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Cardiovascular features and comorbidity in patients diagnosed with hypercholesterolemia

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Objective: To describe cardiovascular risk factors and clinical characteristics of patients diagnosed with hypercholesterolemia and to determine their cardiovascular risk and comorbidity.

Material and Method: Cross-sectional multicenter study will be conducted at facilities of ten health centres in three of Spain's Autonomous Regions (Comunidades Autónomas). 358 adult subjects diagnosed with hypercholesterolemia and selected by consecutive sampling were evaluated. Sociodemographic variables, cardiovascular risk factors, lipid profile, cardiovascular risk (Score and Regicor), health problems (CIAP-2 classification), drug consumption and comorbidity were collected by the Charlson index.

Results: The mean age was 58.6 years (SD: 9.8). 50.6% were hypertensive, 23.2% smoker, 17.6% and 41.6% obese diabetic. 29.6% had metabolic syndrome. 54.5% had a cardiovascular problem. 36.6% had 3 or more health problems. 29.4% had a high or very high cardiovascular risk (Score $\geq 5\%$) and 27.9% Charlson index ≥ 3 . Comorbidity presented a statistically significant positive correlation with respect to the score ($r = 0.537$; $p < 0.001$) and Regicor ($r = 0.352$, $p < 0.001$). By multiple linear regression, the variables associated with greater comorbidity index were: age, use of more drugs, higher score index, more diseases, present a circulatory problem, endocrine, respiratory or genital.

Conclusions: More than half of the patients with hypercholesterolemia present a cardiovascular problem and about one third a high or very high cardiovascular risk. More than one third had 3 or more diseases. It has been found that in addition to the variables considered in calculating the comorbidity using the Charlson index, there are others that may be related to comorbidity in hypercholesterolemic subjects such as Score index, the presence of a circulatory problem, endocrine, genital or respiratory and the number of drugs consumed or diseases that have been presented.