

417 CARDIOVASCULAR RISK ACCORDING TO THE SCALE OF THE EUROPEAN 2003 GUIDE FOR HYPERTENSION IN THE SPANISH POPULATION

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**Purpose:** To estimate the prevalence of the cardiovascular risk factors, target organs damage, and associated clinical conditions, as well as the cardiovascular risk of hypertensive patients in Castilla y Leon (Spain).

**Methodology: Design:** Multicentre, transverse, epidemiologic and observational study.

**Setting:** Primary health care of Castilla y Leon (Spain).

**Subjects:** 295 patients have been selected by simple random sampling of the hypertensive patients over the age of 40 between the 8<sup>th</sup> and the 26<sup>th</sup> of May 2006 in 11 health centres in 8 provinces of the autonomous community of Castilla y Leon chosen by pragmatic criteria.

**Measurements:** Age and sex. Family antecedents in cardiovascular disease, personal antecedents of risk factors or clinical cardiovascular disease and smoking habits. Blood pressure, waist perimeter, glycemia, lipids, creatinine, albumin/creatinine ratio, left ventricular hypertrophy with ECG and cardiovascular risk. European Guide of hypertension 2003.

**Results:** The average age was of 69 years (67.2 for males and 70.5 for females), being females 55% of the subjects. Among the risk factors the males above 55 years were 37% and the females 39%. 8.9% were smokers, 28% with dislipemias, 13.7% with family history of premature cardiovascular disease, and 58% with central obesity. 18.6% had diabetes. As to the affectation of target organs there is left ventricular hypertrophy in 10.2%, elevated creatinine in 7% and microalbuminuria in 9.1%. The carotid intima-media thickness has not been evaluated. As to the clinical condition associated 8.4% has cerebrovascular disease, 13.2% heart disease, 14% peripheral artery disease, 5.9% kidney disease due to elevated creatinine and 2.9% macroalbuminuria. The retina has not been studied. The cardiovascular risk is low in 16% of the cases, moderate in 21%, high in 29% and very high in 32%.

**Conclusions:** The age and central obesity are the most prevalent risk factors. The injury of heart and kidney target organs is not very high and similar in both cases (10%). We find a high prevalence of associated clinical conditions, especially peripheral vascular and heart conditions. The proportion of hypertensive patients in high or very high risk situations is very high (>60%).