

Prevalence of modifiable and non-modifiable cardiovascular risk factors in a cohort of chronic hypertensive patients

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Hypertension is a highly prevalent chronic medical condition that leads to major end organ damage including ischaemic heart disease, Heart failure, Strokes, Chronic Kidney Disease and Peripheral Vascular Disease. The presence of additional cardiovascular risk factors in hypertensive patients accelerates the risk of those major complications. The aim of this study was to assess the prevalence of co-existing cardiovascular risk factor among 371 chronic hypertensive patients who were followed up in the medical wards and hypertension clinics of Teaching Hospital Peradeniya, Sri Lanka. Data was collected using an interviewer administered questionnaire which included data regarding the presence of modifiable and non-modifiable risk factors followed up by a brief physical examination including height, weight.

Among 371 patients, 118(31.8%) were males and 253(68.2%) were females and mean age for males was 65.51 years while for females it was 64.14. Among males, 77.1% were alcohol consumers and 76.27% were smokers. Those risk factors among females were negligible. Diabetes Mellitus was found in 34.1% of the total population with no significant difference in gender (p-value=0.610). From total population 39.5% were overweight and 25.3% were obese. Mean Body mass index (BMI) was 24.92 kg/m² (male-24.58, female-25.08, p-value=0.5453). 36.92% had at least one parent with hypertension while 39.1% had at least one sibling with hypertension. 66.8% had adequate level of physical activity i.e. >150min/week of moderate activity with no significant difference in gender (p-value=0.5418).

In conclusion we have identified that smoking and alcohol consumption were highly prevalent among males while diabetes mellitus and high BMI were frequently seen in hypertensive patients. Therefore it is crucial to improve patient education, early detection and control of those risk factors in order to control those modifiable risk factors.