

## **PS2.031**

### **Prevalence and degree of control of cardiovascular risk factors in patients enrolled in the study IBERICAN**

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**Background and Aim:** The general objectives of IBERICAN are to determine the prevalence and incidence of cardiovascular risk factors and cardiovascular events in Spain. The aim of this paper is to analyze the baseline characteristics of the sample included in IBERICAN (n = 3,042).

**Methodology:** IBERICAN is a longitudinal, observational, multicenter study in which patients are being included, 18 to 85 years, treated in Primary Health Care consultations in Spain and will be followed during five years.

**Results:** of cross-sectional analysis of the first 3,043 patients are shown. Results. Mean age was  $57.9 \pm 14.6$  years, of which 34.7% were older than 65 years and 55.4% were women. The prevalence of hypertension was 47.4%, type II diabetes 19% and dyslipidemia 50.3%. The 27.3% of the sample met criteria for abdominal obesity. The 29.7% recognized not to make any physical exercise and 18% were current smokers, 28% former smokers. The degree of poor control of risk factors was 47.5% for hypertension, 23.6% for type II diabetes and 61.6% for dyslipidemia. 526 patients had all three risk factors and only 5.9% of them had all the risk factors in objectives. The cardiovascular risk estimated by SCORE was very high for 36.0% of the sample and high for 21%.

**Conclusions.** The patients are relatively young, but with a high prevalence of cardiovascular risk factors, which determines a high or very high cardiovascular risk in more than half of the sample that must be confirmed in follow-up of the cohort.