

PS2.187

Is it possible to delay vascular aging?

Maria Ines Oliveira(1), A Portela(2), G Gama(3)

(1) ACES Matosinhos, Department of General Family Medicine, Porto, Portugal

(2) ACES Leiria, Department of General F, Braga, Portugal

(3) ACES Gondomar, Department of General F, Porto, Portugal

Corresponding author: Dr Maria Ines Oliveira, USF Lagoa ACES Matosinhos, Department of General Family Medicine, Porto, Portugal. E-mail: mariainesoliveira89@gmail.com

Background and Aim: Vascular age is the age of the apparent blood vessels, especially arteries, as compared to what is considered normal in a healthy population. During aging, even in the absence of disease, certain anatomical and physiological changes in the cardiovascular system, such as increasing the thickness of the arterial wall, increased heart weight and endothelial level, depend exclusively on age. However, in most cases, the decline in this system is the sum factors of cardiovascular and non-cardiovascular factors. The aims of this work are to research and enumerate factors that may contribute to and/or accelerate vascular aging and, if so, assess their effects.

Methodology: Electronic research articles and newspapers and magazines of reviews, particularly in the area of Cardiology, such as the Portuguese Society of Cardiology, the ESC (European Society of Cardiology), the AMA (American Heart Association), the American College of Cardiology and the American Journal Cardiology. Review of the literature on Pubmed data base, without language restriction, with the following key words: "vascular aging", "vascular age" combined with "risk factors".

Results: It was found that smoking, obesity, hypertension, hypercholesterolemia and hyperglycemia are risk factors for vascular aging.

Conclusion: The behaviors and lifestyle, in addition to their age, can contribute to heart and cardiovascular changes, at the anatomical and physiological levels. Through various mechanisms, the above risk factors promote the acceleration of vascular aging, contributing to the increase in chronological age of the individual in relation to biological age, at the level of this system. In order to prevent, control and/or combat these negative impacts, the adoption of a healthy lifestyle is crucial, with or without pharmacotherapy. Thus, the answer to the question of this work is positive because it is never too late to achieve healthy aging.