

Abstract No. **53**

Category: **Prevention**

Title: **Changes in the behavior of the risk factors for atherosclerotic coronary disease at the end of a cardiovascular rehabilitation program phase II**

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Abstract:

Background: Cardiovascular diseases are the leading cause of disability and premature death in the world. This study determined the changes in the behavior of risk factors in subjects with a history of coronary atherosclerotic disease who completed at least 30 sessions in phase II of the cardiovascular rehabilitation program from January 2015 to March 2018 taking into account gender and age groups.

The purpose was to determine the prevalence of risk factors and be able to identify significant changes in cardiovascular risk factors, which can reach impact in promotion of health and prevention of disease.

Methods: Quasi-experimental analytical study with the participation of 707 subjects selected from the database of a Cardiovascular Prevention Center. Statistical software Stata® was used. The statistical tests used were analyzed under a significance of 5%. Quantitative variables were described by median and interquartile ranges, after checking for normality in their distribution with Shapiro - Wilk test. Qualitative variables were measured by absolute frequencies and percentages. To determine if there were changes in the measurement of pre- and post-intervention variables, Wilcoxon rank test was used in quantitative variables. In qualitative variables, χ^2 test was used when the expected values in each cell were ≥ 5 otherwise an exact Fisher test was used.

Results: A prevalence of dyslipidemia was found in 59.83%, smoking history was 55.46%, diabetes mellitus 47.81%, sedentary lifestyle 47.31%, hypertension 33.66% and obesity 15.84%. It was evidenced that women had a higher prevalence in most of the risk factors. There were significant changes in variables except for glycemia, HbA1c, systolic and diastolic blood pressure. The age group with the highest prevalence and where the greatest significant changes were found was from 61 to 74 years.

Conclusion: Significant changes were identified in cardiovascular risk factors in subjects with an atherosclerotic coronary disease. The most prevalent cardiovascular risk factors were dyslipidemia for both men and women, smoking history for men while sedentary lifestyle, hypertension and obesity for women. Regarding the prevalence of age, the group of 61 to 74 years in all the risk factors was the most representative except for active smoking that was 41 to 60 years old.