

Perception of Predictive Confounders for the Prevalence of Hypertension among Iraqi Population: A Pilot Study

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Abstract : Background: Hypertension is considered as one of the most important causes of cardiovascular complications and one of the leading causes of worldwide mortality. Identifying the potential risk factors associated with this medical health problem plays an important role in minimizing its incidence and related complications. The objective of this study is to explore the prevalence of receptor sensitivity regarding assess and understand the perception of specific predictive confounding factors on the prevalence of hypertension (HT) among a sample of Iraqi population in Baghdad, Iraq. Materials and Methods: A randomized cross sectional study was carried out on 100 adult subjects during their visit to the outpatient clinic at a certain sector of Baghdad Province, Iraq. Demographic, clinical and health records alongside specific screening and laboratory tests of the participants were collected and analyzed to detect the potential of confounding factors on the prevalence of HT. Results: 63% of the study participants suffered from HT, most of them were female patients ($P < 0.005$). Patients aged between 41-50 years old significantly suffered from HT than other age groups (63.5%, $P < 0.001$). 88.9% of the participants were obese ($P < 0.001$) and 47.6% had diabetes with HT. Positive family history and sedentary lifestyle were significantly higher among all hypertensive groups ($P < 0.05$). High salt and fatty food intake was significantly found among patients suffered from isolated systolic hypertension (ISHT) ($P < 0.05$). A significant positive correlation between packed cell volume (PCV) and systolic blood pressure (SBP) ($r = 0.353$, $P = 0.048$) found among normotensive participants. Among hypertensive patients, a positive significant correlation found between triglycerides (TG) and both SBP ($r = 0.484$, $P = 0.031$) and diastolic blood pressure (DBP) ($r = 0.463$, $P = 0.040$), while low density lipoprotein-cholesterol (LDL-c) showed a positive significant correlation with DBP ($r = 0.443$, $P = 0.021$). Conclusion: The prevalence of HT among Iraqi populations is of major concern. Further consideration is required to detect the impact of potential risk factors and to minimize blood pressure (BP) elevation and reduce the risk of other cardiovascular complications later in life.

Keywords : Correlation, Hypertension, Iraq, Risk factors

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