

# CHARACTERISTICS OF HYPERTENSIVE PATIENTS IN HUNGARY

## DATA FROM THE "LIVE BELOW 140/90 MMHG" PROGRAM

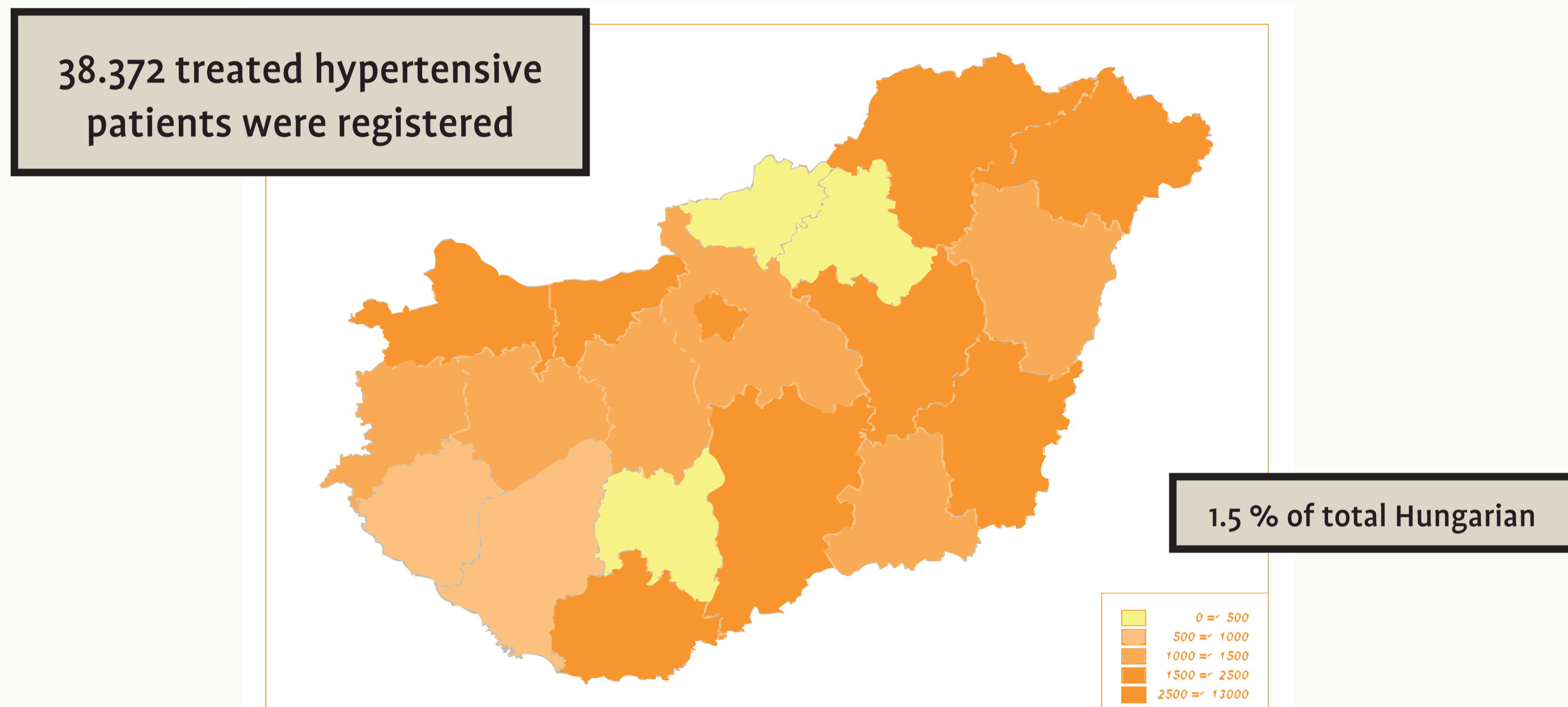
Kékes E., Farsang C., De Châtel R., Schanberg Z., Pál L., Kiss I.  
On behalf of the Hungarian Society of Hypertension Working Group

In 2005 the Hungarian Society of Hypertension started a new program called "Live below 140/90 mmHg" for every hypertensive patients in Hungary.

The aim of this program is to increase the hypertensive patients' concordance with a help of non-medical possibilities. The data of the patients were collected into the **Hungarian Hypertension Registry**.

**We analyzed the data of included patients in terms of patients characteristics.**

### Geographic distribution of patients participated in this survey

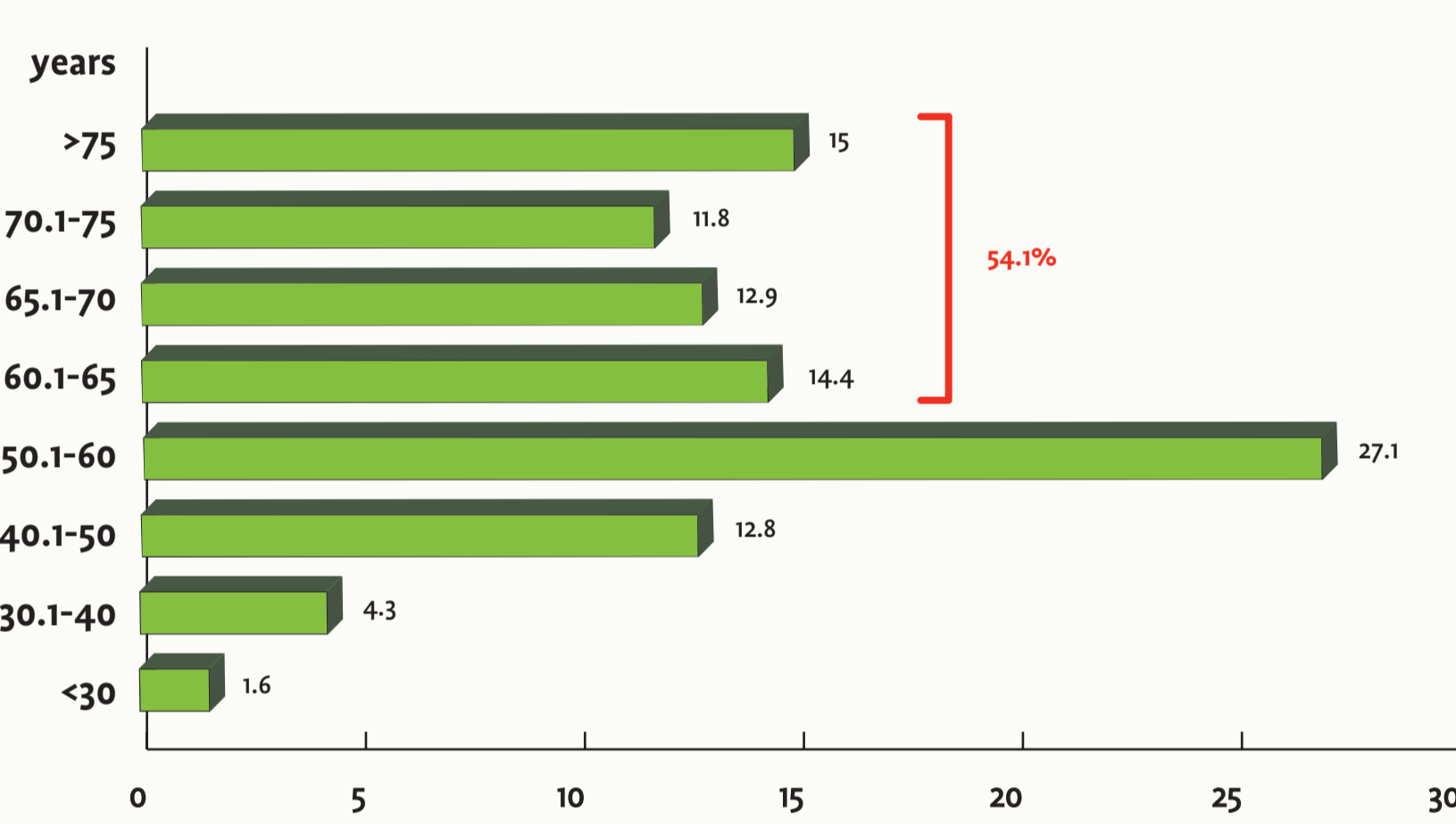


### General characteristics of the hypertensive population

#### Previous cardiovascular events of patients

•Early CV events in family	64.1%
•Diabetes mellitus	30.2%
•Renal disease	8%
•Myocardial infarction	9.2%
•Peripheral vascular disease	16.2%
•Stroke	6.6%
•Smoking	20.5%
•Alcohol	19.3%

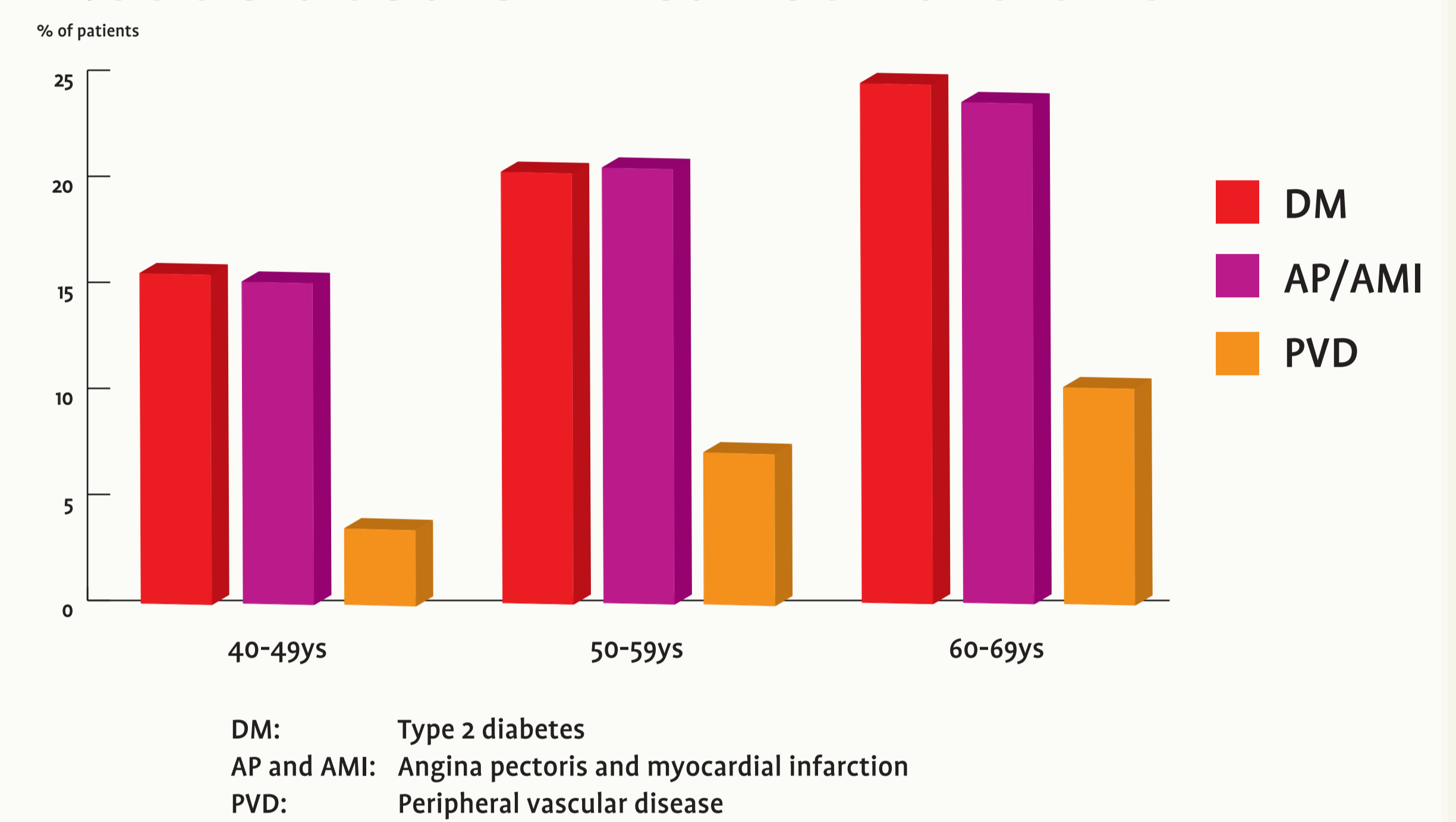
### Hypertension in different age-groups



Demographic data			
	N	%	Average age (year)
Total sample	38 372	100.0%	61.2
women	23 675	61.7%	
men	14 696	38.3%	

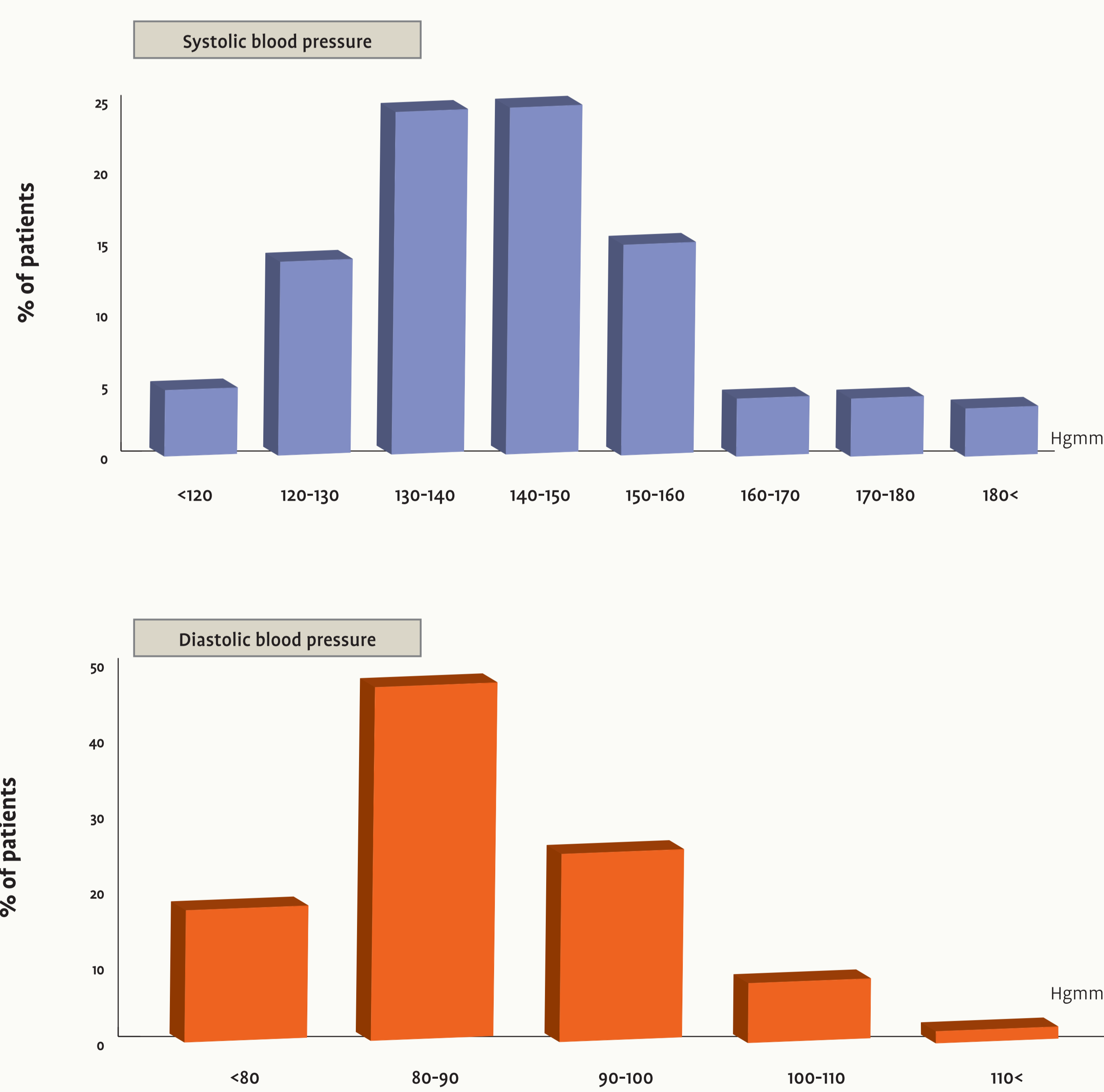
54,1% of patients were over 65 years

### Associated clinical conditions



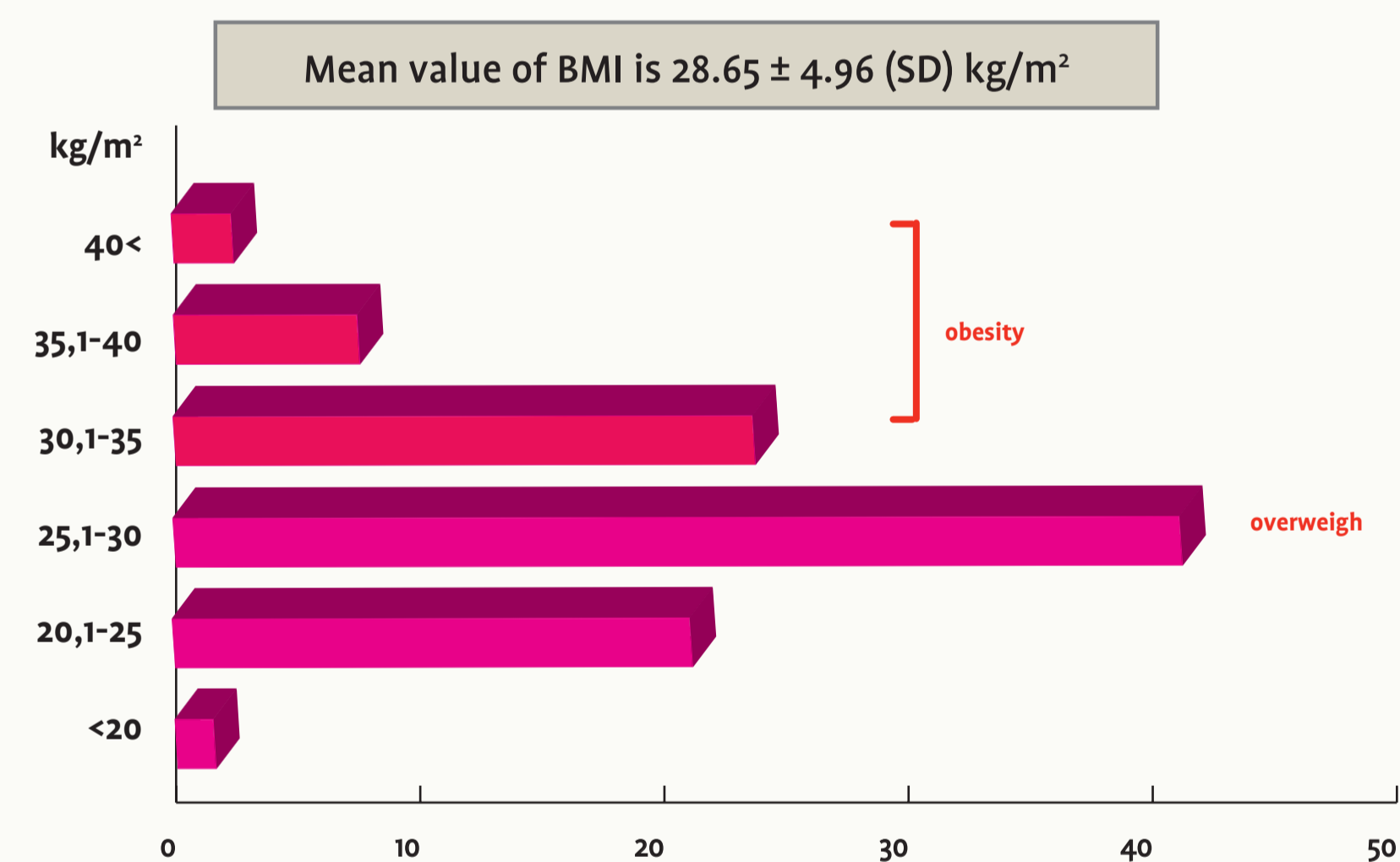
Risk of cardiovascular events and diabetes has been increased by age

### Distribution of the measured blood pressure Office blood pressure measurement

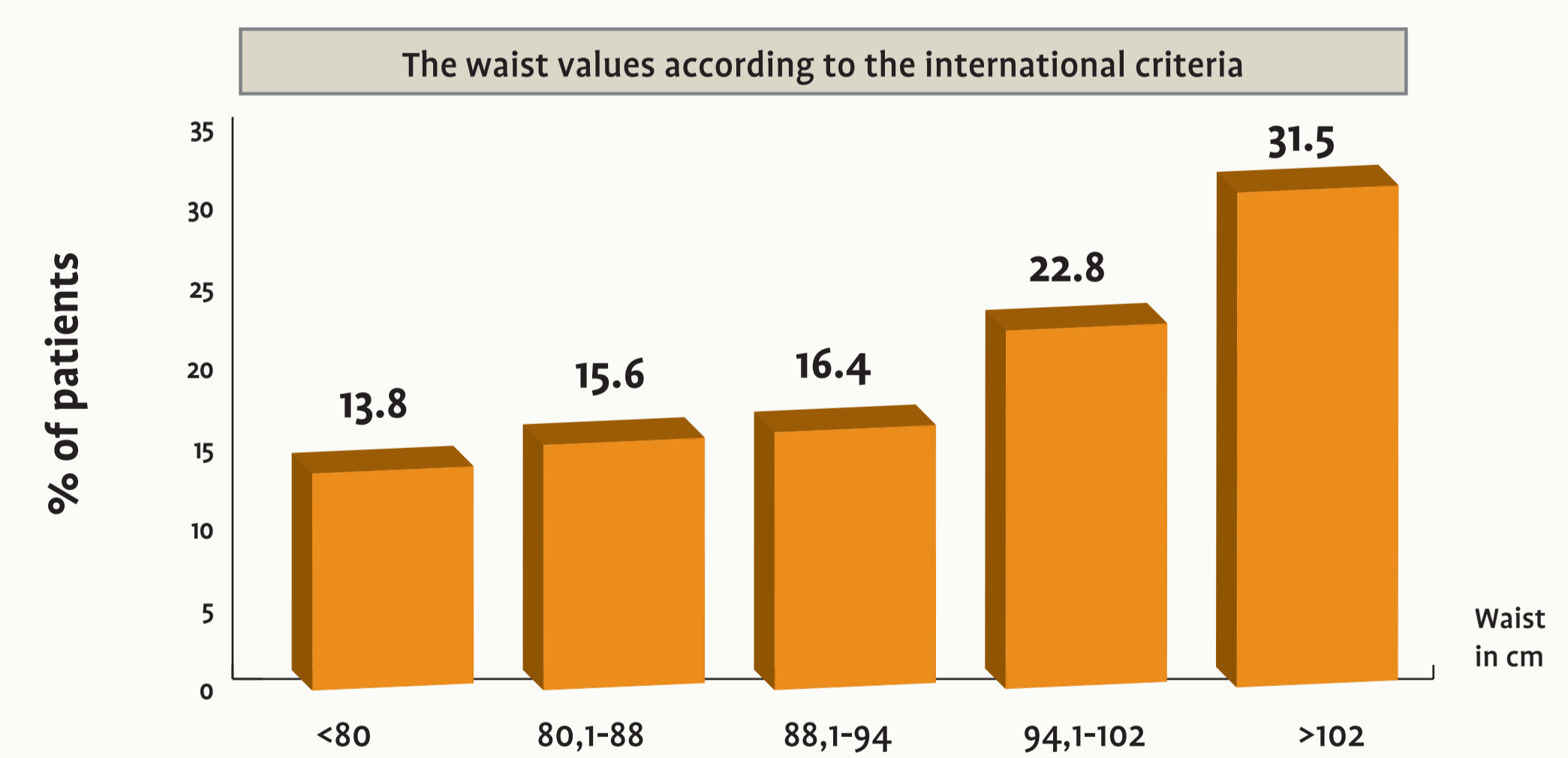


60,7 % of treated hypertensive patients have not reached the target values (140/90 mmHg)

### The distribution of body mass index (BMI) in the investigated population



42,2 % of the treated Hungarian hypertension population is over weighted and 34,5 % is suffering from obesity



### Summary

Within the "Live under 140/90 mmHg" activity 38.372 hypertensive patient's data have been collected from the 6 regional geographic area of Hungary with a very great homogeneity. According to the office blood pressure measurement the systolic/diastolic value over 140/90 mmHg was in 60,7 % of the treated patients. We found a very high occurrence (64.1%) of early cardiovascular events in family history and a high prevalence of type2 diabetes (30.2%), verified ischemic heart disease (35.6%), stroke (6.6%) and peripheral vascular disease 16.3% in patients' case history.

We must change the methods and activity of patients' and doctors' education and we must call the attention to achievement of the target blood pressure. We believe that the "Live below 140/90 mmHg" program will help us to reach the target blood pressure at hypertensive patients.

Reference: Kékes E., Schanberg Zs., Pál L., de Châtel R., Farsang Cs., Kiss I.:  
Kardiovaszkuláris rizikó a magyarországi hipertóniás betegekben - A Magyar Hypertonia Társaság „Éljen140/90 Hgmm alatt!” mozgalmanak első eredményei  
Háziorvos Továbbképző Szemle 2006; XI.: 474-480.

ÉLJEN **140/90** ALATT!

