

ZIUA MONDIALA A HIPERTENSIUNII ARTERIALE

Ziua Mondiala a Hipertensiunii Arteriale este celebrata in data de 17

mai **si anul acesta are ca**

scop **promovarea practicilor comportamentale preventive**

rodul popula?iei

tema **campaniei**

pentru celebrarea acestei zile

o reprezinta c **on?tientizarea popula?iei cu privire la importan?a**

sur?rii periodice a tensiunii arteriale

Sloganul **campaniei**

este **V** **erific?-?i tensiunea**

arterial? **men** **?ine** **o la valori**

normale

2 / 13

mso-bidi-font-family: Wingdings;">◆◆◆ Mai mult de o p?trime din popula?ia globului este hipertensiv?.

</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: 6pt; margin: 0cm 0cm 0pt 36pt; tab-stops: list 36.0pt; mso-list: l5 level1 lfo2;">◆◆◆ Conform predic?iilor matematice ale prevalen?ei hipertensivilor pentru anul 2025 sunt de 1,56 bilioane pacien?i. Cre?terea num?rului persoanelor cu HTA va fi predominant? ◆ ??rile dezvoltate </p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: 6pt; margin: 0cm 0cm 0pt 36pt; tab-stops: list 36.0pt; mso-list: l5 level1 lfo2;">◆◆◆ In Europa rata HTA este superioar? celor ◆registrate ◆ SUA (28%), Canada (27%) sau ??rile din Asia incluz◆d China (20%) sau Coreea (22,9%).</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: 6pt; margin: 0cm 0cm 0pt 36pt; tab-stops: list 36.0pt; mso-list: l5 level1 lfo2;">◆◆◆ Prin prevalen?a de 44,92% ◆registrat? ◆ Rom◆ia aceasta se situeaz? printre ??rile din Europa cu prevalen?e reduse ale HTA dup? cum urmeaz?: Grecia (31,1%), Suedia (38%), Italia (38%), Regatul Unit◆ (42%), Republica Ceh? (42%), Portugalia (42%). ??rile europene cu prevalen?e ridicate sunt Spania (47%) sau Germania (55%).</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: 6pt; margin: 0cm 0cm 0pt 36pt; tab-stops: list 36.0pt; mso-list: l5 level1 lfo2;">◆◆◆ Prevalen?a la b?rba?i este ◆ mod semnificativ crescut? fa?? de valorile ◆registrate la femei.</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; margin: 0cm 0cm 0pt 36pt;">◆</p> <p class="MsoNormal" style="text-align: justify; line-height:

150%; margin: 0cm 0cm 0pt 30pt;"><strong style="mso-bidi-font-weight: normal;">Dinamica mortalit??ii datorate HTA</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ rata mortalit??ii datorate hipertensiunii se prezinta descendent? ◆ perioada 2004-2008 respectiv 1,7% ◆ perioada 2004 ?i 1,4% ◆ 2008</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ are un trend ascendent p◆? ◆ anul 2040 (2,1%).</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ B. Na?ionale </p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ 44,92% prevalen?a HTA ◆ Rom◆ia .</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ 40% din popula?ia Rom◆iei sufer? de HTA.</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ 40% din popula?ia Rom◆iei sufer? de HTA.</p>

Ignore;">◆span style="font: 7pt "Times New Roman";">
 3,5%. riscul cardio-vascular la 10 ani ◆
 popula?ia adult? a Rom◆iei </p> <p class="MsoNormal"
 style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 72pt;
 tab-stops: list 72.0pt; mso-list: l3 level1 lfo3;"><span
 style="line-height: 150%; font-family: Wingdings; font-size: 16pt; mso-fareast-font-family:
 Wingdings; mso-ansi-language: RO; mso-bidi-font-family: Wingdings;"><span style="mso-list:
 Ignore;">◆span style="font: 7pt "Times New Roman";">
 Una din dou? persoane adulte ?tie ce
 valori tensionale are ?i cunoa?te complica?iile pe care le poate da
 HTA.</p> <p class="MsoNormal" style="text-align: justify; line-height:
 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 72pt; tab-stops: list 72.0pt; mso-list: l3 level1
 lfo3;"><span style="line-height: 150%; font-family: Wingdings;
 font-size: 16pt; mso-fareast-font-family: Wingdings; mso-ansi-language: RO;
 mso-bidi-font-family: Wingdings;">◆span style="font: 7pt
 "Times New Roman";"> <span style="line-height: 150%;
 font-size: 16pt; mso-ansi-language: RO;">1/5
 din totalul popula?iei cu hipertensiune respect? ◆tocmai tratamentul ?i ◆i m?soar? tensiunea
 arterial?.</p> <p class="MsoNormal" style="text-align: justify;
 line-height: 150%; text-indent: 30pt; margin: 0cm 0cm 0pt;"><strong
 style="mso-bidi-font-weight: normal;"><span style="line-height: 150%; font-size: 16pt;
 mso-ansi-language: RO;"><span style="font-family: Times New Roman; color:
 #000000;">◆</p> <p class="MsoNormal" style="text-align: justify;
 line-height: 150%; text-indent: 30pt; margin: 0cm 0cm 0pt;"><strong
 style="mso-bidi-font-weight: normal;"><span style="line-height: 150%; font-size: 16pt;
 mso-ansi-language: RO;"><span style="color:
 #000000;">Determinan?i ai st?rii de s?n?tate ◆ rela?ie cu
 HTA</p> <p class="MsoNormal" style="text-align: justify;
 line-height: 150%; text-indent: -24pt; margin: 0cm 0cm 0pt 36pt; tab-stops: list 36.0pt; mso-list:
 l2 level1 lfo6;"><span style="line-height: 150%; font-family:
 Wingdings; font-size: 16pt; mso-fareast-font-family: Wingdings; mso-ansi-language: RO;
 mso-bidi-font-family: Wingdings;">◆span style="font: 7pt
 "Times New Roman";">◆ <span style="line-height: 150%;
 font-size: 16pt; mso-ansi-language: RO;">Cu o
 frecven?? de 12,4% a popula?iei de 12-24 ani care fumeaz? zilnic,<span style="mso-spacerun:
 yes;">◆ Rom◆ia se situeaz? pe locul 11, dintre ??rile rapoarte din
 Europa.</p> <p class="MsoNormal" style="text-align: justify;
 line-height: 150%; text-indent: -24pt; margin: 0cm 0cm 0pt 36pt; tab-stops: list 36.0pt; mso-list:
 l2 level1 lfo6;"><span style="line-height: 150%; font-family:
 Wingdings; font-size: 16pt; mso-fareast-font-family: Wingdings; mso-ansi-language: RO;
 mso-bidi-font-family: Wingdings;">◆span style="font: 7pt
 "Times New Roman";">◆ <span style="line-height: 150%;
 font-size: 16pt; mso-ansi-language: RO;">Cu o
 frecven?? de 20,5% a persoanelor care fumeaz? zilnic, din popula?ia general?, Rom◆ia se

plaseaz? pe locul 9 dintr-un total de 12 ??ri europene raportoare.

Frecven?a de 11,79% a persoanelor de ? 15 ani care consum? un litru/capita de alcool, plaseaz? Rom?ia pe locul 6 dintr-un num?r de 13 ??ri europene raportoare.

Frecven?a persoanelor ? 18 ani obeze este de 7,1% valoare ce plaseaz? Rom?ia pe locul 11 dintr-un num?r de 11 ??ri europene raportoare.

Frecven?a consumatorilor de vegetale la popula?ie ?15 ani a fost de 54,1% ocup?nd locul 8 ? ierarhizarea unui num?r de 12 ??ri europene raportoare.

Frecven?a consumatorilor de fructe la popula?ia ? 15 ani a fost de 45,6%, prin aceasta plas?du-se pe penultimul loc ?tr-o ierarhie a unui num?r de 11 state europene raportoare.

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<td style="padding-right: 5.4pt; padding-left: 5.4pt; padding-bottom: 0cm; width: 58.8pt; padding-top: 0cm; height: 15pt; background-color: transparent; border: #f0f0f0; width="78" valign="bottom"><td style="padding-right: 5.4pt; padding-left: 5.4pt; padding-bottom: 0cm; width: 120.2pt; padding-top: 0cm; height: 15pt; background-color: transparent; border: #f0f0f0; width="160" valign="bottom"</tr></table> <strong style="mso-bidi-font-weight: normal;">II.<strong style="mso-bidi-font-weight: normal;">Rezultate relevante din studii</p> ??rile a sczut foarte mult prin creterea gradului de contientizare a populaiei privind importana controlului periodic al TA, cum ar fi o cretere cu 66% Regatul Unit 76% SUA, atestd succesul unor politici conjuncte de depistare a presiunii arteriale ridicate </p> Depistarea precoce, tratamentul controlul periodic reduc complicaiile mod particular la persoanele cu risc crescut </p> Europa contientizarea controlului vederea depistrii HTA varia? tre 46% Portugalia, 60% Grecia 70% Republica Ceh.</p>
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tab-stops: list 72.0pt; mso-list: l4 level1 lfo5;">◆Rezultatele studiului BP-CARE derulat ◆ ??rile Rurpeei Centrale ?i de Est, printre care ?i Rom◆ia au relevat faptul c?◆ ◆ propor?ie de 27,1% s-a reu?it controlul TA la persoanele hipertensive tratate </p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 18pt; tab-stops: list 72.0pt; mso-list: l4 level1 lfo5;">◆Studiul derulat ◆ Anglia ◆tre anii 2003 ?i 2006 a ar?tat c? ◆ intervalul dat gradul de con?tientizare a popula?iei , tratamentul ?i controlul HTA au crescut considerabil</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; margin: 0cm 0cm 0pt 54pt;">◆</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -36pt; margin: 0cm 0cm 0pt 54pt; tab-stops: list 54.0pt; mso-list: l1 level1 lfo1;"><strong style="mso-bidi-font-weight: normal;">III.◆◆◆◆◆◆◆◆◆◆<strong style="mso-bidi-font-weight: normal;">Strategii, programe de ac?iune: </p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: 36pt; margin: 0cm 0cm 0pt 36pt; tab-stops: list 36.0pt; mso-list: l0 level1 lfo4;">◆◆◆◆ <em style="mso-bidi-font-style: normal;">Subprogramul de screening pentru identificarea pacien?ilor cu factori de risc cardiovascular.</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; margin: 0cm 0cm 0pt 108pt;">- Cunoa?terea ponderii ◆ r◆dul popula?iei a factorilor determinan?i pentru BCV, diagnosticarea precoce ?i monitorizarea acestora, pentru evitarea deceselor premature.</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">

style="mso-list: Ignore;">◆◆◆◆◆◆◆◆ Program na?ional de boli cardiovasculare</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 144pt; tab-stops: list 144.0pt; mso-list: l3 level3 lfo3;">◆◆◆◆◆◆◆◆◆ Subprogramul de tratament al pacien?ilor cu afec?iuni CV.</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 144pt; tab-stops: list 144.0pt; mso-list: l3 level3 lfo3;">◆◆◆◆◆◆◆◆◆ Subprogramul de tratament invaziv al infarctului miocardic.</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; margin: 0cm 0cm 0pt;">◆</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -36pt; margin: 0cm 0cm 0pt 54pt; tab-stops: list 54.0pt; mso-list: l1 level1 lfo1;"><strong style="mso-bidi-font-weight: normal;">IV.◆◆◆◆◆◆◆◆◆◆ <strong style="mso-bidi-font-weight: normal;">Analiza grupurilor popula?ionale</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ Prevalen?a HTA din Rom◆ia ◆ raport cu sexul ?i mediul de provenien??.</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">◆◆◆◆◆◆◆◆ urban - b?rba?i 46,6%, femei 38%</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2

10 / 13

font-size: 16pt; mso-ansi-language: RO;">Grupe de risc ale pacien?ilor cu HTA

</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ Grupa cu risc sc?zut </p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">◆◆◆◆◆◆◆◆ <b?rba?i < 55 ani ?i femei <65 ani cu HTA de gradul I</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">◆◆◆◆◆◆◆◆ f?r? factori de risc</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">◆◆◆◆◆◆◆◆ riscul de eveniment CV major ◆ urm?torii 10 ani este de 15%</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ Grupa de risc mediu</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">◆◆◆◆◆◆◆◆ pacien?i cu HTA de niveluri diferite</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">◆◆◆◆◆◆◆◆ pacien?i cu HTA de niveluri diferite</p>

style="line-height: 150%; font-size: 16pt; mso-ansi-language: RO;">◆◆◆◆◆◆◆◆
prezen?a mai multor factori de risc</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">◆◆◆◆◆◆◆◆ ◆riscul de eveniment CV major ◆ urm?torii 10 ani este de 15%- 20%</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ Grupa de risc ◆alt</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">◆◆◆◆◆◆◆◆ include: pacien?i cu HTA de gradul 1 ?i 2 care au 3 sau mai mul?i factori de risc asocia?i, diabet sau afec?area organelor ?int?</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">◆◆◆◆◆◆◆◆ pacien?i cu HTA sever? f?r? factori de risc asocia?i</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 108pt; tab-stops: list 108.0pt; mso-list: l3 level2 lfo3;">◆◆◆◆◆◆◆◆ risc de eveniment CV major la 10 ani este de 20-30%</p> <p class="MsoNormal" style="text-align: justify; line-height: 150%; text-indent: -18pt; margin: 0cm 0cm 0pt 90pt; tab-stops: list 90.0pt; mso-list: l2 level1 lfo6;">◆ Grupa

13 / 13