



PREVALENCE OF DYSLIPIDEMIC HYPERTENSION

Dr. R. Murugaraj

Dr. V. Padma

KEYWORDS :

BACKGROUND

Dyslipidaemia hypertension is part of a distinct metabolic syndrome related to insulin resistance. This paper describes the prevalence and cross-sectional relations of dyslipidemic hypertension in a population-based sample of men and women.

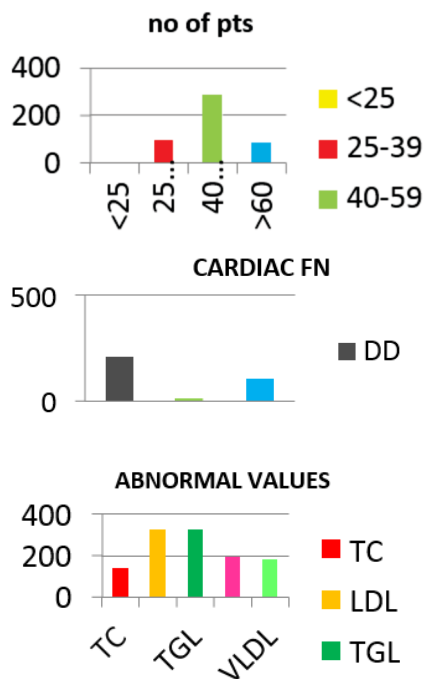
risk factors for cardiovascular disease morbidity and mortality. Dyslipidemia is reported in 92.2% of hypertensives particularly in our study.

METHODS

We studied 500 hypertensive patient attending HT clinic .Investigations like ECG, ECHO, lipid profile were conducted for patient with Hypertesion. Other co-morbid illness were excluded from the study

DISCUSSION:

Dyslipidemic HTN is a part of distinct metabolic syndrome. The rate of MI tripled and had a higher risk for stroke.



RESULTS

1. Prevalence of dyslipidemia – 461 out of 500 patient
2. 53.4% were males, 46.6% were females.
3. 61.8% were between 40-60 years of age;
4. 44.7% had diastolic dysfunction, 26.5% had left ventricular hypertrophy and 22.3% had systolic dysfunction.
5. 29.3% had total cholesterol above 200mg/dl, 70.5% had triglyceride level
 - > 50, 42.1% had HDL < 40 in males and
 - < 50 in females; 70.1% had LDL > 100 and was found to be statistically significant

CONCLUSION

Dyslipidemia is highly prevalent in hypertensive adults. Dyslipidemia and Hypertension are two of the several modifiable