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Short Communication

Cardiovascular risk factors in the Greek population: Database from the Dyslipidemia Reference Centre of our Hospital

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Abstract

Introduction: Cardiovascular adverse events are a great public health issue and the leading death cause globally (WHO 2018). Especially, high cholesterol levels in blood have been recognized as a serious, independent risk factor for cardiovascular disease (CVD) as well as a part of the metabolic syndrome.

Methods: We evaluated the cardiovascular risk score of the patients from the dyslipidemia reference center of our hospital using the well-established HeartScore created by the European Society of Cardiology, standardized for the Greek population (Greek HeartScore) because of its role as the leading prevention tool in Europe. The parameters included were age (>30), sex, smoking habits, total and HDL-Cholesterol levels, blood pressure and the use of antihypertensive medication. Individuals with diabetes mellitus and cardiovascular disease were instantly identified as very high risk patients.

Results: We assessed 330 individuals, who have been examined and followed-up from the Lipidology experts because of high Cholesterol or Triglycerides levels in blood. We found that 22% of them had high 10-year risk of fatal CVD (10-14%), 40% of the patients had a 5-9% 10-year risk of an adverse event whereas the 11% had a very high risk of fatal CVD (15% and over) and the rest 27% had a lower than 5% risk of Cardiovascular Death. Women were found to score lower than men.

Conclusion: Although many of the individuals participating in our research were relatively young and physically active, the present cardiovascular risks found were alarming, thus indicating the need for intensification of preventive and therapeutic measures.

Biography:

Georgios Sfikas graduated from the Medical School of the Aristotle University of Thessaloniki as a medical doctor and the Corps Officers Military School as an officer of the Medical Corps. He specialized in Internal Medicine in the Hippokrateion University of Thessaloniki and he is about to present his PhD thesis in dyslipidemia and NFLAD. He has served in various military units, military hospital and peace-keeping missions. He is currently Consultant in Internal Medicine and Chief of the Lipidology and Atherosclerosis Department in the 424 General Military Hospital of Thessaloniki.