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PREVALENCE OF HYPERLIPIDEMIA AND COMMON RISK FACTORS FOR CVD IN BOSNIA AND HERZEDOVINA POPULATION

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Introduction: Systematic lipid testing in B&H is uncommon, so little is known about the current prevalence of hyperlipidemia throughout the country. Family medicine has recently been developed in some areas in B&H, so we have sporadic informations from primary health. The objective of this study was to determine the prevalence of hyperlipidemia in one city in B&H and identify other common risk factors for development of CVD accompanying with hyperlipidemia.

Methods: This study took place between June and September 2003 in Banja Luka, B&H. Charts of 685 patients aged 40-80 were randomly reviewed. Informations on age, sex, lipid levels, BMI, smoking habits, family history, diabetes, hypertension were collected from patients who had abnormal lipid tests.

Results: Of the 685 charts reviewed, 100 (14, 6 %) had hyperlipidemia. Of those 100 patients (male 35% and female 65%), all had elevated plasma cholesterol and 45 (20 male and 25 female) also had elevated triglycerides. The majority of hyperlipidemic patients have two (28) or three (41) risk factors for development of CVD along with hyperlipidemia-hypertension 59, positive family history 52, diabetes typ II 38, obese (BMI > 30) were 38, 25 were present smokers. Some patients had experience of acute cardiovascular events - stroke 6 and IM 12 patients – (7 women and 11 men).

Conclusion: With the intensive development of family medicine and usage the new guidelines, family physicians in B&H can easily identify patients with hyperlipidemia and other risk factors for development of CVD, treat it and decrease risk for development of CVD.