CHARACTERISTICS OF CARDIOVASCULAR DISEASES OF HOSPITAL PATIENTS REGIONAL EM GARANHUNS – PE

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ABSTRACT

To determine the profile of patients treated at the Regional Hospital of Garanhuns/PE affected by cardiovascular disease, check the socioeconomic condition, lifestyle and consumer atherogenic foods. A descriptive cross-sectional study, we assessed 42 patients aged 18 to 100 years. As a research tool used a questionnaire alimetar consumption, with questions about intake of foods rich in saturated fats, cholesterol and another to assess socioeconomic status, physical activity, alcohol consumption and smoking. Prevailed females 57.1 %, socioeconomic class type D 59.5 %. Sedentary lifestyle was present in 69 % of subjects, smoking 52.4 % and 26.2% alcohol. Foods high in cholesterol highlights a consumption frequency weekly as fatty meats 73.8 %. The findings demonstrate the need to strengthen health education in primary care.

Keywords: Cardiovascular Disease; Health Education.

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INTRODUCTION

The established cardiovascular disease (CVD) in developing countries, including Brazil, one of the most cases of hospitalization and deaths. considering that it develops predominantly in adults and elderly patients, this term designates several disorders that affects the blood vessels, and the atherosclerotic process, the basis for the pathophysiology, however, that begins in childhood along the risk factors which consolidate during the life adult of the subject, it inserts in this category Acute Myocardial Infarction(AMI), Stroke, Peripheral Vascular Disease.

Among the traditional risk factors to the cardiovascular disease are emphasized, the arterial hypertension, diabetes mellitus, dyslipidemia, smoking, the use of alcoholic beverages, diet atherogenic, physical inactivity. The feeding exerts a great influence about the genesis of cardiovascular disease, once that diet atherogenic, rich in whole milk products, animal fats, food products rich in trans fat along a deficient feeding in acids essential fatty, like the polyunsaturated (omega -3 and omega-6) found in fishes, vegetables, oils sunflower, soya, respectively and the monounsaturated, with deficit in the group of fruits, greenery, vegetables, cereals and whole grains rich in food fibers favor the rising of total cholesterol fractions and LDL that implies in the lipid deposition on the wall of the arteries with the formation of atherosclerotic plaque increasing the chances in the developing of CVD.

The conditions socioeconomics can influence on the propagation of a mean with sedentary behavior, so that the modernization leads a life less active, with the decreasing of energy expenditure and fostering of weight gain, hyperglyce-mia and reduction benefits to the cardiovascular system.

Another factor constituent in the change of lifestyle is the regular intake of alcoholic beverages that compose a feature relevant as regards the rising of blood pressure when it has a frequency of habit daily or weekly, once the change in your levels in long term determines the progression of the disease to severe comorbidities of cardiovascular disease.

METHOD

It treats about a study of type descriptive, realized in a medical clinic of Regional Hospital Dom Moura – HRDM, in the county of Garanhuns, localized in the rugged southern of Pernambuco. The search was carried out in a period of October to December of 2014. With made sample of 42 patients hospitalized in the medical clinic affected for cardiovascular diseases.

Were included adult that comprehend the age group above 18 years old up to 100. Were excluded the subjects that showed mental dementia. The collect of data was realized by means of a structured questionnaire. To the achievement of information to the habits feeding of the participants, was used a adaptation of the questionnaire of frequency of consumption that consisted in a selection of feedings rich in lipids, cholesterol, saturated fatty acids, being considered markers of risk cardiovascular. The frequencies of consumption were subdivided in 4 categories: daily (more of 5 days on week), weekly (consumption of 4 to 5x on week), rarely (consumption of 2x on month) and never. The questionnaire (QFCA) used was validated and adapted of Ribeiro et al.

The socioeconomics data were evaluated by the

criterion of classification economic Brazil of the Brazilian Association of business of search 2013 being got, through a interview, information about consumer goods (television in colors, radio, bathroom, automobile, housemaids, washing machine, VCR and/or DVD, fridge, freezer, degree of instruction of the householder (illiterate, fundamental 1 incomplete, fundamental 1 complete, fundamental 2 incomplete, fundamental 2 complete, incomplete high school, complete high school, incomplete higher education, complete higher education) the classification gave in A1, A2, B1, B2, C1, C2, D, E according to the achievement of points, having cuts from 7 points to the class of low income, with scale increasing up to 46 points to the level socioeconomic of high category.

In relation to lifestyle were collected data regarding to intake of alcoholic beverages, smoking and physical activity had like a risk factor to intake of alcoholic higher to 3 times a week. As the smoking took in consideration those which consume regularly at least one cigarette a day, at least during a year, and former smoker those who didn't smoke in the last year the search, but they had done between the first and the last years. Regarding to the practice of physical activity were considered sedentary those don't practice no kind of physical activity and the one that practice exercise in a lower frequency to 3 times a week with duration of 30 minutes. Lemos at al. it worth noting that the questions were destined to the patients, when they for a reason didn't show conditions to answer, the same were lead only to the accompanying that had a degree of close relationship.

The construction of database was express through the program Microsoft Office Excell 2007 and the statistical analysis in the program EPI – INFO version 7. Were used to the elaboration and edition of tables and figures the MSOFFICE Word version 2007 and MSOFFICE Excell version 2007, with the presentation of absolute values and percentage.

It highlights that every interviewed signed a free and informed consent (TCLE) aimed at to become them aware of the conjuncture of the search, being ensured by anonymity and the right to withdraw at any stage thereof, well like ensured that damage to the physical dimension and psychological are preventable and almost inexistent for this study that involves human beings, the same was submitted to and approved by ethics committee in research of the educational authority of Belo Jardim PE, CEP AEB, consisting with protocol number 915.569.

RESULTS

Were evaluated 42 users with pathologies belonging to the DCV group, the most 24 (57,1%) were female, being the mean of age of the participants of 70 years old. The table 1 shows the characteristics sociodemographic. As regards to socioeconomic class, surpass to class D, considered low 25 (59,5%).

Table 1- Sociodemographic characteristics of patients suffering from Cardiovascular disease treated at Hospital Dom Moura. Garanhuns, PE, 2014.

Variables	n	%
Gender		
Male	18	42,9
Female	24	57,1
Age		
43 to 59 years old	5	11,9
60 to 100 years old	37	88,1
Socioeconomic Class		
C1	2	4,8
C2	12	28,6
D	25	59,5
E	3	7,1

The table 2 is described the distribution of the variables concerning to the lifestyle, such as physical activity and the characterization of your kind and your frequency, the use of smoking, frequency and your quantity, alcoholism and daily frequency of alcoholic consumer and your quantity.

Table 2- Lifestyle of patients suffering from Cardiovascular Disease attended at Hospital Dom Moura. Garanhuns, PE, 2014.

Variables	n	%
Physical Activities		
Yes	13	31
No	29	69
Type of physical activity		
Walking	11	84,6
Bicycle	1	7,7
Soccer	1	7,7
Frequency of physical activity		
< 3 times a week	4	30,8
≥ 3 times a week	9	69,2
Smoking		
Yes	22	52,4
No	20	47,6
Frequency of smoking		
Daily	22	100
Quantity of cigarettes a day		
1 to 4 units	11	50,0
> 4 units	10	45,5
Don't know	1	4,5
Alcoholism		
Yes	11	26,2
No	31	73,8
Daily frequency of alcohol consumption		
< 1 liter	5	45,5
> 1 liter	6	54,5

Survey data show that most 29 (69 %) didn't practice physical activity, only 13 (31 %) of them practice exercise. How about the kind of physical activity, among those who practice exercises, stand out the walking 11 (84,6 %) followed by bicycle 1 (7,7 %) and soccer 1 (7,7 %). It's observed that the frequency of physical activity ≥ 3 times a week got 9 (69,2 %) since the frequency < 3 times a week 4 (30,8 %).

In relation to smoking, it's observed that 22 (52,4 %) of them smoke, counterpart 20 (47,6 %) of them didn't make tobacco use. As regards to quantity of cigarettes 11 (50 %) made the use of 1 to 4 units/ day, 10 (45,5 %) use a higher quantity to 4 cigarettes/ day, 1 (4,5 %) didn't know identify the quantity of cigarettes used in every-

day life.

Table 3- Frequency of food intale of patients suffering from Cardiovascular Disease attended at Hospital Dom Moura. Garanhuns, PE, 2014.

Variables	n	%
Fatty meats		
Weekly	31	73,8
Raraly	11	26,1
Whole milk		
Daily	1	2,3
Weekly	9	21,4
Raraly	32	76,1
Sweet cream		
Daily	2	4,7
Weekly	25	59,5
Raraly	9	21,4
Never	6	14,2
Margarine		
Daily	15	35,7
weekly	2	4,7
Raraly	23	54,7
Never	2	4,7
Poultry with skin		
Weekly	30	71,4
Raraly	11	26,1
Never	1	2,3
Pig meat		
Weekly	23	54,7
Raraly	19	45,2

Still in base on data, 31 (73,8 %) didn't ingest alcoholic beverages and 11 (26,2 %) made alcohol use, as regards frequency of alcohol consumption 5 (44,5 %) ingested < 1 liter, and 6 (54,5 %) > 1 liter.

Other meaningful information said about the food consumption, 31 (73,8 %) consumed red meat with fat, weekly, 32 (76,1 %) ingested whole milk in a week frequency, 25 (59,5 %) consumed candies in cream, weekly too. As regards to ingestion of margarines, was observed that 23 (54,7 %) rarely did use in preparations, 30 (71,4 %) consumed poultry with skin weekly and 23 (54,7 %) ingested pig meat weekly.

DISCUSSION

The DCV are the main causes of death in developed countries. In Brazil, these diseases groups, are responsible about a third mortality, these result in a high cost of healthcare expenses, which causes a high increase in the budget in health spending.

In this study, was observed the prevalence of risk factors cardiovascular in individuals, like the physical inactivity, smoking and poor eating habits, which, inducers of CVD by presenting foods high in saturated fatty acids and cholesterol.

As shown by the data, the margin of prevalent age was 60 to 100 years old, the majority of interviewed belonged to the female gender. This fact is due to the largest number of women belonging to the older age group. Where life expectancy has greater significance for women, with over 19.3 years in return for 16.8 for men. This condition was also present in the study of Caetano et al which aims to investigate the risk factor for cardiovascular disease in the elderly. There was a predominance of the age group of 60 to 69 years old with the majority of the female population.

An important finding in this study refers to the low socioeconomic status, this factor is related to family income, which interfere in the purchasing power, lifestyle, eating habits, determining accessibility to information and food. About the status socioeconomic, it alludes to that considered low by Economic Classification Criterion Brazil, where the class D establishes a monthly family income of up to 776 real predominated in these data. These information equates to the study of Caetano et al. where 62,8 % elderly support themselves only on minimum wage. In the study of Bueno et al. they sought to assess the presence of chronic diseases in the elderly, it became a clear that minority with 7,3 % receive more than one salary.

A relevant feature was found a sedentary lifestyle, most of the sample showed that they didn't exercise, was observed the similar results in population studied performed in Goiás, where 54,8 %, the elderly didn't practice any kind of physical activity. Similar data was found in the study of Nesi. He sought to identify risk factors to CVD in patients with type 2 diabetes mellitus, 82,5 % of individuals didn't practice physical activity. Since 17,5 % practice in a frequency of twice on week with duration of 30 minutes, these data corroborate with the results of the current study, where 30,8 % of them practice exercise for less than 3 times on week. The study of Fonseca et al, sought to analyses the factors risk that expose the elderly to CVD, showed that 56,41 % of them practice physical activity, however, they didn't practice exercise everyday on a regular way, 43,59 % claimed the sedentariness. Borges et al conducted research in cardiology outpatient clinic in Porto Alegre and found that only 14,8 % of them practice exercise, counterpart 85,2 % didn't practice physical activity.

How about the smoking, in this study 52,4 % of participants claim the cigarette consumption, of these 50 % with use of 1 to 4 cigarettes/day, 47,6 % claim that they didn't smoke, these results differ with study of Caetano et al, where 27,6 % of individuals revealed to tobacco use and 72,4 % of them denied the same consumption. In the research conducted for Eyken; Moraes sought to identify risk factors to cardiovascular diseases in men of 20 and 49 years old, showed that a low quantity of the interviewed used cigarette, which differs from the results found in this study.

Another aspect studied was smoking, with prevalence between the interviewed, excelling in consumption frequency of 54,5 % higher to 1 liter. According to the literature the consumption of alcohol on a daily or weekly frequency, predisposes to an increase in blood pressure vessels favoring with the passage of time cardiovascular comorbidities. In the study was analyzed risk

in hypertensive patients in a family health unit, the ingestion of alcohol was only 5,5 %. What contradicts the study of Borges et al. where was identified that 41,4 % the participants ingested alcoholic beverages.

How about food intake, 73,8 % of the individuals studied revealed eat fatty meats weekly, sweet in cream 59,5 %, weekly, these data equate to the Borges' study et al these demonstrate the frequent consumption of fatty red meats, 57,4 % very often sweet, 41,9%. However, in the Caetano's study et al the animal fat intake was present in 33,1% of the individuals, however, these authors used as a method ingestion in general and didn't quantify the same as in current research. The Cimadon's study et al aimed to investigate the dietary habits of students, they found that the consumption of sweets and goodies was 42,7 %, margarine 37,5 % in a frequency greater than or equal to 4 times a week, respectively, these data are similar to those of the present study.

FINAL CONSIDERATIONS

The variables can be concluded that the state's population had a conditioning lifestyle to the emergence of cardiovascular disease, with prevalence of risk factors that could be modifiable. As well as sedentary lifestyle, smoking, wrong eating habits, high intake of foods in saturated fat and cholesterol. Another fact that should be highlighted concerns about the prevalence of elderly age group. Which can be related to the lifestyle of this population. Since these users have been conditioned to a Unified Health System (SUS) incipient. Given the above it highlights the importance of the dietitian in primary care to develop strategies that enhance awareness on the spread of healthy eating habits that reduce the risk of Cardiovascular Disease (CVD).

Most found risk factors are modifiable, it's necessary that this occurs early recognition, in order o create preventive measures that promote health education and strengthen primary care, reducing the number of harm. And costs in health levels of greater complexity.

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