

The prevalence of risk factors for stroke among the adult population of the city of Ulyanovsk.

Корнев Дмитрий Олегович

Студент (специалист)

Ульяновский государственный университет, Институт медицины, экологии и физической культуры, Ульяновск, Россия

E-mail: ivanivan5995@yandex.ru

Goal. An actual problem of modern angioneurology is the development of effective preventive programs, aimed at reducing the prevalence of cerebrovascular diseases (CVD). Evaluate the prevalence of risk factors (RF) development of CVD among the adult population of Ulyanovsk.

Methods. In the outpatient clinic of the city of Ulyanovsk, surveyed 318 (126 men and 192 women), ages 20-70 years. All examined patients were divided into 2 groups: group A - up to 40 years (114 persons(35,8%)); group B - over 40 (204 people(64,2%)). We evaluated the presence of modifiable and non-modifiable RF CVD. Revealed signs of constitutional venous insufficiency (CVI) as non-modifiable RF CVD. For results processing was used Microsoft Office Excel 2007 and STATISTICA 10. The significance of differences was assessed by Student's criterion ($p < 0.05$).

Results. The most common modifiable RF CVD was unbalanced meals - 66%, the increase of BMI - 50.3%, physical inactivity - 54.4% and a stress - 54.4%. Increasing BMI was more common in group B (65.2%), than in group A (32,5%), $p < 0.05$. Physical inactivity is revealed more often in group B (67.7%), than in group A (32,5%), $p < 0.05$. Arterial hypertension (AH) was more common in group B (28.2%), than in group A (2.6%), $p < 0.05$. In group B revealed sugar diabetes (SD) - 13.7%, coronary artery disease - 32.3%, the atrial fibrillation (AF) - 9.3%, in group A was not of these diseases. Non-modifiable FR such as **Cochleovestibular disorders** was more common than a genetic predisposition to strokes: 44% and 24.5%, respectively, $p < 0.05$.

Conclusions. In a population dominated by modifiable FR, relating to behavioural. With increasing age the incidence of all RF. **Cochleovestibular disorders** is widely distributed in the population, which confirms the importance of this diseases and need for early diagnosis and prevention. The obvious, need to intensify health education work among the population to improve primary prevention of CVD.

Источники и литература

- 1) Gusev E. I., Konovalov A. N. Skvortsova V. I., Hecht, A. B. Neuroscience: NAT. guide. 1st ed. M.: GEOTAR-Media, 2009. C. 194.
- 2) Gusev ei, Burd G. S., Nikiforov A. S. the Neurological symptoms, syndromes, symptom and disease: proc. for universities. 1st ed. Moscow: Medicine, 1999. C. 453.
- 3) M. Mumenthaler Differential diagnosis in neurology: proc. for universities. 2nd ed. M. : Medpress-inform, 2010. C. 289.