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Prevalence, awareness and risk factors of hypertension in south west of Iran

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Hypertension is an important cause of stroke, heart and kidney disease. The aim of this study was assessment of prevalence, awareness and risk factors of hypertension in Ahvaz, south west of Iran. In this descriptive – analytical study, 944 participants older than 20 years enrolled in Ahvaz in 2010. A questionnaire was completed. Systolic blood pressure (BP) ≥ 140 mmhg or diastolic BP ≥ 90 mmhg or taking antihypertensive medication, was considered as hypertension. Systolic BP = 140-159 or diastolic BP = 90-99 was defined as stage 1, systolic BP ≥ 160 or diastolic BP ≥ 100 was considered as stage 2. Systolic BP = 120-139 mmhg and diastolic BP = 89-80 mmhg were considered as pre-hypertensive. Data were analyzed by spss 16 software. Prevalence of hypertension was 17.58 % [95% CI: 15.28-20.14] in Ahvaz; that 45.8% were male and 54.2% were female. Age-adjusted prevalence of hypertension was 8.6%; age and sex adjusted prevalence was 3.7%. Seventy two (7.7%) were prehypertensive. The frequency of stage 1 hypertension was 10.8% and stage 2 was 5.7%. Among them 53.6% were not aware of their disease and 22% of hypertensive cases were controlled. Logistic regression analysis showed that age, metabolic syndrome and family history of hypertension had significant correlation with hypertension. This study showed that age, metabolic syndrome and family history of disease is the risk factors of hypertension in Ahvaz population. About half of patients were unaware of their disease and about one fifth of them have their blood pressure controlled.

Biography

Leila Yazdanpanah is a MD, diabetes PhD student in Ahvaz Jundishapur University of Medical Sciences Ahvaz, Iran. She works in Health research institute, diabetes research center. She has published papers in reputed journals and is active in diabetes research, diabetes associations and diabetes clinics.

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