

BACKGROUND

- Conventional cardiovascular risk factors, such as hypertension, diabetes, smoking and dyslipidemia, increase the risk of developing coronary artery disease.
- Primary prevention studies have shown that early detection and aggressive treatment of cardiovascular risk factors (CRF) prevent cardiovascular events. It is not well described the prevalence of CRF in patients, at the moment of admission due to acute coronary syndrome (ACS).

PURPOSE

- To determine the prevalence of conventional risk factors among patients admitted with ACS.

METHODS

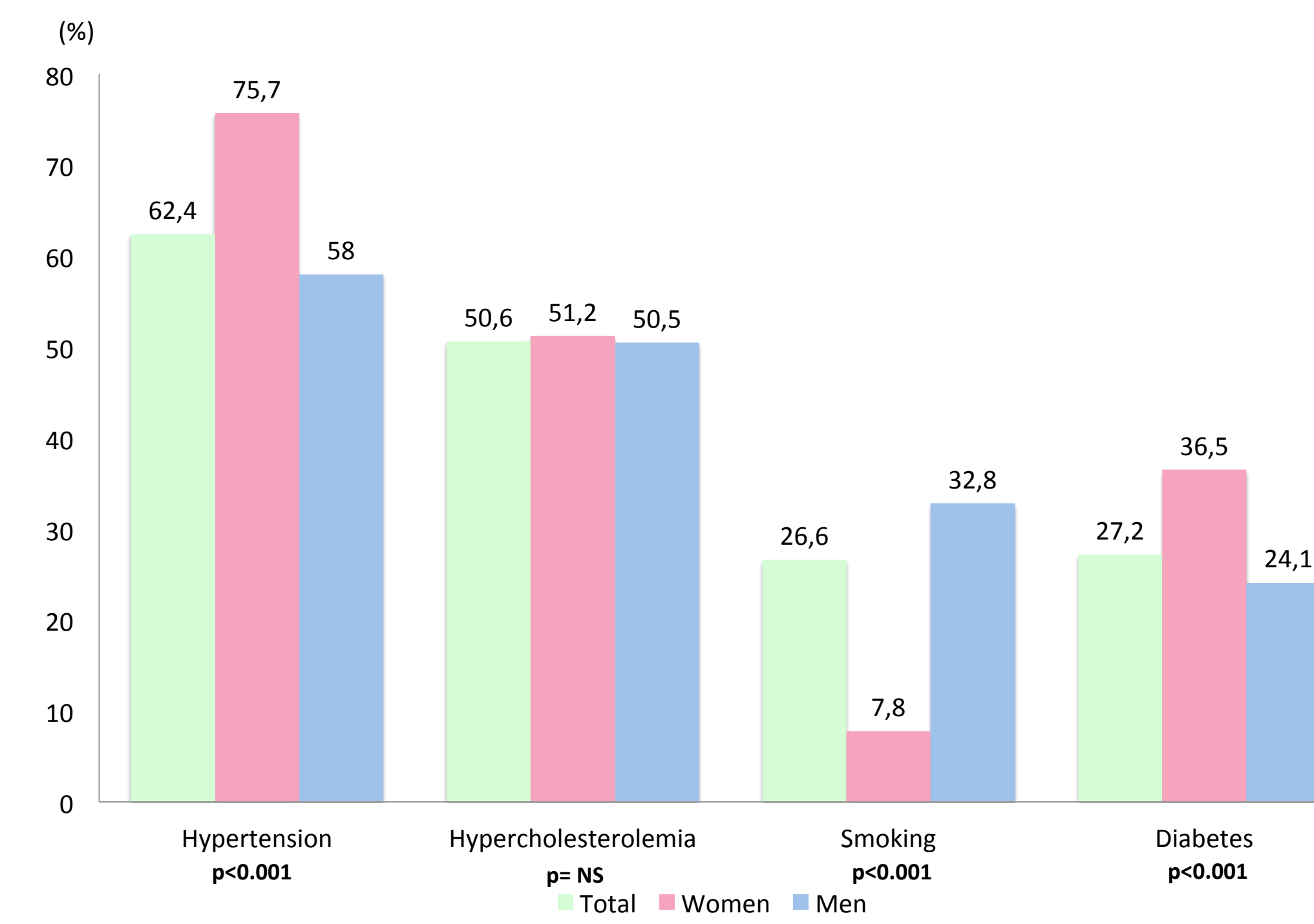


Fig 2 - Prevalence of conventional risk factors by gender.

Table II - Previous Patients' Medical History

VARIABLES	WOMEN n=1218	MEN n=3653	TOTAL n=4871	P VALUE
Prior stroke (%)	8.6	6.1	6.7	0.002
Prior MI	15.2	16.8	16.4	NS
Prior revascularization (%)	6.8	9.8	21.4	<0.001
Prior Statin Therapy (%)	34.5	29.2	30.5	<0.001
Prior ACEi/ARB Therapy (%)	42.8	31.8	34.5	<0.001

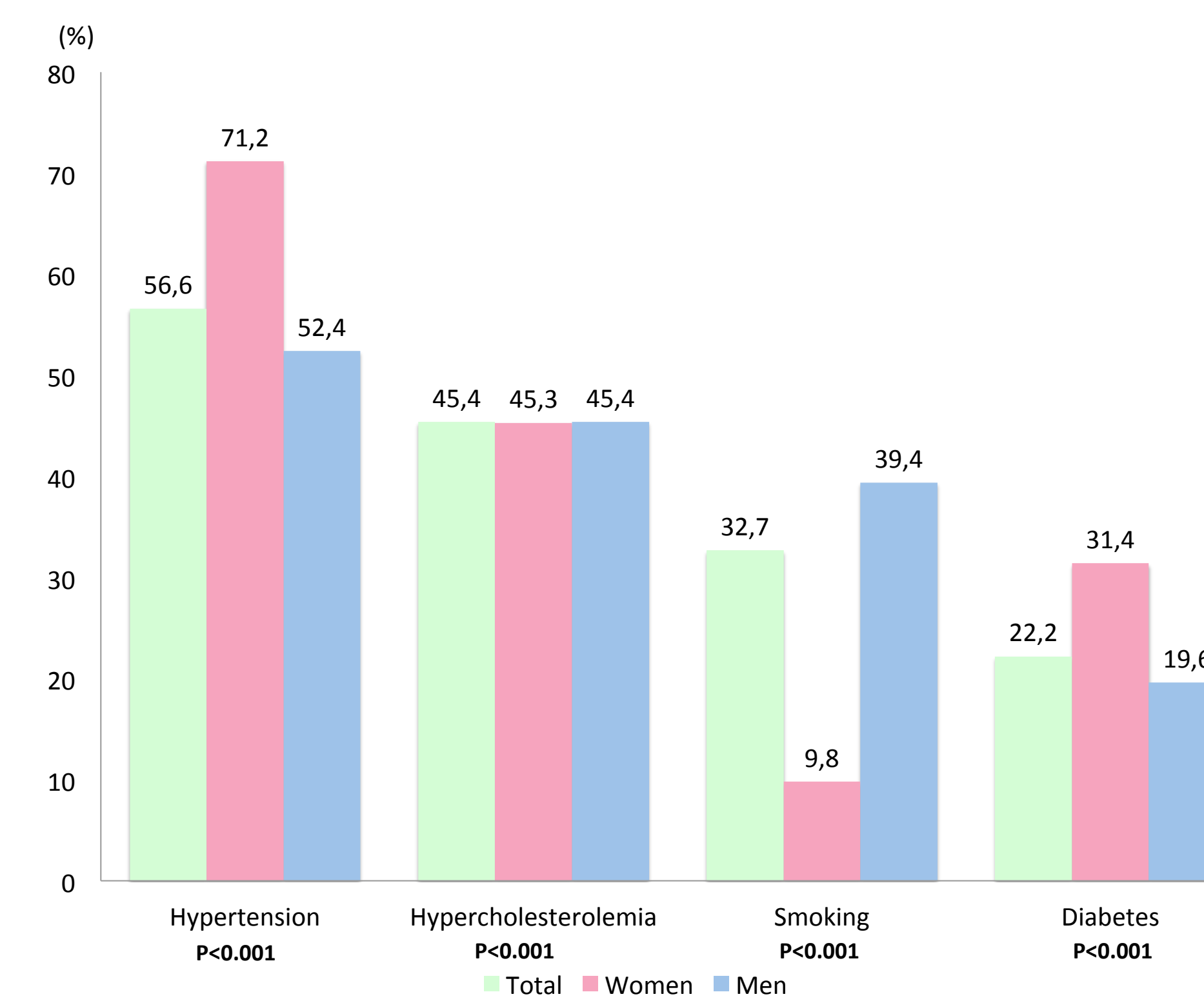


Fig 4 - Prevalence of cardiovascular risk factors STEMI patients.

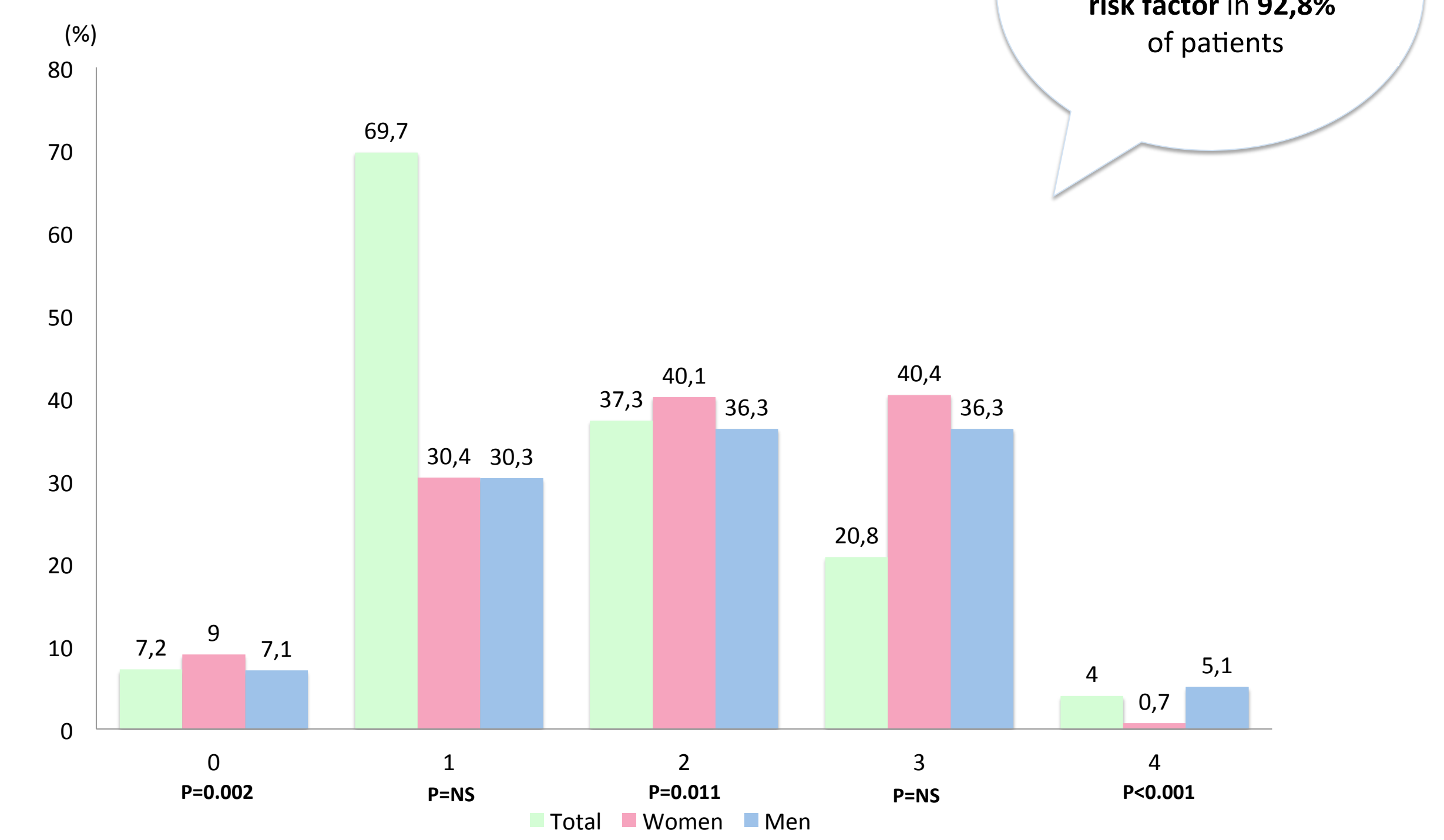


Fig 3 - Number of conventional risk factors by gender.

Table III - Clinical Presentation Features.

VARIABLES	WOMEN n=1218	MEN n=3653	TOTAL n=4871	P VALUE
STEMI (%)	43.5	50.8	49	<0.001
Renal dysfunction (%)	39.6	17.2	22.8	<0.001
Anaemia (%)	18.8	33.3	22.4	<0.001

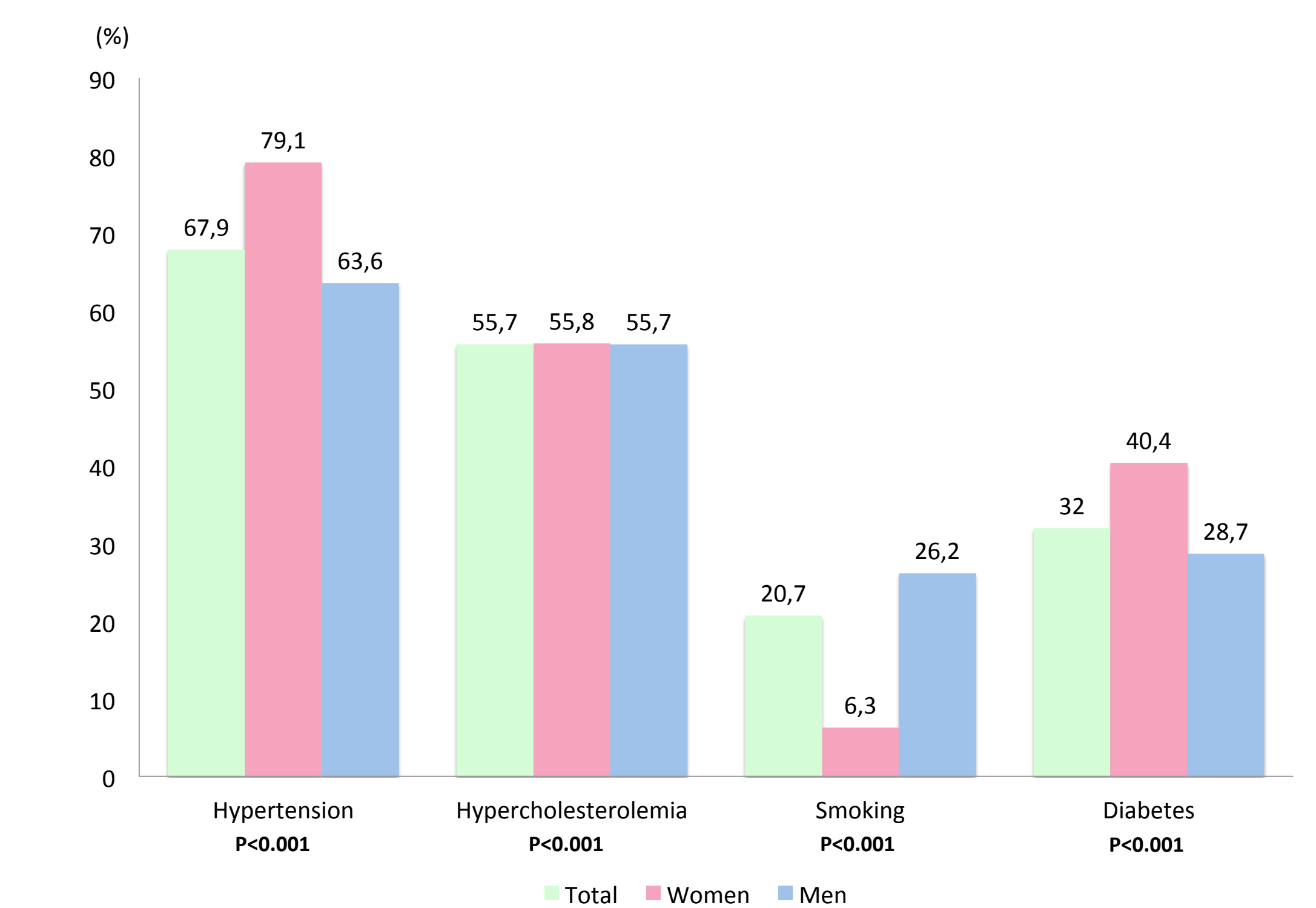


Fig 5 - Prevalence of cardiovascular risk factors in NSTEMI patients.

RESULTS

Table I - Demographic patient's characteristics.

VARIABLES	WOMEN n=1218	MEN n=3653	TOTAL n=4871	P VALUE
AGE (years)	70.9±11.8	61.6±12.9	63.9±13.2	<0.001
BMI (Kg/m ²)	26.6±5.9	27.04±4.5	26.9±4.9	0.014
BMI ≥25 Kg/m ² (%)	62.3	70.9	68.8	<0.001
BMI ≥30 Kg/m ² (%)	23.4	20.8	21.4	0.033

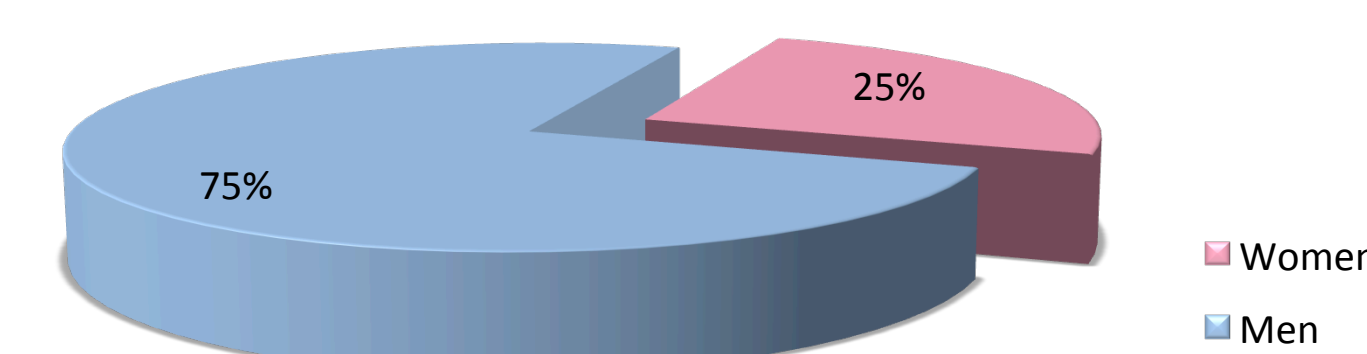


Fig 1 - Proportion of patients by gender.

CONCLUSION

- We found at least one conventional risk factor in 92.8% of patients and more than half had 2 or 3 conventional risk factors.
- In our population, hypertension and hypercholesterolemia were the more prevalent conventional cardiovascular risk factors as in general and also when we compared both sexes. Women had higher proportion of diabetes, on the other hand, men smoked more.
- It's interesting to notice that in STEMI patients the prevalence of smokers was higher than in NSTEMI patients. Hypertension emerged as the major conventional risk factor in both STEMI and NSTEMI patients, probably due to higher consume of salt in Portugal.