

The prevalence of four cardiovascular risk factors in employees of three companies affiliated to the Ministry of Oil

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Abstract: In this study of 1,983 employees with no choice as a center for health and industrial medicine, and four risk factors (obesity, blood lipids, blood pressure and diabetes, separately and together) in these subjects were studied. Statistics that the percentage of overweight tenth 10.1 and obesity and blood lipid 30.5 and obesity, blood fat and blood pressure 13.6 and obesity, blood lipids, blood pressure and diabetes, 10.3 in this population was determined. Examining four factors: obesity, blood lipids, blood pressure and diabetes, separately and together were able to rate each of them separately and together to be realized. Of these, 655 patients were equivalent to 33% for perfectly healthy and had no problems. 95% of participants were male and mean age was 50-35 years, and only those involved in the study patients were women age 45-40 years. Group on operational activities and the group were in the office and staff. 90% of high school graduates to higher education were inadequate and 1.3 in 89 Arabic-speaking people and the education cycle. Obesity and blood lipids in 32% of patients are evident.

[Abdullah sarami, Sayed Abdolreza Ghani. The prevalence of four cardiovascular risk factors in employees of three companies affiliated to the Ministry of Oil. Journal of American Science 2011;7(10):49-50]. (ISSN: 1545-1003). <http://www.americanscience.org>.

Keywords: cardiovascular, obesity, blood lipids, blood pressure and diabetes

1. Introduction

Today, cardiovascular disease in the head (top) visits and mortality related to diseases that in all societies, especially those at the forefront of advanced societies are due to medical centers. The prevalence of hypertension in obese individuals, and no doubt more Overweight is associated with high blood pressure. So those obese or overweight patients who need more than thin people are careful about your blood pressure. Many obese people and I do not control your blood pressure when they realize that their high blood pressure, cardiovascular and body damage that was entered.

One of the most dangerous aspects of hypertension is that you are unaware of its existence. Generally, there are signs of high blood pressure that usually do not notice the only way to detect when it is high blood pressure, according to a regular schedule, your blood pressure is a measure of how often do, especially if a close family and you are suffering from high blood pressure.

High-normal blood pressure and may ask how? Normal blood pressure levels in an adult at rest is about 120 over 80 blood pressure equal to or above 140 over 90 is considered as high blood pressure, and the boundary between these two values (pre-hypertension blood) is called.

Risk factors for high blood pressure

There are many risk factors for high blood pressure. Some of them cannot be controlled; it can be cited as follows:

1. **Age:** The risk of high blood pressure is associated with increasing age. In early middle age, high blood pressure in men is common. The disease is also common in women after menopause.

2. **Family history** of high blood pressure appears to be more family members.

Other risk factors are high blood pressure that can be controlled:

1. **Overweight:** Excess weight requires more blood to deliver oxygen and nutrients to body tissues and the blood volume circulating in the blood increases the pressure on the vascular walls can be excessive.

2. **Physical inactivity:** People, who do not exercise, have more heart. The heart is more, the contraction of the heart works harder and stronger pressure on the arteries to exercise. Lack of physical activity, overweight and obesity also increases risk.

3. **Smoking:** Smoking tobacco not only immediately after consumption raises blood pressure temporarily, but the chemicals in tobacco, the levels of arterial wall (arterial) damage and can lead to narrowing of the arteries and increase blood pressure are. Nearly a third of people with high blood pressure do not exist.

4. **Salt (sodium)**, abundant in foods: too much sodium can cause fluid to be maintained, leading to increased blood pressure is.

5. **Foods low in potassium**: Potassium helps balance the sodium in the cell body. If potassium does not get enough, high sodium accumulates in the blood.

6. **Very low intake of vitamin D**. Low vitamin D in the diet can lead to high blood pressure. Vitamin D on enzyme production by the kidneys that can affect blood pressure may play a role.

7. **Alcohol**: Drinking alcohol frequently, to heart damage. Occasional consumption of alcohol also raises blood pressure temporarily, because it leads to the secretion of hormones that increase blood flow and heart rate.

8. **Stress**: Stress can be sudden and temporary increase in blood pressure.

9. **Specific diseases and chronic conditions**: the risk of some chronic diseases, high blood pressure increase, such as cholesterol, high diabetes, kidney disease and shortness of breath during sleep.

2. Materials and Methods

In this study of 1,983 employees with no choice as a center for health and industrial medicine and the risk factor in four of them obtained the following results:

Obesity Statistics 10.1

Obesity and blood fat, 30.5

Obesity, blood lipids and blood pressure of 13.6

And obesity, blood lipids, blood pressure and diabetes, 10.3

Of these, 655 patients were equivalent to 33% for perfectly healthy and had no problems. 95% of participants were male and mean age was 50-35 years, and only those involved in the study patients were women age 45-40 years.

Group on operational activities and the group were in the office and staff. 90% of high school graduates to higher education were inadequate and 1.3 in 89 Arabic-speaking people and the education cycle, and 1.3 participants are *BAKHTIARI* language.

2. Results

Although obesity is a risk factor, but another way to increase the prevalence was lowest, but looking the other hand, obesity and high blood fat, while most of the 30.5 % is observed. Coexistence of four risk

factors (risk factor) in 10.3 cases was found. 95% of participants were male and mean age was 50-35 years, and only those involved in the study patients were women age 45-40 years.

Group on operational activities and the group were in the office and staff. 90% of high school graduates to higher education were inadequate and 1.3 in 89 Arabic-speaking people and the education cycle, and 1.3 participants are *BAKHTIARI* language. Obesity and blood lipids in 32% of patients are evident.

3. Discussion

Advice patients to lose weight through proper diet and exercise were obtained. Diabetic patients who were newly referred to the clinic for periodic medical examinations for industrial and glycolic control were introduced. In cases where the likelihood of complications due to late diagnosis was more advanced examinations for diabetic patients were referred to the clinic.

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