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### **CONTROL AND FOLLOW UP FOR 7 YEARS AND 9 MONTHS OF PATIENTS WITH ARTERIAL HYPERTENSION IN THE COMMUNITY OF THE NATIONAL UNIVERSITY OF SANTIAGO DEL ESTERO, ARGENTINA**

**Introduction:** The intention of this work was to obtain complementary information regarding patients suffering from Hypertension, and to observe as the presence of some risk factors for cardiovascular disease, impacts on the tension figures of said hypertensive patients of the Community of the National University Of Santiago del Estero.

**Objectives:**

**General:** To control and follow up the hypertensive population and investigate the presence of some risk factors for cardiovascular disease.

**Specific:**

1. Describe the hypertensive population of the University Community of the National University of Santiago del Estero.
2. Demonstrate how the presence of some risk factors for cardiovascular diseases, such as obesity, sedentary lifestyle, smoking, impact on the tension figures in the hypertensive population of the University Community of the National University of Santiago del Estero.

**Development:** This is a quantitative, descriptive and cross-sectional study, which began in December 2008, recording blood pressure figures and controlling for risk factors and their modifications in the Primary Care Unit of health. The variables studied were age, sex, obesity, sedentary lifestyle, smoking habits. At the beginning of the study, patients were advised to perform walks of at least 30 minutes daily, to continue with a hyposclic and hypolipid diet.

**Outcome:** Total visits were 6314.1 times per month during the 7 years and 9 months of the study. There were 6314 controls of blood pressure, and weight, and questioned about smoking and physical activity. Tension figures averaged at the start of the study were 150/90 mm Hg, at the end was 135/80 mm Hg in 40% of hypertensive patients, during the first 5 years, at the end of the study 134/78 mm Hg In 40% of patients.

**Depending on the age:** 20 - 29: 06, 30-39: 22, 40-49: 07, 50-59: 11, 60-69: 18, 70-79: 01, 80-89: 01, with a total of 66 hypertensive patients, these figures were at the beginning of the study. Sixty patients were terminated, two men and two women retired, two men died.

**According to sex: Men:** 41, 62.12% of the total population. **Women:** 25, 37.87% of the total population.

**Number of obese:** 57, which represents 86.36% of the total sample at the beginning of the study. At the end of 26, they reduced their weight, thanks to the programmed physical activity and the hyposódic and hypolipid diet.

**Number of sedentarians:** 66, representing 100% of the total sample, at the beginning of the study, at the end of 26 performed scheduled physical activities.

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**Number of smokers:** 18, representing 27.27% of the total sample, at the beginning of the study. They completed 17, 1 died, the 2 who proposed to reduce the amount of cigarettes daily achieved their goal, smoking only 10 of 20 cigarettes a day, and 12 of 40 cigarettes a day. It was recorded that 01 patient suffers from Cardiometabolic Syndrome. There are 04 patients suffering from type 2 diabetes. One patient suffers from hyperthyroidism. One patient had acute myocardial infarction with posterior stenting and pacemaker placement, 01 suffering from osteoporosis and osteoporosis. Only 40% of hypertensive patients usually follow the treatment.

**Conclusions:** It was demonstrated that when hypertensive patients perform physical activities and lose weight, it is possible to reduce tension figures. Smoking is a toxic habit that denotes a great psychic dependence for those who suffer from it, which is why patients were advised of psychological consultations and controls that would help overcome this addiction.

## Biography

Roberto Antonio Flores has been Graduated from the National University of Tucuman, Argentina as Medical Doctor, with the specialties including Internal Medicine, Social and Community Medicine. He did 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.

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