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Periodic general health checks for employees as a source of information on CV risk factors

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Background and Aim: The health benefits of general health checks have not been confirmed. In Croatia, these checks are common elements of health care for employees. The aim was to assess the usefulness of information from periodic general health checks for employees for screening of middle aged individuals, old 40-50 years, on CV risk factors.

Methods: Available information related to CV risk status, systematically recorded during periodic general health checks for employees, in a private Medical Centre, the town of Osijek, eastern Croatia, were used to assess the presence of CV risk factors in the group of 100 individuals (50 M and 50 F) old 40-50 years. Information on age, sex, BMI and blood pressure were used from the health records, together with the results of routinely performed laboratory tests indicating fasting blood glucose and lipid parameters. Statistical Methods: Fisher's exact and chi-square tests, the level of significance $\alpha=0,05$).

Results: Overweight/obesity was found in 54% of examined individuals with the predominance of males who were also more frequently recorded with increased blood pressure than females. No one individual with normal BMI values had increased fasting blood glucose, while there were 4 out of 54 individuals classified as overweight/obesity with increased fasting blood glucose. Only one third of individuals had normal total and LDL cholesterol values, while even 12% of them showed very high values. Related to dyslipidemia within the metabolic syndrome, decreased HDL cholesterol was found in 21% and increased triglycerides in 25% of examined individuals.

Conclusions: Although according to the evidence, the screening of the middle aged population on CV risk factors is not feasible, periodic general health checks for employees might be a ready-to-use source of such kind of information.