RISK OF AN ARTERIAL HYPERTENSION AND STROKE IN POPULATION WITH VITAL EXHAUSTION IN RUSSIA / SIBERIA: GENDER FEATURES. WHO PROGRAM MONICA-PSYCHOSOCIAL EPIDEMIOLOGICAL STUDY

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Fig.1 Prevalence of Vital Exhaustion in male population aged 25-64 years

Fig.2 Prevalence of Vital Exhaustion in female population aged 25-64 years

Aims: To determine the gender differences in influence of vital of exhaustion (VE) on risk of arterial hypertension (AH) and stroke in population of 25-64y in Russia / Siberia.

Methods: Under the third screening of the WHO epidemiological program MONICA-psychosocial random representative sample including both genders aged 25–64y was surveyed in Novosibirsk in 1994 (n=1386, mean age 44.9 ± 0.4y; 49.7% women). VE was estimated at baseline.

Results: Prevalence of VE was as follows: 66.8% in men (14.6% - high level), 75.7% was in women (44.4% - high level). Over the first 5 years the risk of AH was higher in men HR=3.2 than women HR= 1.9 with VE (p for all <0.05). AH risk in men was 1.6 and 1.4-fold higher over 10 years and 16 years of follow-up, respectively. AH risk increased in divorced men HR = 3.3 (p <0.05) and in older age group HR = 5.7. As for women AH risk was higher in individuals with lower education HR = 1.8 with VE. Stroke risk was higher in female HR=3.34 compared with male HR=3.1 with VE. But risk of stroke was higher in those men with primary education HR= 4.8; in divorced HR= 3.8 and widowed men HR=3.6.

Conclusions: There is higher prevalence of VE in female compared to male. Risk AH is higher in men but stroke in women with VE.

Fig.3 Risk of AH in men and women with vital exhaustion over 16 years of follow-up

Fig.3 Risk of Stroke in men and women with vital exhaustion over 16 years of follow-up