Prevalence and correlates of hypertensive complications in Egyptians

Radwa Abdelmonem Bedair, Mohsen Ibrahim, Soliman Ghareeb, Yasser Sharaf,
Cairo University
Giza, Egypt
Master (MSc) Thesis, 2001

Abstract

Aim: To determine the prevalence of the various cardiovascular complications of hypertension among hypertensive Egyptians and a normotensive control group. To determine the relationship between different demographic variables, different cardiovascular risk factors and the various complications and finally to determine the predictors for the complications among our studied population. Methods: 2313 individuals, 87 hypertensives, 58 females from the various Egyptian governorates (as part of the NHP 1991-94) underwent a full physical examination including multiple blood pressure measurements, fundus examination, 12-lead ECG; M-mode and 2-D Echo Doppler, as well as laboratory tests including serum creatinine levels, fasting blood sugar, blood lipids. Left ventricular hypertrophy, coronary heart disease and heart failure were examined for prevalence rates among normotensives and hypertensives, followed by age, gender, socioeconomic and urban/rural dwelling distribution. The relationship between the different complications and one another and their predictors was examined by multiple regression.

Keywords
hypertension among hypertensive Egyptians, different demographic variable, different cardiovascular risk factor,