCHEZ	45.3 ± 10	109	•		•				•	•	•	•	•						•			•
2015/FLORES	11-18	164				•			•	•	•	•	•									
2016/WALL	17-38	295				•		•	•	•	•	•	•									
2015/GAZIANO	35-74	4,049	•			•		•	•	•	•	•	•									
2015/LEVITT	35-74	4,101	•			•								•								•
2017/CROWSON	55	5,638	•																			•
2018/RUAN	>50	34,114	•	•		•				•	•	•	•	•		•	•					•
2017/CROWSON	54	1,796	•		•	•										•			•	•		•
2014/DINWIDDIE	>20	6,032	•	•		•				•	•	•	•	•		•	•					•
2015/DENOVA-GUTIERREZ	20-80	1,196	•		•	•										•			•	•		•
2018/VARGAS-ORTEGA	53 ± 13.7	71	•	•		•				•	•	•	•	•								•
2018/WAH-SUAREZ	40-75	97	•											•		•				•		
2018/SANCHEZ-JIMENEZ	>41	414					•	•					•						•			
2017/GALARZA-DELGADO	>18	414	•				•	•		•	•	•	•	•		•		•				•
2017/COLÍN-RAMÍREZ	20-50	3,436	•		•					•	•	•	•									
2018/SABO	>18	480										•		•								
2018/MORENO-DEL CASTILLO	>20	1,489	•	•		•										•						
2013/MEANEYA	>35	2,602	•	•						•	•	•	•	•								•
2014/GONZÁLEZ DEVIA	6-12	60				•				•	•	•	•	•								
2015/GARCIA-ROJAS		2,300	•			•		•	•					•								•
TOTAL			19	8	8			20				19						15				20

Abbreviations: BMI[1]. Body Mass Index; AC[2]. Arm circumference; WC[3]. Waist circumference; TC[4] .Total cholesterol; HDL-c[5]. High Density Lipoprotein; LDL-c[6]. Low Density Lipoprotein; TAG[7]. Triglycerides; DM[8]. Mellitus Diabetes; T2DM[9]. Type 2 Diabetes; HTN[10]. Hypertension, RA[11]. Rheumatoid arthritis and DLP[12]. Dyslipidemia.



CONCLUSION

In our research project, we have observed that there is a low number of research about cardiovascular risk in Mexican people. Further, the most comprehensive research was written in English, not Spanish. This is worrying because Mexico occupies the first place in diabetes and obesity in the whole world. We think it is necessary for the scientific community to conduct more research in this topic, including in Spanish. This research can raise awareness of cardiovascular risks in order to execute a more optimal and effective nursing intervention in Mexico.

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