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A five-year controlled (2008-13) study on patients with hypertension presented to the Community National University Santiago del Estero, Argentina

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Objective: The aim of this work was to obtain further information regarding patients with arterial hypertension, and observe the presence of risk factors for cardiovascular disease, and the impacts of pressure values of these hypertensive patients of the Community National University Santiago del Estero.

Development: This is a quantitative, descriptive, cross-sectional study, which began in December of 2008, recording the blood pressure and control of risk factors and changes in the Primary Health Care Unit. The variables studied were age, sex, obesity, sedentary lifestyle and smoking. It was suggested to patients to undertake walks for at least 30 minutes a day, and to continue with low sodium diet.

Result: The total number of consultations was 3542, one time per month during the 5 years of the study. All the subjects (3542) were evaluated for control of blood pressure, and weight and were interrogated about smoking and physical activity. The average blood pressure values at baseline were 150/90 mm Hg at the end was 135/80 mm Hg in 40% of hypertensive patients. By age: from 20 to 29 : 06 of 30 - 39 : 22 of 40 - 49 : 07 of 50 - 59 : 11, from 60-69 : 18, from 70 - 79 : 01 of 80 - 89 : 01 with a total of 66 hypertensive patients these figures were at baseline . At the end of the study we had 62 patients, with 2 men retired and 2 men passed away. By sex: Male: 41, 62.12 % of the total population and female: 25, 37.87 % of the total population. Number of obese: 57, representing 86.36% of the total sample at baseline. At the end of the study 26 subjects have reduced weight, thanks to programmed physical activity and low sodium diet and hipolipídica. Number of sedentary: 66, representing 100% of the total sample, at baseline, at the end of 26 performed physical activities scheduled. Number of smokers: 18, representing 27.27% of the total sample at baseline. Of which one had died, only two found to reduce the amount of smoking per day. It was recorded that one patient has cardiometabolic syndrome. There are 4 patients with type 2 diabetes. A patient had hyperthyroidism and one patient was presented with acute myocardial infarction after stent placement and pacemaker while one of them has suffered with osteoarthritis and osteoporosis.

Conclusions: We demonstrate achievement when hypertensive patients are physically active and lose weight which eventually will result in reduction in blood pressure. Smoking is a harmful habit leading to considerable psychological dependence to the sufferer, so patients are suggested consultation and psychological controls that help to overcome this addiction.

Biography

Roberto Antonio Flores has 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. Presently he is working at the Regional Hospital Dr. Ramon Carrillo, Santiago del Estero City, Argentina.

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