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Evaluation of the central pressure and preventive examinations of student youth

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Introduction: Central pressure (CP) greater than the pressure measured on the arm, reflecting the blood flow in coronary, cerebral vascular and for this reason, it is more significant predictor of cardiovascular complications in the future.

Aim: Aim of this study was to evaluate the occurrence of various forms of arterial hypertension and prehypertension (AH/PH) in students based on the results of preventive examinations.

Methods: 105 students were screened for risk factors (RF). Students were divided into two groups: Group one- without RF; group two with the RF. The parameters of CP were determined using diagnostic complex BPLab Vasotens ("Peter Telegin", Russia). Based on the comparison of results of the peripheral and central pressure, it was assessed the presence of hidden (isolated increasing of CP), false (isolated increasing of the pressure on the shoulder) and systemic (simultaneous increasing of CP and peripheral pressure) AH/PH.

Results: Only a third of the students did not have any RF. Among all students, it was revealed systemic AH/PH in 18 (17.2%), hidden one 12 (11.4%) and false one 8 (7.6%). The remaining 67 persons (63.8%) were distinguished by the presence of stable normotension. Systemic AH/PH was almost 10 times more common among people with RF. False AH/PH was detected with equal frequency in the two groups of observation- with and without presence of RF. Hidden AH/PH observed only among those with the presence of RF.

Conclusion: In carrying out preventive examinations of young people, it should be more widely used estimate of CP for the early detection of hidden forms of high blood pressure.

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