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Blood hypertension in the center of adult, adults "virgin del valle" of the city of Santiago del Estero, Argentina

Introduction: The intention of this work was to obtain information referred to patients suffering from arterial hypertension, and the impact of programmed physical activity, in the hypertensive patients of the Day Center for Older Adults.

Objectives: General: Describe the hypertensive population and inquire about physical activity and its impact on blood pressure figures.

Specific: +) Describe the hypertensive population of the Day Center for Older Adults "Virgen del Valle" of the City of Santiago del Estero, Argentina. +) inquire about the physical activity programmed in said Center.

Material and Method: The present is a quantitative, descriptive and transversal work that began in March of the year 2017, recording the blood pressure of those who attend Day Center for Older Adults. The variables studied were age, sex, physical activity.

Result: 4622 blood pressure controls were recorded, 1 time per day from Monday to Friday to 20 patients, 60% of them maintain blood pressure figures within the limit of normal.

According to age: From 50 - 59: 11, from 60-69: 18, from 70 - 79: 01, with a total of 20 hypertensive patients.

According to sex: Men: 11, 55% of the total population. Women: 09, 45% of the total population.

Physical activity: All those who attend the Center, perform daily physical activities programmed according to age, which represents 100% of the total sample. Such activities consist of outdoor walks, for 30 minutes (Tuesday and Thursday), folk dance lessons for 120 minutes (Monday, Wednesday and Friday), Tai-Chi classes for 60 minutes (Thursdays), yoga classes during 60 minutes (on Tuesdays).

Miscellaneous: Diabetic patients are 05 in totals, 01 have Type 1 Diabetes; 04 have Type 2 Diabetes, of which 02 are Women and 03 Men. Those who suffer from osteoarthritis are 05 in total, 04 are women and 01 Man. Those who suffer with COPD are in total 03, 2 are Women, and 01 Man. The number of patients with Heart Failure: there are 02 in total, both being Men. In all cases, these patients receive the specific pharmacological treatment for each of their ailments.

Conclusions: Programmed physical activity has a positive impact on hypertensive patients since it enhances the pharmacological action of the drugs used in antihypertensive treatment. The figures tension remains within the range of normality, 60% of patients in the upper limit. Therefore, the control and individual and community monitoring of patients is suggested, and physical activity promoted.

Biography

Roberto Antonio Flores has been 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. 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 Regional Hospital Dr. Ramon Carrillo, Santiago del Estero City. He has got eminent memberships in many Scientific Societies including Internal Medicine and Cardiology at the Society of Santiago del Estero, Argentina. Membership of Argentina Federation of Cardiology, Membership of Hypertension Committee of Argentina Federation of Cardiology, Membership of Inter American Society of Cardiology and Board of Epidemiology of Inter American Society of Cardiology.

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