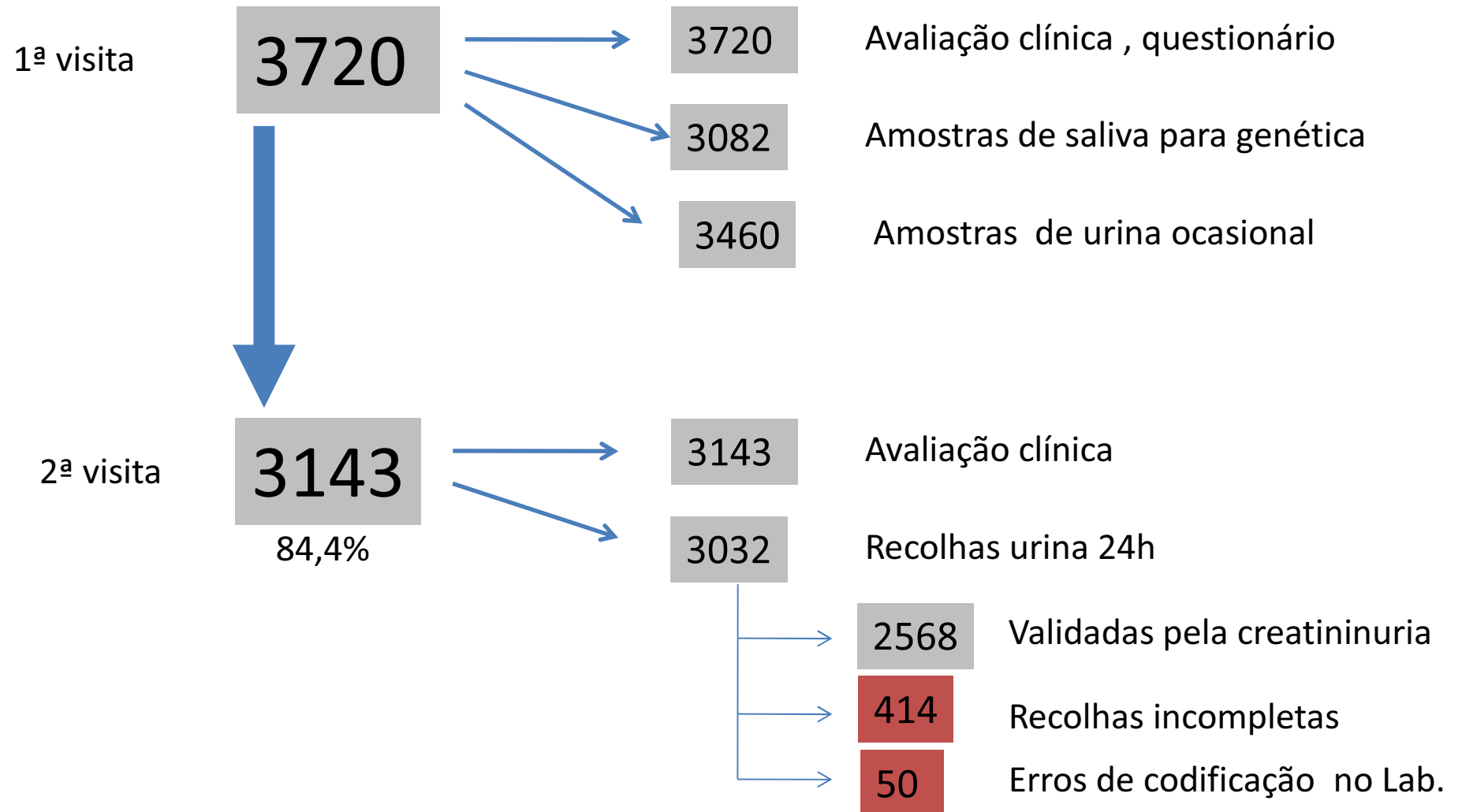


Portuguese hypertension and SAIt Study

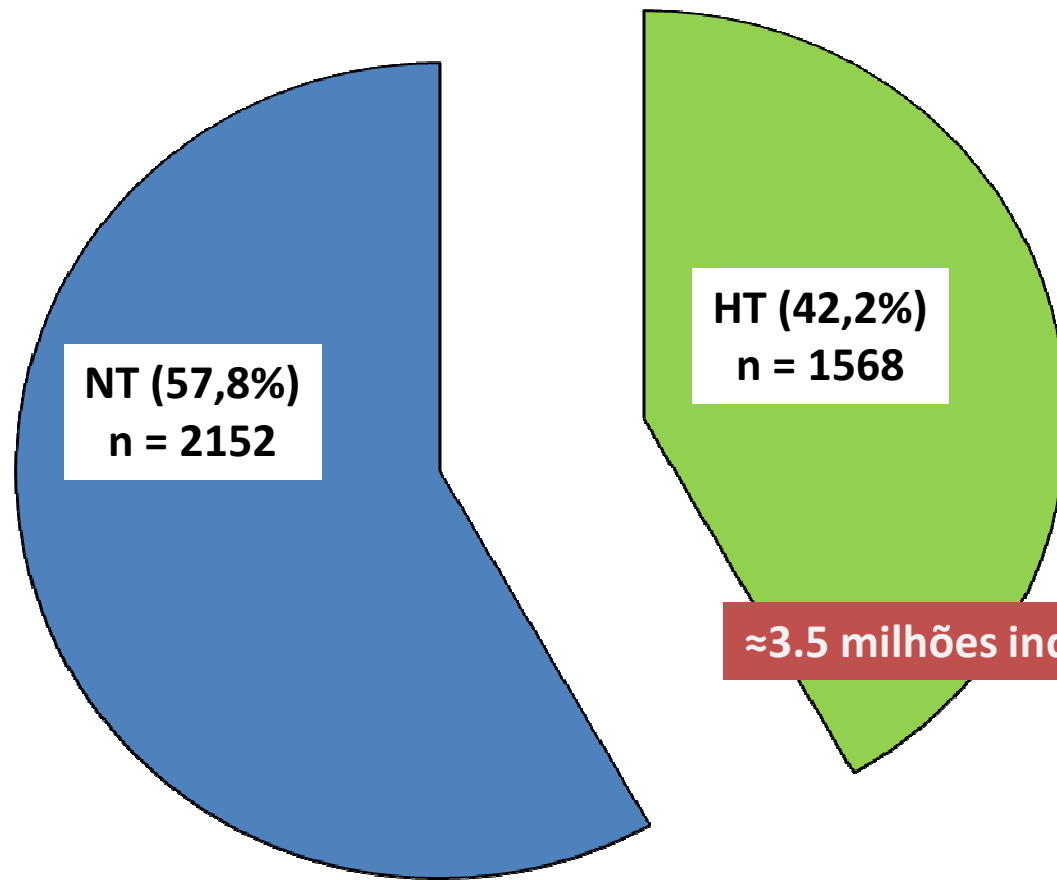


n= 3720 (representativo da população adulta vivendo em Portugal continental em 2012)

PHYSA study: desenho do estudo



PHYSA study: prevalência



n = 3720

♀ = 40,2% (prevalência de HTA)

♂ = 44,4% (prevalência de HTA)

≈3.5 milhões indivíduos

42,1 %

Macedo ME e col 2003
J Hypertens 2005
(média de 3 medições)

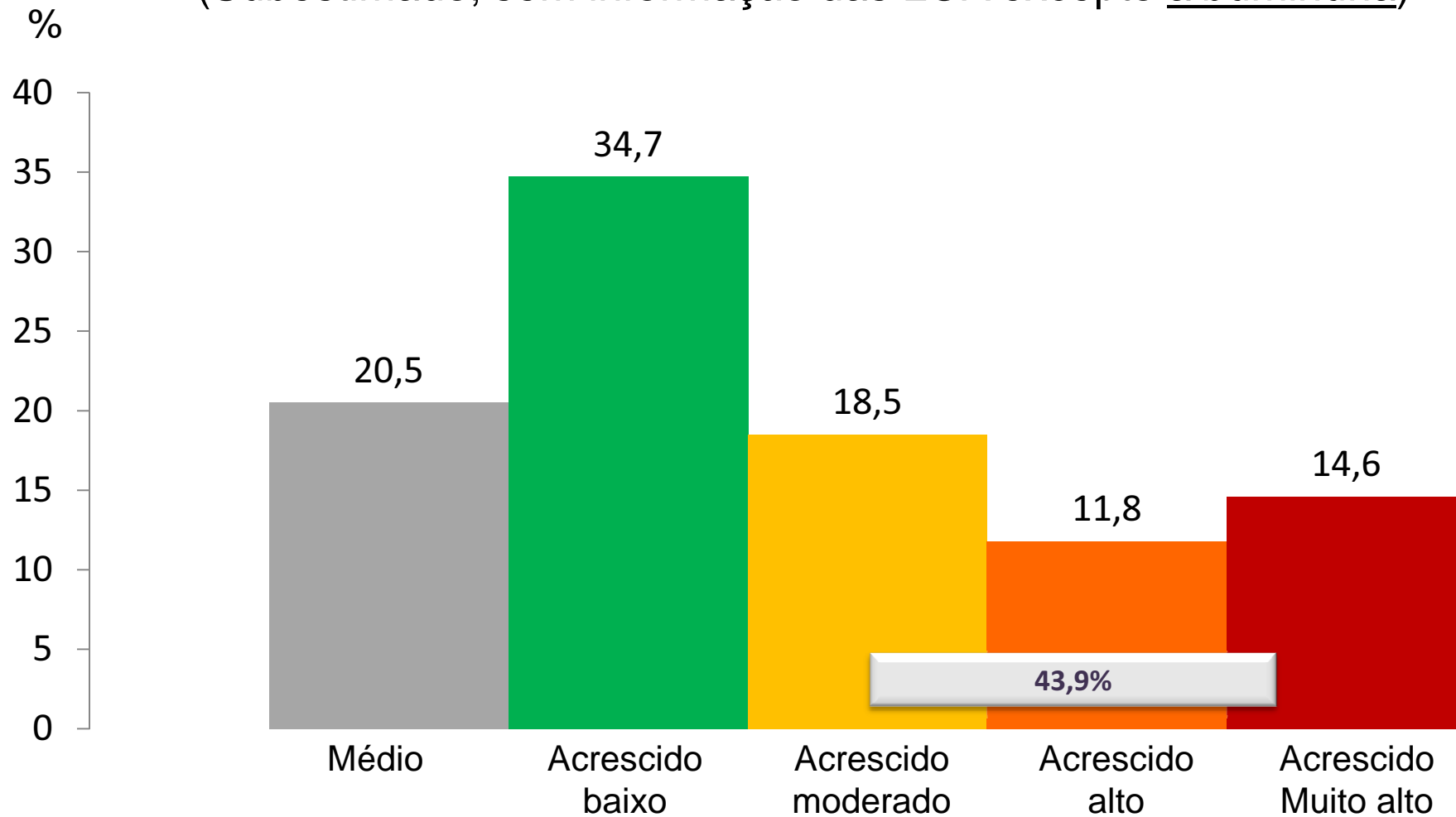
PHYSA study: características e co-morbididades

n = 3720 (2,1% nr/nk)	n=	%
Caucasianos	3612	97,1
Mulheres	1955	52,6
IMC >= 30 Kg/m ²	909	24,4
Auto-relatado ou medicação		
Diabetes	381	10,2
Dislipidemia	1236	33,2
Fumadores	669	17,9
Insuficiência cardíaca	141	3,8
Enfarte do Miocárdio	93	2,5
Angor	101	2,7
AVC	118	3,2
DAP	162	4,4

PHYSA study: risco CV global

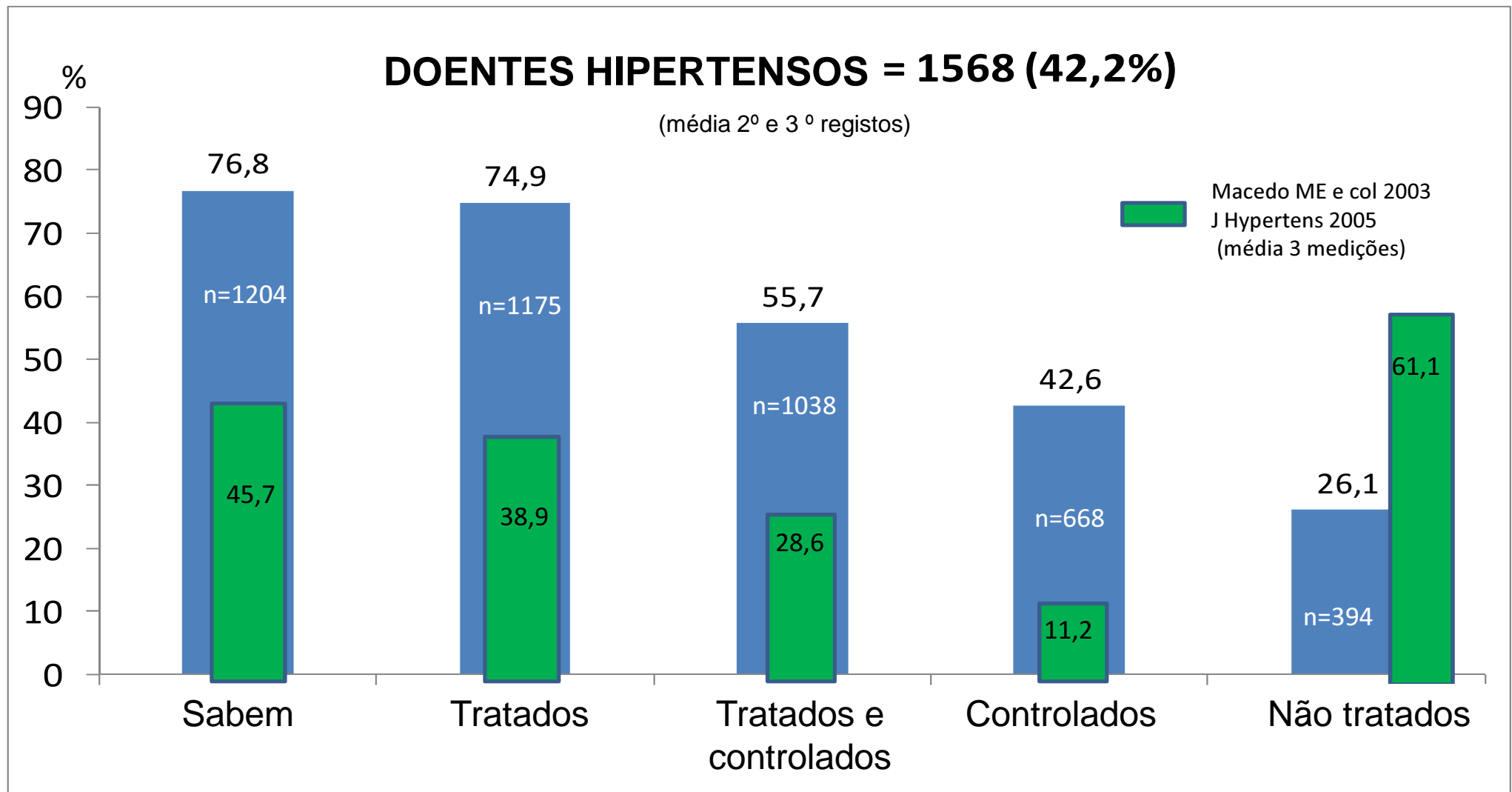
(n= 3716)

(Subestimado; sem informação das LOA excepto albuminúria)



PHYSA study: conhecimento, tratamento e controlo

n = 3720

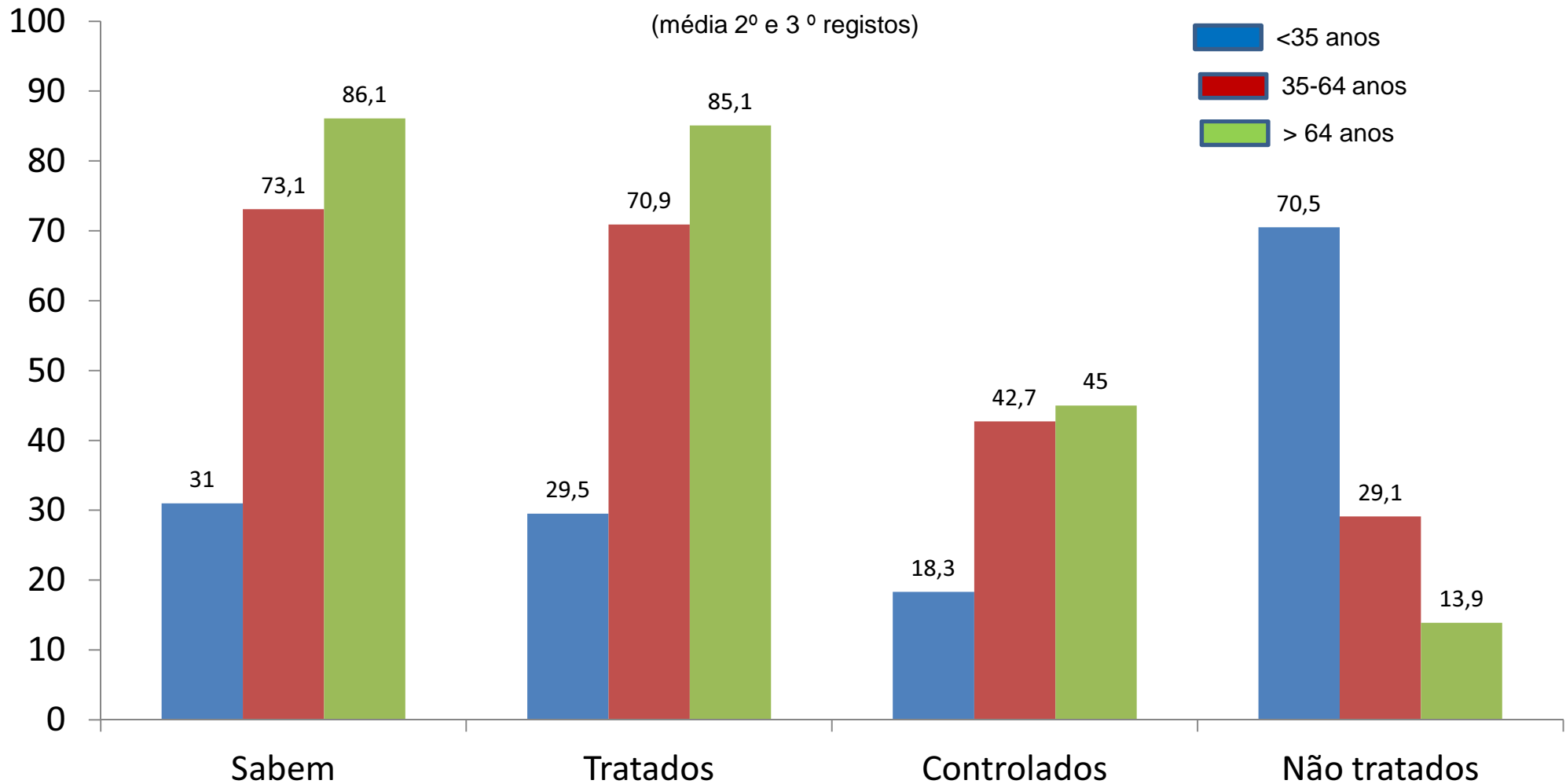


PHYSA study: conhecimento, tratamento e controlo

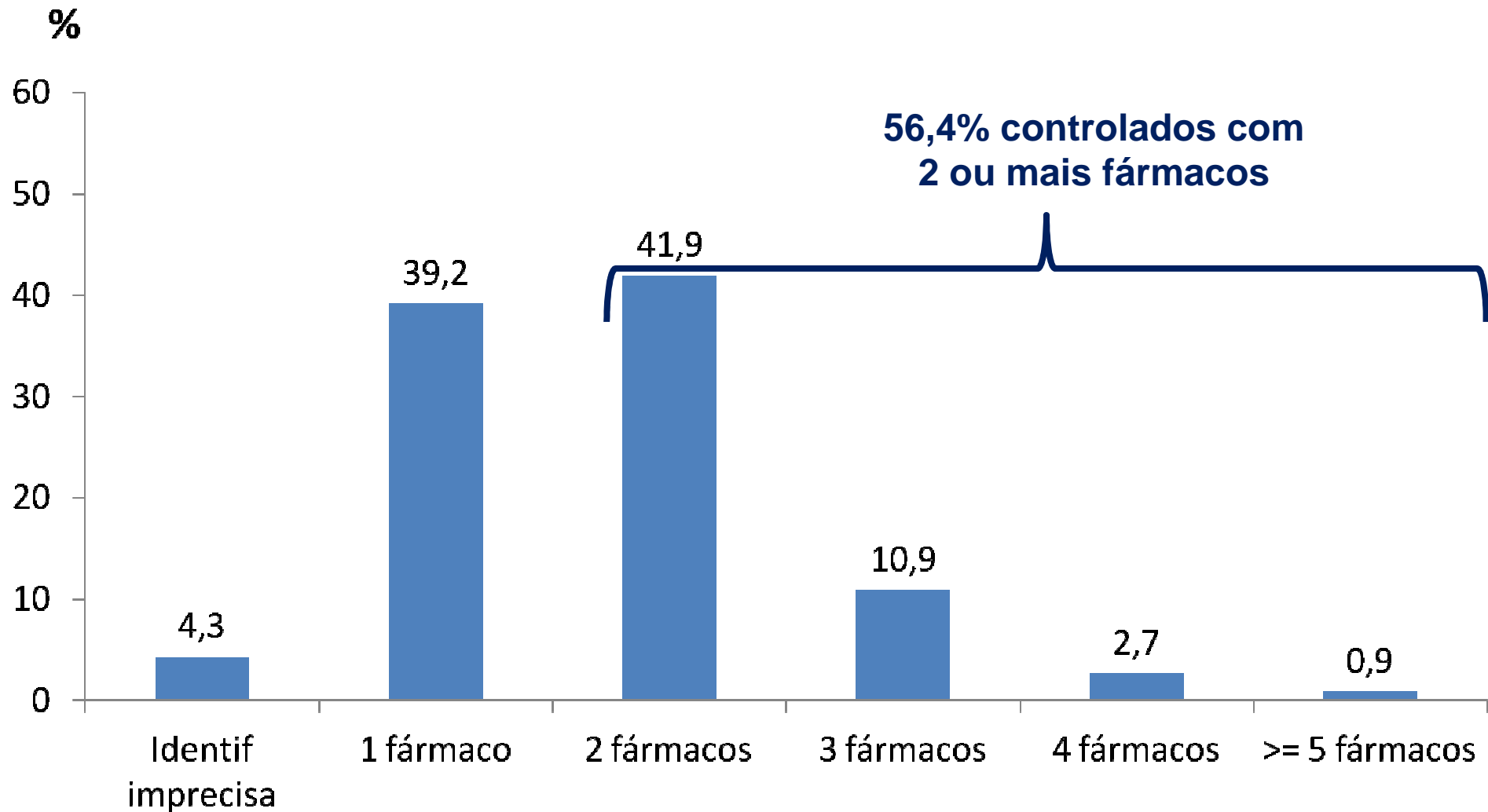
n = 3720

Doentes Hipertensos n= 1568 (42,2%)

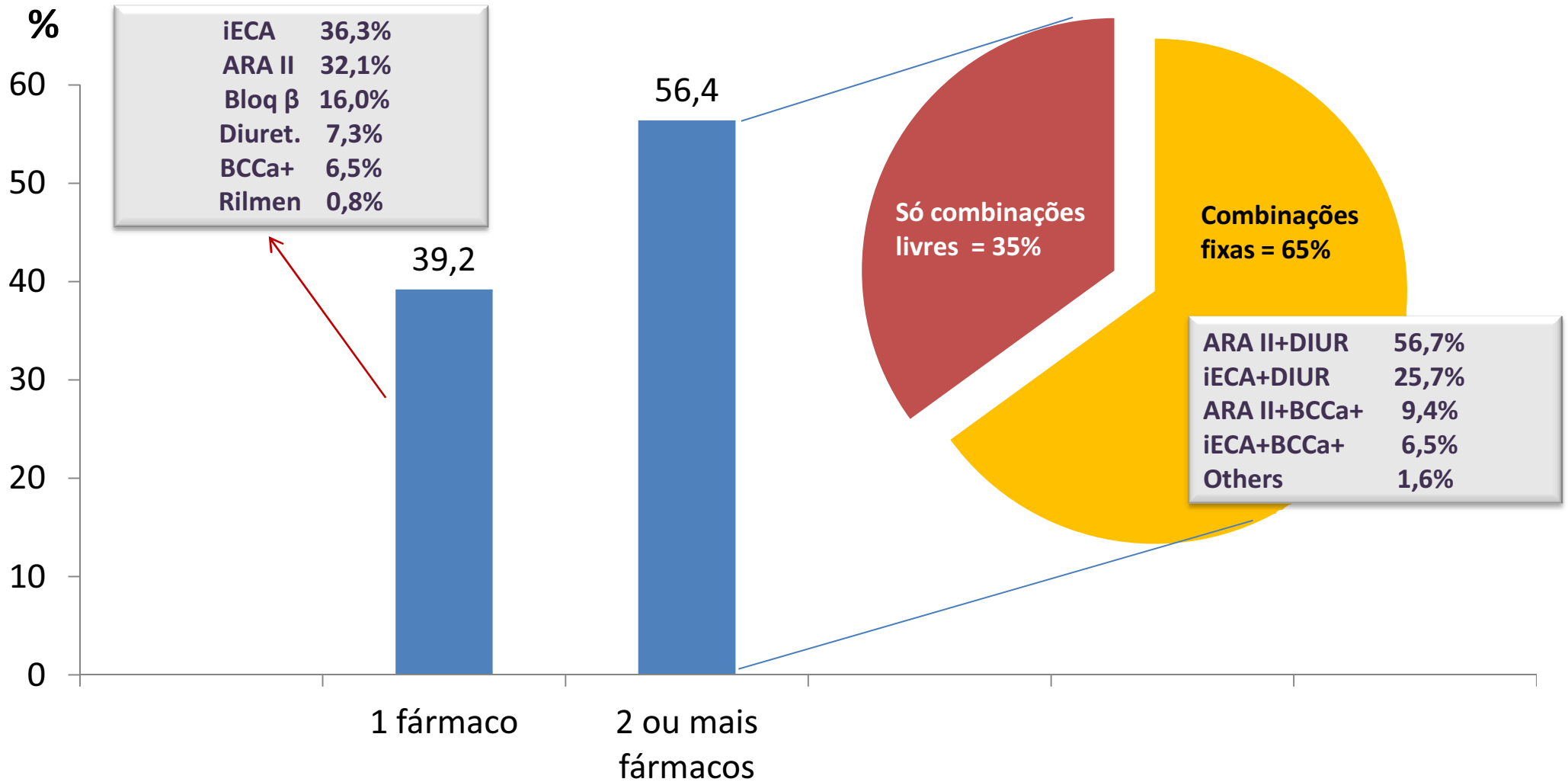
(média 2º e 3º registos)



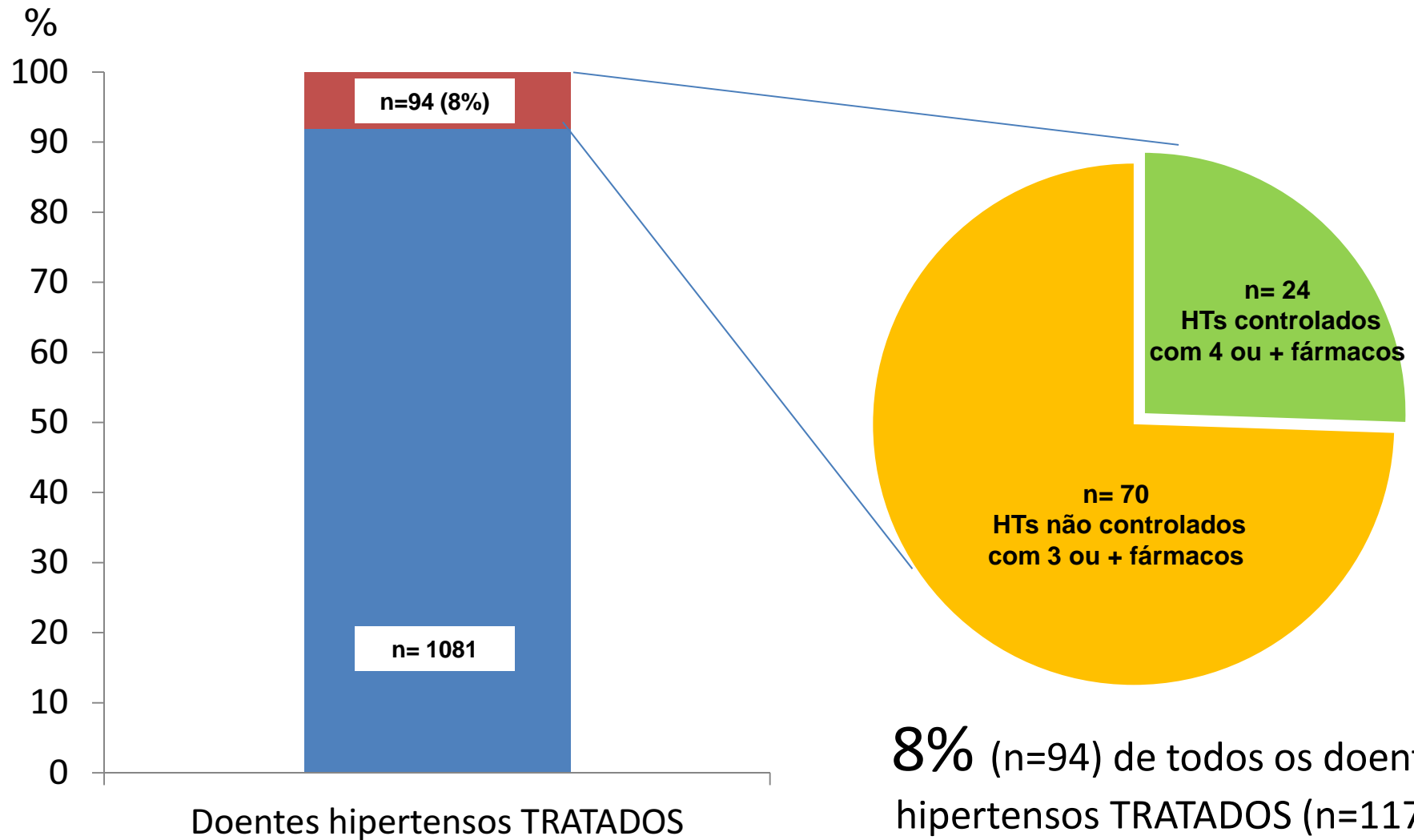
PHYSA study: doentes medicados controlados (n=668)



PHYSA study: doentes medicados controlados (n=668)

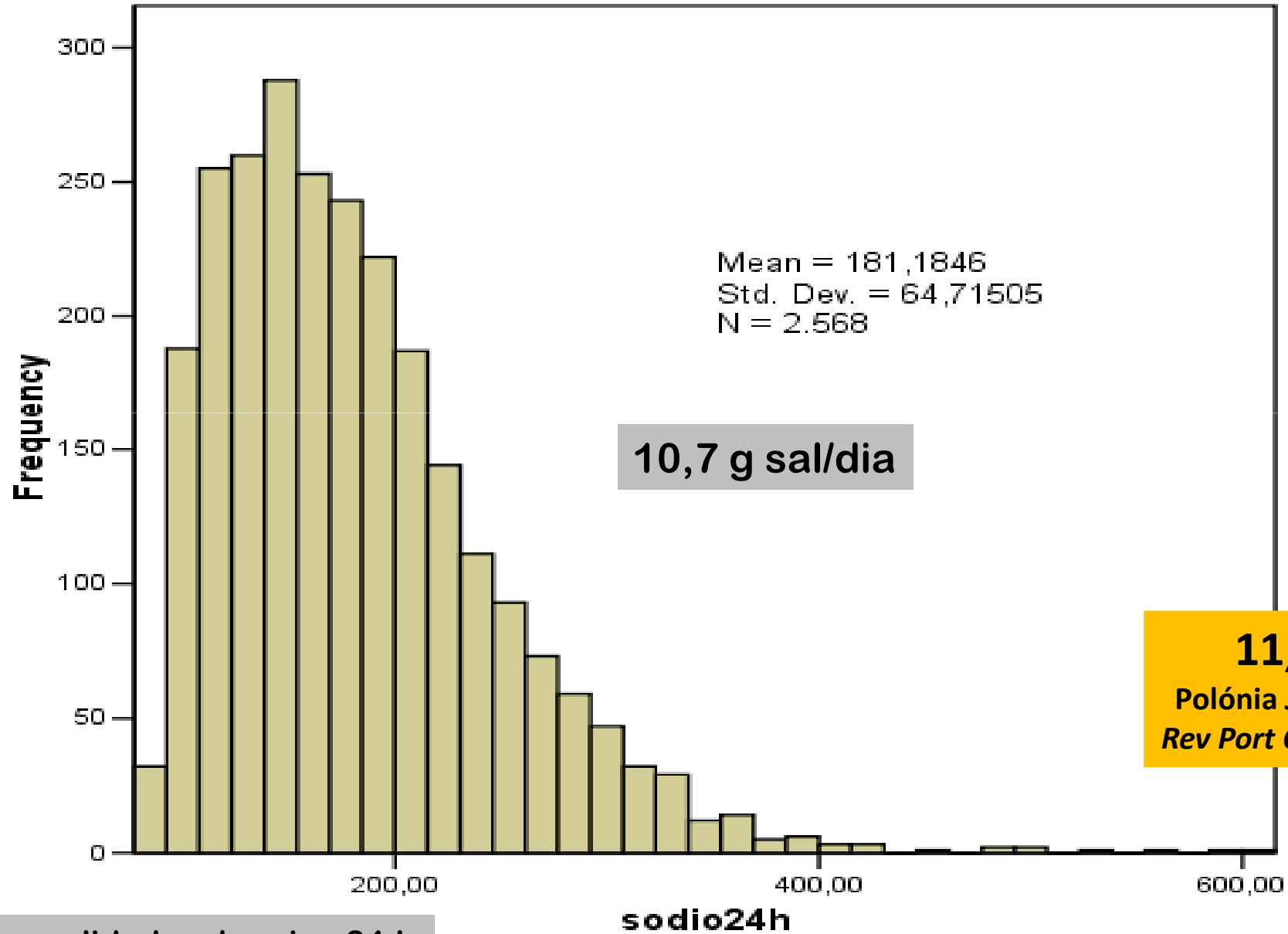


PHYSA study: Prevalência de hipertensão resistente



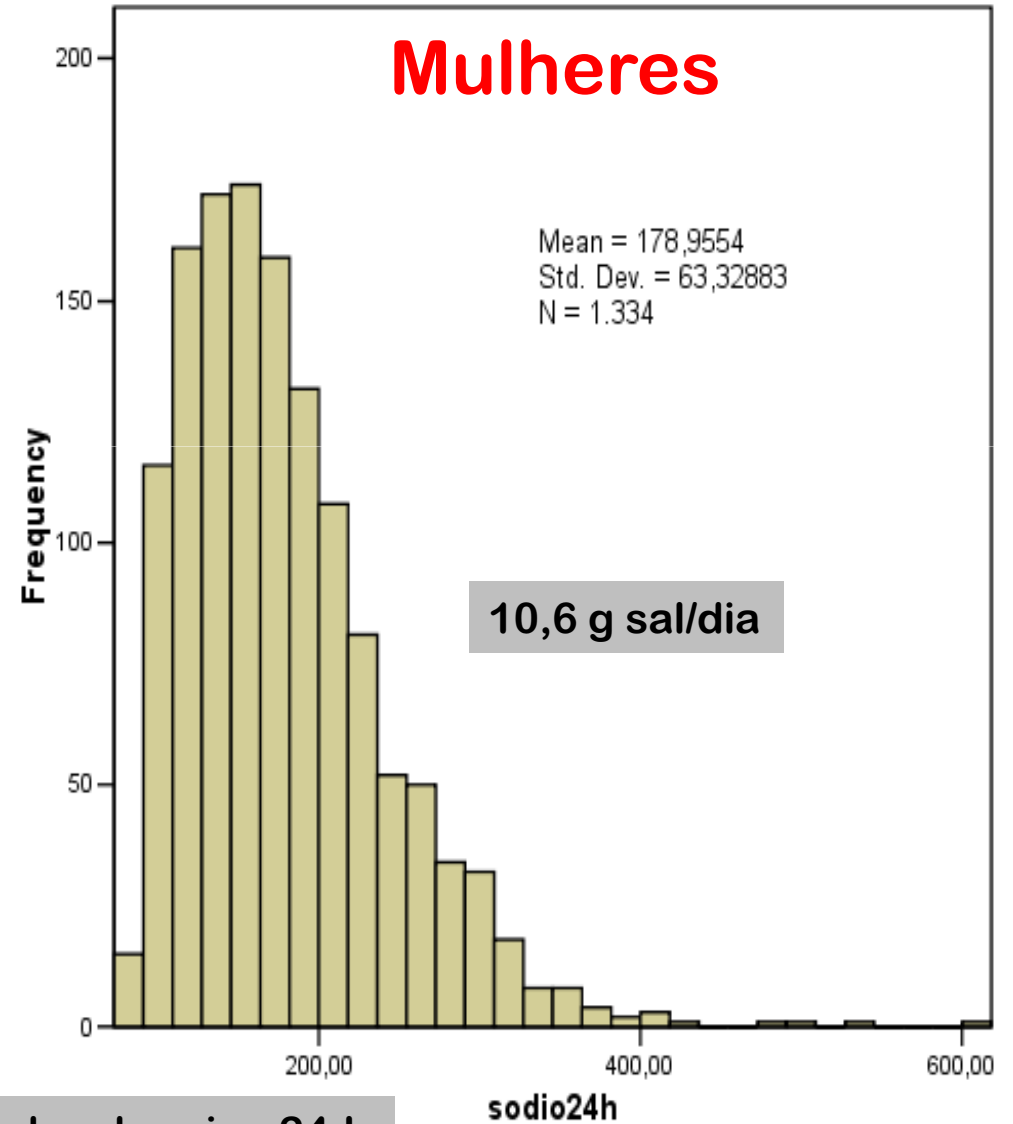
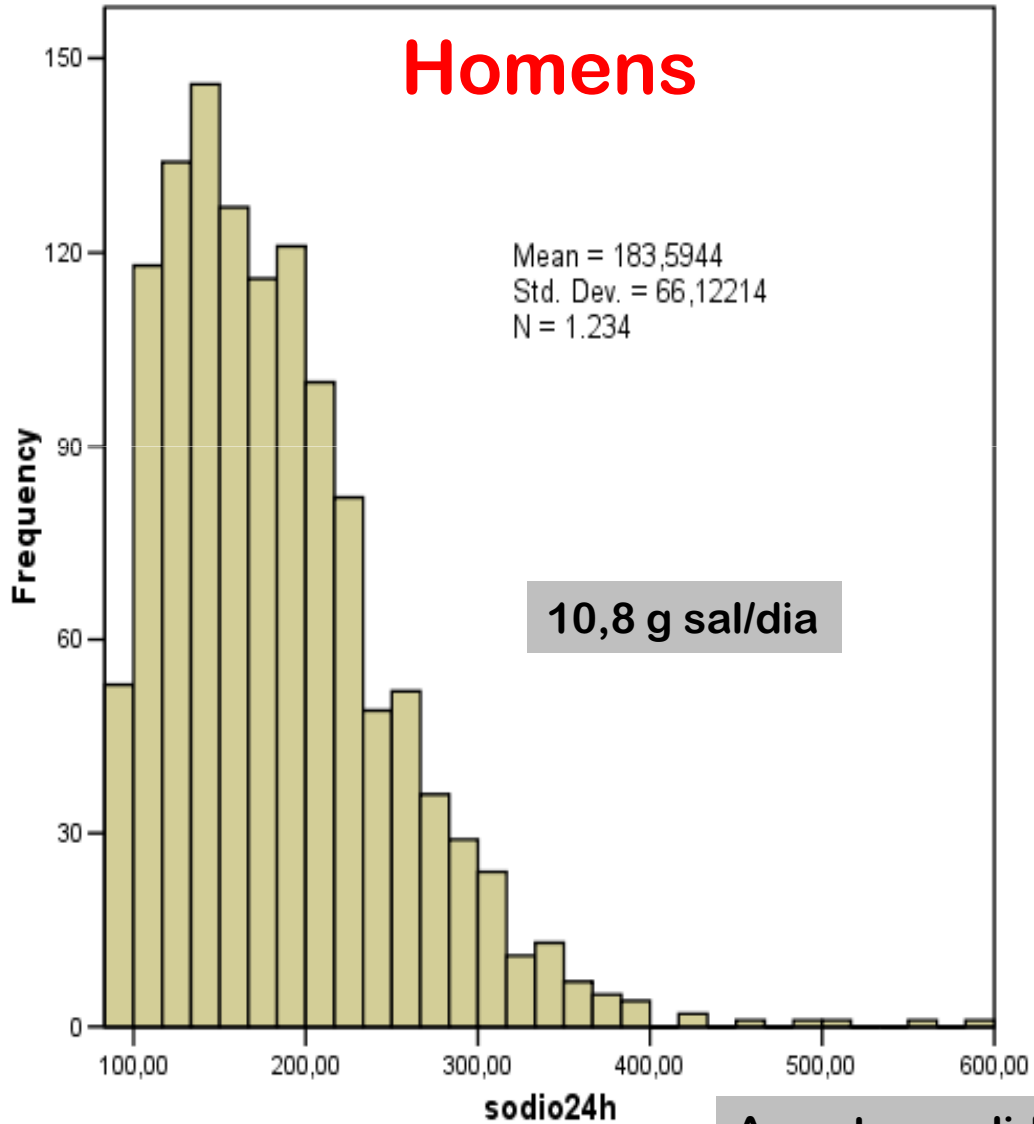
8% (n=94) de todos os doentes hipertensos TRATADOS (n=1175)

PHYSA study: consumo de sal



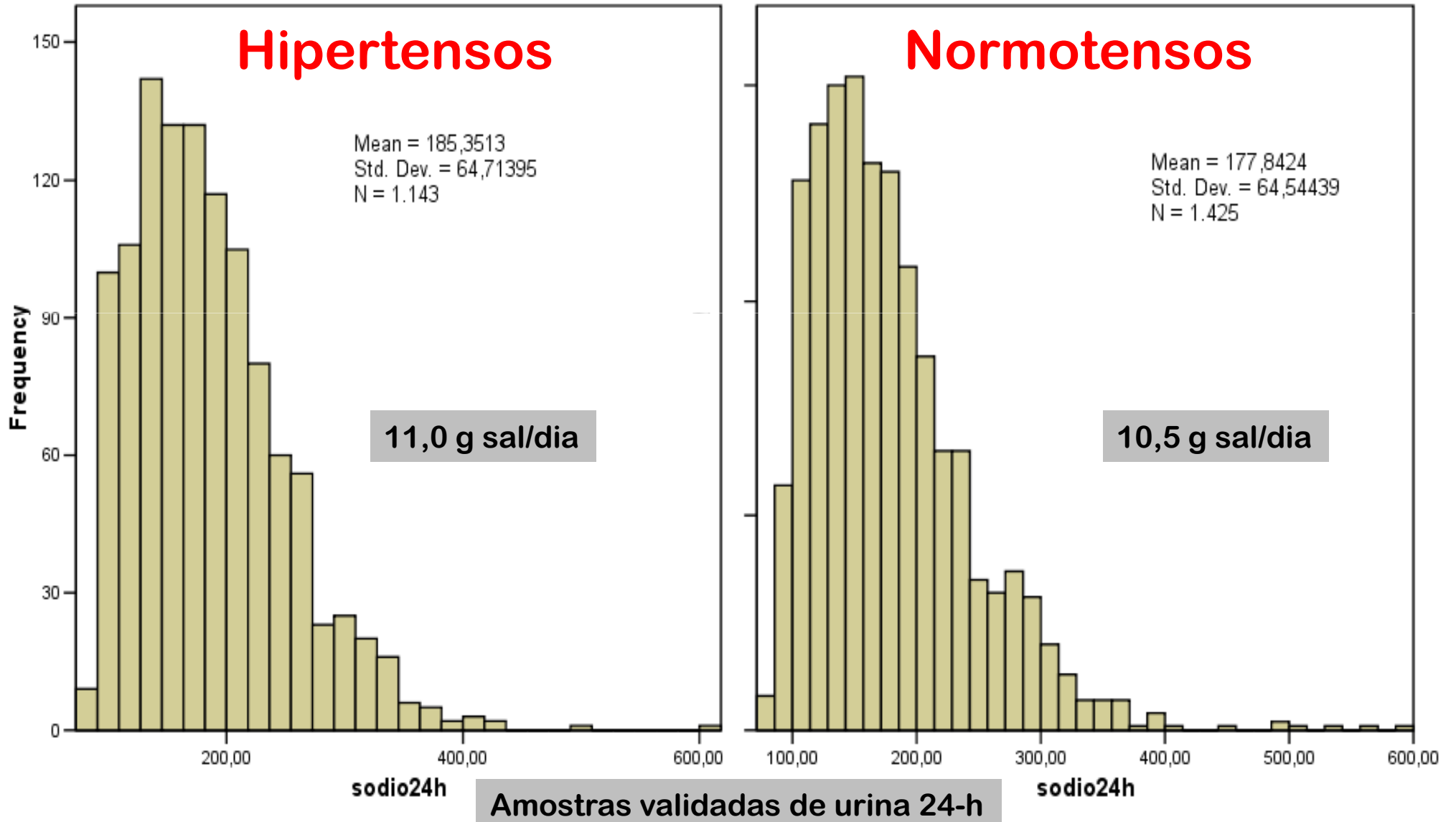
Amostras validadas de urina 24-h

PHYSA study: consumo de sal

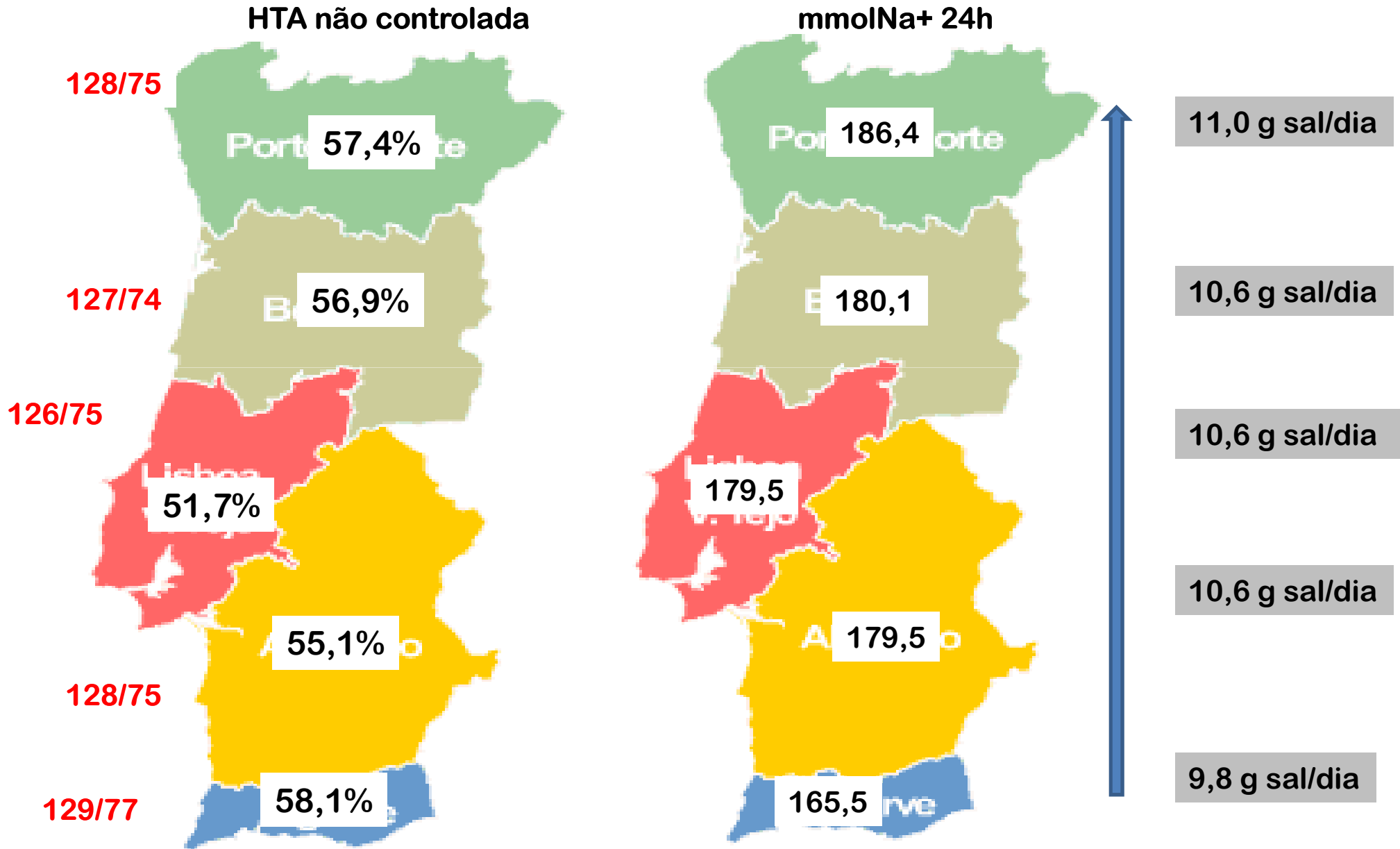


Amostras validadas de urina 24-h

PHYSA study: consumo de sal



PHYSA study: consumo de sal e % de hipertensos não controlados



PHYSA study: ingestão de sal em 2012 (comparação com 2006 e com vários países europeus)

