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Population-related interdependence of obesity and hypercholesterolemia

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Introduction: Hypercholesterolemia (HCS) and obesity play an important role in the development of vascular and other pathologies. It has been proven that these risk factors are often encountered in outpatient materials. At present the availability of test system currently allows Cholesterol (CS) levels to be determined in non-ambulatory conditions, allowing for relevant research at the population level.

Materials & Methodology: At the same time with the survey (SF-36 survey questionnaire) among the population of Baku, finger-prick blood was taken on the principle of voluntarism (Accutrend Plus test system). The obesity was determined by the Ketle index. On the whole, 2013 inhabitants were examined. 318 uncontrolled arterial hypertension (UAH) cases were identified as markers to assess the role of HCS and obesity in vascular pathology that was found during the survey.

Results: HCS was detected in 78.6±0.9% of the patients, and obesity (>30kg/m^2) in 29.8±1.0% of them (P<0.001). Both factors have positive correlation dependence (r= +0.92±0.06). As age of examined patients increases (<20- ≥70), obesity indicators increase from 17.8±2.5 to 41.6±3.2% (P<0.001), HCS from 74.7±2.8 to 82.4±2.3% (P<0.01). The discovered 412 cases of obesity have been associated with HCS (68.7±1.9%) and both factors have been significantly higher than the norm. Obesity and HCS were observed jointly in 247 of 318 UAH cases, CS was in the norm in 50 obesity cases, and on the contrary, body weight was in the norm in 16 HCS cases.

Conclusion: Obesity and HCS are prevalent among urban population, increase according to age, often adapt to one another and play the role of vascular pathology, especially the risk factors of UAH. In population researches obesity and HCS allow the screening of UAH both separately and especially jointly.

Biography

Hajiyeva Yagut Hajiali gizi is a PhD in Medicine, Senior Lecturer in the Department of Public Health and Health care at AMU. She is currently working on the dissertation by studying the spread of hypercholesterolemia and its prophylaxis at the population level.

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