

Assessment of demography and common clinical symptoms among hypertensive patients in Sri Lanka

U.Ralapanawa^{1*}, M. Bandara¹, S. Tennakoon², N. Wickramasurendra¹, R. Bandara¹ and T. Jayalath¹

¹*Department of Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka,*

²*Department of Community Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka*

**udayaralapanawa@yahoo.com*

Hypertension is responsible for a great proportion of morbidity and mortality among young adults throughout the world. It is known as the silent killer as often it is asymptomatic. However, there are some symptoms patients tend to ignore but may suggest a diagnosis of hypertension. Therefore assessing the prevalence of those symptoms among hypertensive patients along with their demography is vital to improve patients and public awareness and early detection of hypertension. The aim of this study was to assess the prevalence of major symptoms i.e. the symptoms which patients may find most disturbing or caused them to seek medical attention and minor symptoms i.e. the symptoms which patients may have ignored in the past. This study was conducted at the Teaching Hospital Peradeniya, Sri Lanka involving 371 chronic hypertensive patients who were followed up in medical wards and hypertension clinics.

From the total of 371 patients 68.2% were females and 58.2% were in 61-80 age group. Mean age of the population was 64.57. 91.6% and 91.9% were Sinhalese and Buddhists respectively. 67.1% were married and 28.8% were widowed. Mean age at 1st detection of hypertension was 57.1. Considering the total population dizziness was the most prevalent major symptom (30%) followed by headache (16%) and chest pain (15.5%). 21.2% had no symptoms. Headache was the most prevalent minor symptom (59.29%) followed by chest pain (40.9%) and dizziness (39.8%). There was no significant difference with regard to gender in major symptoms however headache in female and chest pain among male as minor symptoms were significantly prevalent from the opposite gender(P-value=0.04,0.036).

In conclusion, dizziness, chest pain and headache are frequent symptoms among hypertensive patients and therefore those symptoms can be used as screening questions to detect hypertension in early stages and there by prevent serious complications of hypertension.