

عنوان مقاله:

The risk factors for occurrence cardiovascular disease: A population-based cohort study in the South of Iran

محل انتشار:

پنجمین کنگره پژوهشی دانشجویان دانشگاه علوم پزشکی هرمزگان (سال: 1402)

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خلاصه مقاله:

**Introduction:** The cardiovascular diseases are the main reason of mortality in the world. This study was conducted with the aim of estimating the incidence rate and identifying the risk factors of these diseases. **Methods:** This is a prospective cohort study that was performed on 9442 individuals aged 40-70 years in Kharameh, a city in the South of Iran, in 2015-2022. participants were followed up for 4 years. The demographic information, biological parameters, behavioral habits, and history of some diseases were examined. In the first, the density incidence of cardiovascular disease was calculated. The log-rank test was calculated for evaluation the cardiovascular incidence difference between male and female. Then were performed simple and multiple Firth's Cox regression to identify the predictors of cardiovascular disease. **Results:** The mean age of the participants was  $51.4 \pm 8.04$  years, and the density incidence was calculated at 1.9 cases per 10000 person-day. The log-rank test showed that male had a higher risk of cardiovascular disease than female. The result of Chi-square test showed a statistically significant difference between the incidence of cardiovascular diseases in different age groups, education levels, hypertension, and diabetes in male and female. Based on the results of multiple Firth's penalized Cox regression, Chronic kidney disease was found to be the strongest risk factor for cardiovascular disease ( $HR=3.59$ , 95% CI, 1.19 to 11.13). The risk of cardiovascular disease in male was 2 ( $HR=2$ , 95% CI, 1.52 to 2.79) times higher than in female. It was 2.26 times higher in people with diabetes ( $HR=2.26$ , 95% CI, 1.76 to 2.88), 1.64 times higher in hypertensive people ( $HR=1.64$ , 95% CI, 1.29 to 2.08), and 1.59 ( $HR=1.59$ , 95% CI, 1.09 to 2.37) times higher in alcoholics. **Conclusion:** History of chronic kidney disease, diabetes, hypertension, and consumption of alcohol were among the risk factors, so if they were removed, the incidence of cardiovascular disease could reduce. So, it is necessary to develop strategies for appropriate interventions to reduce these risk factors with an emphasis on chronic kidney patients.

کلمات کلیدی:

Risk factors, Incidence, cardiovascular, cohort

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