

instability, and high responsibility in the workplace should be considered additional factors of impact on health, which should be taken into account in the multi-factor prevention of NCDs.

Thus, regardless of the place of employment, women were more likely than men to report NCDs and comorbidities, which was associated with stress and with more frequent visits to doctors. Improving the quality of preventive examinations is an important reserve for the early diagnosis of NCDs in EAP. Employment features should be taken into account in the prevention and timely diagnosis of NCDs.

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THE RISK OF CARDIOVASCULAR DISEASES IN PATIENTS WITH ARTERIAL HYPERTENSION

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Researchers ascribe the reduction in circulatory mortality among the population of the most economically developed countries to the reduction in the number and level of major risk factors: smoking, total cholesterol and blood pressure, as well as to the widespread introduction of modern diagnostic and treatment methods.

The purpose of our study was to determine the level of risk factors for cardiovascular disease in patients with hypertension (AH). During the study, the following task was solved: cardiovascular risk factors in patients with initial forms of arterial hypertension were analyzed. The study was conducted on the basis of the Regional Cardiology Dispensary of Chernivtsi. The study subjects included 85 patients: 45 were men (52.9%) and 40 were women (47%). The average age of patients was 50 +8.6 years. 70 people among them are of working age (82.4%). Cardiovascular risk assessment was performed among people who were diagnosed with the initial forms of hypertension according to the criteria of national recommendations for the diagnosis and treatment of hypertension (AH). All patients were at the stage of outpatient dispensary observation by a family doctor or cardiologist.

According to the results of the study, the following data were obtained: hypercholesterolemia (53.3%) is the most common risk factor (CRF) among patients with newly diagnosed hypertension. Obesity occurs in half of patients, the average body mass index (BMI) was $32.1 + 7 \text{ kg} / \text{m}^2$. 34.1% patients had a burdensome heredity. Risk factors such as smoking were found among 32.2% (25% among men and 7.2% among women). 14.6% had elevated blood glucose levels. It should be noted that almost all risk factors were more common among men, but there are no gender differences in the prevalence of unmodified risk factor (URF) - aggravating heredity.

A combination of 2 or more risk factors (RF) was found in most patients. Moreover, the absence of additional cardiovascular risk factors among patients with newly diagnosed hypertension occurred only among women (25%). The presence of two risk factors among men and women is approximately the same (41.9% and 43.8%, respectively). The combination of three and four risk factors was almost 2 times more common among men than women (40.2% and 20.1%). The respondents among patients with arterial hypertension (AH) who did not receive treatment before had a medium or high risk (41.7% and 50.1%, respectively) factors.

According to the results of the study, the following conclusions were made: the high prevalence of risk factors in the study population indicates an unfavorable epidemiological situation regarding the occurrence of cardiovascular disease in patients with hypertension. Coping with risk factors should be aimed at treating high blood pressure, detecting dyslipidemia, obesity, combating smoking and increasing the motivation of the population to follow the principles of a healthy lifestyle - nutrition, optimal exercise and avoidance of bad habits.