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TREATMENT OF HYPERTENSION AND RELATIONSHIP BETWEEN HYPERTENSION AND HYPERLIPIDAEMIA IN OLD PEOPLE FROM COMMUNITIES IN SHENZHEN CITY

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Objectives The aim of this study was to evaluate status of treatment of hypertension and the relationship between hypertension and in old people from communities in ShenZhen City.

Methods Resident old population from communities which has synthetic intervention for hypertension prevention and cure well carried out were enrolled in this study. (1) General state of health: 728 resident old population aged from 65–92, including 320 male (44%) and 408 female (56%), were surveyed and taken a physical examination. (2) Diagnostic criteria: ≥ 65 was defined as old people according to WHO standard. Hypertension was diagnosed according to Chinese hypertension prevention and cure guide 2010. (3) Blood pressure measurements: examinees were ban of coffee or alcohol drinking since 30 min before examination, and required to no aggravating activities, keep stable mood, empty bladder, and have a 5–10 min resting before examination. ShangHai YuYue desktop mercurial sphygmomanometers licensed and adjusted by national standard department were used to measure blood pressure. Meanwhile, questionnaires survey, other physical examination and blood biochemistry detection were carried out.

Results

1. 378 in 728 participants had blood pressure achieved or exceeded hypertension diagnostic criteria, with a percentage of 51.6%. 299 in 378 participants with hypertension had known their history of hypertension, with a acknowledge rate of 79.10%. 248 in 299 were regular treated, with a high treatment rate of 82.9%. 133 in 248 treated patients were found blood pressure normal in this examination, with a control rate of 53.60%.
2. Relationship between blood pressure control and regular treatment. Blood pressure control was significantly relevant to regular treatment with a $p=0.014$. Results were showed in table 1.

Table 1 Relationship between blood pressure control and regular treatment

Measured blood pressure	Regular treatment	Total	χ^2 (P)
Yes	No		
Normal	133	16	149
Abnormal	115	31	146
Total	248	47	295

*: $p < 0.05$, with a statistical significance.

- (3) Relationship between hypertension and hyperlipidaemia.

Among 728 detected person, there were 248 (34.10%) with high total cholesterol, 274 (37.6%) with high triglyceride, and 66 (9.0%) with low high density lipoprotein, 450 (61.80%) with at least one abnormal of the three blood-fat, 138 (30.67%) with at least two abnormal of the three blood-fat. Hypertension was significantly relevant to hyperlipidaemia with a $p=0.010$. Results are showed in table 2.

Table 2 Relationship between hypertension and hyperlipidaemia

Hypertension	Hyperlipidaemia		Total	χ^2 (P)
	No	Yes		
No	151	200	351	6.707 (0.010*)
yes	127	250	377	
Total	278	450	728	

*: $p < 0.05$, with a statistical significance.

Conclusions the achievements of synthetic intervention for hypertension prevention and cure in communities in ShenZhen City were noticeable. Respecting the fact that acknowledge rate of hypertension among old people in ShenZhen City achieved 79.1%, regular treatment rate achieved 82.90%, and control rate reached 53.60%, the synthetic intervention for hypertension prevention and cure in communities is worthy of recommended. (2) A considerable proportion in old patients suffered from hypertension combined to hyperlipidaemia, of which high triglyceride was common, with a significant

difference between hypertension and non-hypertension old patients ($\chi^2=28.889$, $p < 0.001$). Of several type of blood fat abnormal, mixed type had reached a proportion of 30.67%, while the rate of control was still low, which should be noticed.