

## **The prevalence of cardiovascular risk factors in young people**

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### **Introduction**

Cardiovascular diseases, including hypertension, is one of the leading causes of morbidity and mortality worldwide and in the Republic of Belarus. During 2015-2016 the number of newly diagnosed cardiovascular diseases in adults has increased up to 94350 cases. Hypertension is one of the major risk factors of cardiovascular diseases and is a modifiable risk factor. Lifestyle greatly influences hypertension and other cardiovascular diseases development. Considerable amount of patients with hypertension remain undiagnosed for rather long period of time and that makes early detection and management of hypertension including lifestyle modification very important.

### **Aim of the study**

The aim of the research is to measure blood pressure, estimate the prevalence of hypertension in medical university students, evaluate their knowledge and awareness of modifiable and non-modifiable risk factors of hypertension and other cardiovascular diseases and their consequences, estimate the prevalence of the above risk factors.

### **Materials and methods**

Local and foreign medical literature on topic has been studied. Student's awareness and knowledge of major modifiable and non-modifiable cardiovascular diseases risk factors and their consequences, the prevalence of these risk factors have been estimated. Student's blood pressure has been measured and hypertension prevalence has been revealed

### **Results**

53 students have been examined. Elevated blood pressure has been revealed in 5 of them, 2 students have confirmed the diagnosis of hypertension, 3 patients with high blood pressure asserted that they hadn't had elevated BP figures before

### **Conclusion**

Elevated blood pressure has been revealed in 5 students, which means they require further examination. 2 students with hypertension who confirmed taking antihypertensive medications agreed that their blood pressure was inadequately controlled despite the therapy; 70% of students admitted at least one risk factor. 60% of students admitted smoking. But all students confirmed the awareness of cardiovascular diseases risk factors and their consequences.