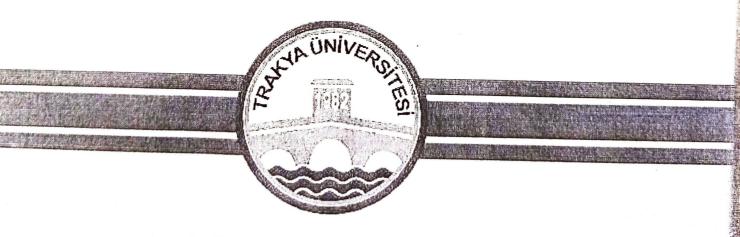
1st International Balkan Conference

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ABSTRACT BOOK

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The Balkan Congress on Health Sciences	
Abstract Submitting Form	
Conference	1 st International Balkan Conference on Health Sciences,
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Title of Paper	PREVALENCE OF CARDIOVASCULAR RISK FACTORS AMONG
	PATIENTS HOSPITALIZED IN CORONARY UNIT IN CLINICAL
	HOSPITAL-BITOLA
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Abstract	Aim: The aim of the study was to determine the prevalence of cardiovascular risk
	factors among hospitalized patients in coronary unit.
	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.
	Results: The 120 participants (73 males and 47 females) had a mean age of 61,74
	(±SD 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.
	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.
Keywords	obesity, smoking, cardiovascular risk factors