

PS2.077

An epidemiologic study in patients with cardiovascular risk factors in primary care

Maria Fernandez Zambrano, C Navarro Robles, C Garrido Laguna

Costa del Sol, GP Trainer, Málaga, Spain

Corresponding author: Miss Maria Fernandez Zambrano, Costa del Sol, Mir, Fuengirola, Malaga, Spain. E-mail: mariafernandezzambrano@gmail.com

Background & Aim: Knowing the prevalence of cardiovascular risk factors in our environment and its relation to diseases is essential to achieve good control.

Methods: A retrospective observational study in patients with cardiovascular risk factor was performed in 2015 in Distrito Sanitario Costa del Sol (Málaga, Costa del Sol)

Results: The sample was composed of 796 patients, 29% women and 71% men.

In this study we prove that 34,5% are diabetics and 44,6% are dislypemic. It is observed that 32,3% are never smokers, 20.4% current smokers and 32.3% former smoker. In the sample of this study we find 60.4% of people with high blood pressure.

Due to the fact that the most common reasons for hospitalization in patients with cardiovascular risk factor are acute coronary syndrome, heart failure, stable angina and nonspecific chest pain, we studied the prevalence of those in our sample. We found that 27.9% of the admissions were because of acute coronary syndrome, 19.5% stable angina, 14.4% heart failure and 13.8% nonspecific chest pain.

Conclusions: Among patients in our cohort, we found a minority of women, being three times more frequent in men, so we conclude that we should take a closer monitoring of cardiovascular risk factors in male population.

The most common cardiovascular risk factor in our cohort is hipertensión, followed by dyslipidemia. We found similar prevalences regarding diabetes and smoking.

Poor control of cardiovascular risk factors involves events that require hospitalization and a high impact on the quality of life, so it is very important our involvement in primary prevention.