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### **Hypertensive patients' adherence to medications and lifestyle changes in Kotor, Egypt**

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**Background & Aim:** Worldwide, hypertension is the greatest significant preventable risk factor for premature death. Stricter adherence to hypertension medication and therapeutic lifestyle changes lead to greater reductions in blood pressure and other cardiovascular risk factors. Aim of this study was to assess medications adherence, dietary salt use, and physical activity levels among hypertensive patients in Kotor, Egypt.

**Methods:** This was a cross-sectional study conducted in Kotor district, Egypt. 440 patients were randomly recruited for the study after consent was obtained. Pre-tested interviewed questionnaire was structured with four sections: sociodemographic, physical activity, adherence to medications and restriction of dietary salt.

**Results:** Of 440 patients, 200 (45.5%) were illiterate, 264 (60%) were male, and 56.4% were older than 60 years of life. Good medication adherence was reported from 23.6% of the patients; 16.4% reported complying with salt restriction. 41.3% were physically inactive and 43.6% had controlled blood pressure. There was significant difference in medication adherence scores between males and females ( $\chi^2 = 4.835$ ;  $P = 0.028$ ), and additionally in the number of drugs taken ( $\chi^2 = 49.427$ ;  $P = 0.000$ ). On logistic regression analysis, female patients were found to be four and a half times more likely to be non-adherent with medications than the male patients (OR 4.364, 95% CI: 1.692 – 11.257;  $P = 0.002$ ).

**Conclusions:** the majority of the patients in this study were non adherent to medications and in limiting their dietary salt use, as well as physically inactive. Special care and improved health education among these patients is highly recommended, especially as most of them are illiterate.

**Keywords:** Medications, adherence, hypertension.