Risk factors of cardiovascular disease in assistants to a hospital of Cali city, Colombia [Factores de riesgo de enfermedad cardiovascular en asistentes a un hospital de Cali, Colombia]

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Introduction: cardiovascular diseases are pathologies leading global deaths and their prevalence is influenced by risk factors that can be modified such as hypertension, smoking, type 2 diabetes, sedentary lifestyle and obesity. Most cardiovascular diseases can be prevented by acting on cardiovascular risk factors. Objective: To establish the risk of presenting cardiovascular risk factors in patients enrolled in the Cardiovascular Risk Program of the San Juan de Dios Hospital in the city of Cali, Colombia. Materials and methods: A descriptive, cross-sectional study was carried out with information obtained from 1507 clinical histories. The statistical significance of the variables was established by the chi-square test. The Odds Ratio was determined with a 95% confidence for each factor in relation to ECV or in relation to the age group. Results: The most prevalent cardiovascular risk factors were: hypertension (88.7%), obesity (72.2%), smoking (45.2%) and DM type 2 (23.8%). Patients with high LDL-C had a higher risk of suffering CVD (OR: 9,708), followed by being older than 75 years (OR: 8,411). Other factors such as triglycerides TG, total cholesterol, HDL-C, obesity and DM type 2 were related to CVD. When the risk was analyzed by age groups, it was observed that patients between 46 and 74 and > 75 years of age had a higher risk of having high TG and LDL-C, low HDL-C, or being obese. Conclusion: It was determined that the most relevant cardiovascular risk factors were high LDL-C, be older than 75 years, TG, total cholesterol, HDL-C, obesity and DM type 2.

Cardiovascular diseases

Cardiovascular risk factors

Diabetes mellitus type 2

Hypertension

Lipidic profile

Obesity

cholesterol

high density lipoprotein cholesterol

low density lipoprotein cholesterol

triacylglycerol

adult

age

aged

Article

cardiovascular risk

cholesterol blood level

Colombia

cross-sectional study

high risk patient

human

hypertension

non insulin dependent diabetes mellitus

obesity

prevalence

sedentary lifestyle

smoking