

**THE INFLUENCE OF NUMBER OF PREVENTABLE RISK FACTORS IN GETTING ACUTE
CARDIOVASCULAR EVENTS**

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Background: Cardiovascular diseases are the leading cause of premature death and disability in developed countries. There are preventable (diabetes, hypertension, hyperlipidaemia, obesity, smoking) and unpreventable (gender, age, family history) risk factors for development of these diseases. The role of family physicians in the prevention of these diseases is very important.

Aim: To investigate connection between the number of preventable risk factors and acute cardiovascular events (IM, CVI).

Methods: The study took place in primary care centre Banja Luka, B&H. Information about the risk factors were collected from patients charts during period November-December 2005. The charts which were randomly reviewed were from the patients who had had acute cardiovascular events.

Results: The study included 112 patients (52 patients with IM and 60 patients with CVI). The patients were different sex (60 male, 52 female) and age: 44 were under 65 and 68 over 65. This descriptive retrospective study showed that the majority of the patients, who were affected by acute cardiovascular events had two 48 (42.8%) or three 28 (22.3%) preventable risk factors. Others had one 16 (14.3%), four 14 (12.5%) and none 6 (5.3%) preventable risk factors. The most frequent risk factors were: hypertension (82.1%), hyperlipidaemia (53.6%), diabetes mellitus (32.1%), smoking (30.4%), obesity (30.4%).

Conclusion/discussion: According to the other studies, more risk factors increase risk of getting acute cardiovascular events. This study showed that hypertension and hyperlipidaemia were the most frequent risk factors in getting acute cardiovascular events. A big task and challenge for all health professionals is to reduce number of preventable risk factors and decrease the number of patients with acute cardiovascular events.