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Cardiovascular disease risk factors and heart attack warning signs: Rare adult is able to identify the threat

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Heart attack is one of the leading causes of death and disability between European cardiovascular patients, actively becoming a great strain to society. The aim of this study was to assess the knowledge in reference to cardiovascular risk factors and heart attack warning signs among Lithuanian adults. Via questionnaire, provided by investigators, and offering multiple close-ended right and wrong answers about cardiovascular risk factors and heart attack warning signs, a total of 490 adults (aged 25-65 years) were surveyed. Data was collected at Primary Care Center “Vilniaus Centro Poliklinika” between January and October 2015 face-to-face during routine doctor visits. Demographic and personal medical material was collected as well. Responses from only (n=408) participants were included into final analysis. The mean age was 44.09±11.9 and (53.2%) were women. Respondents recognized on average 5.59 of 10 risk factors (SD±1.81) and 3.46 of 6 heart attack signs (SD±1.15). Respectively only (2.2%) and (3.4%) were able to identify all correct risk factors and heart attack signs. Knowledge of risk factors is significantly higher among women, highly educated adults and those aged 25-35 years (p=0.015; p=0.013; p<0.001). Elderly (>55 years) were largely aware of heart attack warning signs (p=0.006). No differences found by self-reported risk factors and smoking. These findings show insufficient public knowledge of cardiovascular risk factors and heart attack warning signs. It is necessary for authorities to consider present gaps in public health education and generate new measures for improving cardiovascular risk factors and heart attack recognition.

Biography

Laura Špejeraite has completed her MD from Vilnius University, Faculty of Medicine. She also completed her six months long Internship in various departments and has done her Residency in Family Medicine. Now, she is working as a Senior Doctor Resident at Vilnius University Hospital Santariskiu Clinics.

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