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**Original article**

**Assessment of risk factors and associated co-morbidities among adult hypertensive patients attending a health care facility in North India**

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**Abstract:**

**Background:** Hypertension is associated with various risk factors such as, family history, smoking, obesity, and sedentary lifestyle. It has been observed that hypertensive patients also have associated co-morbidities, which make the effective control of hypertension even more important.

**Objectives:** To study the risk factors and associated co-morbidities among hypertensive patients attending Urban Health and Training Centre (UHTC).

**Methodology:** An Out Patients Department based, descriptive, observational study was carried out among adult hypertensive patients attending UHTC. Detailed history and physical examination was done to evaluate various risk factors and associated co-morbidities.

**Results:** Out of 388 hypertensive patients, 57.7% were males, 42.3% were females. Majority (42.8%) of patients were aged 50 – 59 years and 34.5% had a positive family history of hypertension. 44.6% of the patients had associated co-morbidities, amongst which Diabetes Mellitus was the most common (27.1%), followed by Ischemic Heart Disease (IHD) which was found in 14.4% of patients. Addiction was present in 68.04% patients, with tobacco chewing being present in majority of patients (30.15%) followed by smoking (21.39%).

**Conclusion:** Hypertensive patients have associated co-morbidities, amongst which Diabetes Mellitus is most common. Since, hypertension alone is a silent killer, and when associated with co-morbidities may have more adverse health outcomes, therefore, it is recommended that regular screening of the patients should be done targeting various risk factors in order to provide their early diagnosis and effective management.

**Key words:** Hypertension, risk factors