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ABSTRACT BOOK

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Conference	1 st International Balkan Conference on Health Sciences, 14-16 May 2014, Edirne, Turkey
Title of Paper	PREVALENCE OF CARDIOVASCULAR RISK FACTORS AMONG PATIENTS HOSPITALIZED IN CORONARY UNIT IN CLINICAL HOSPITAL-BITOLA
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Abstract	<p>Aim: The aim of the study was to determine the prevalence of cardiovascular risk factors among hospitalized patients in coronary unit.</p> <p>Material and methods: The research represents a cross-sectional study conducted in 120 participants. Structured questionnaire was made for determination the cardiovascular risk factors including dyslipidaemia, diabetes mellitus, obesity, arterial hypertension, smoking, alcohol consumption and physical inactivity.</p> <p>Results: The 120 participants (73 males and 47 females) had a mean age of 61,74 (\pmSD 13,79). According the results dyslipidemia was present in 45%, diabetes mellitus in 23%, obesity in 40%, arterial hypertension in 61%, smoking in 47%, alcohol consumption in 3% and physical inactivity in 30% of the patients. Statistical significance is registered between smoking and obesity.</p> <p>Conclusion: The study shows high prevalence of the cardiovascular risk factors in patients hospitalized in the coronary unit. Most of the represented risk factors are modifying there for the educational programs should be directed towards prevention of future developments of these risk factors.</p>
Keywords	obesity, smoking, cardiovascular risk factors