

Lipidemic Parameters Investigation and their Correlation with the Decade Danger of Cardiovascular Disease in Medium Age Men

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Aim: The lipidemic and other danger factors for cardiovascular disease, as well as their correlation with the decade danger of appearing cardiovascular disease were investigated in men's population of average age in agricultural region of North Greece.

Material-Methods: 317 men with average age 37.8 ± 4.7 years were studied. They were sanitarily examed while the danger of appearance cardiovascular disease in next decade was calculated using the "score european low risk".

Results: 38% of the patients had hyperlipidemia. Overweight and corpulent were proved the 29%. 13% of the patients presented increased Arterial Pressure while increased glucose levels were found in the 10%. 64% of the patients was smoking a great amount of cigarettes. The average level of biochemical examinations were as follow: Total Cholesterol 221 ± 39.2 mg/dl, Triglyceride 138.8 ± 81.7 mg/dl, HDL-cholesterol 48.3 ± 8.1 mg/d, LDL-cholesterol 151.7 ± 38.8 mg/dl, glucose 92.3 ± 9.7 mg/dl. The average level of mass body indicator was 29.2 ± 3.6 Kgr/m², while the Systolic and Diastolic Arterial Pressure were 134.7 ± 10.3 mmHg and 81.5 ± 9.8 mmHg, respectively. Finally, the attendance of danger factors in the total danger of cardiovascular disease, had as follows: smoking 50.5%, dyslipidemic 44.2% and Arterial Hypertension 5.3%.

Conclusions: It is obvious that the danger of appearance cardiovascular disease is particularly observable in medium age men. So, the need of informing and "sensitization" with regard to the dangers that caused by smoking and bad nutricional habits is necessary. The above factors constitute serious danger factors of appearance cardiovascular disease in this kind of people. Especially, if it was taken into consideration that the cases of heart attacks turn out lethal because of the absent of the adjacent blood circulation growth.