

Cardio-vascular Risk Epidemiology in Georgian Population

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The need of effective management of cardio-vascular diseases in Georgian population is in consequence of high prevalence of risk factors and serious defects of CVDs management as well.

Objective:

To analyze the results of the quantitative and qualitative surveys on CVDs and their risk-factors prevalence and management conducted in 2010 in Georgia.

Methods:

To explore the results of the Reproductive Age Mortality Survey (RAMOS) and NCD risk-factors survey (STEPS).

Results:

- In 2006 more than one third of early maternal mortality and more than 60% of late maternal mortality is caused by primordial diseases, mainly congenital and acquired cardio-vascular diseases, severed due to pregnancy. (RAMOS)
- The main cause of CVD mortality in reproductive age women is hemorrhage stroke (57%) developed as consequence of hypertension. (RAMOS)
- Arterial Hypertension prevalence in the population accounts 33.9%. (STEPS)
- Among those with hypertension diagnosis only 51.9% are currently taking blood pressure drugs prescribed by doctor. (STEPS)
- 77% of 18-64 age population has never measured blood glucose and 30.4% has never measured blood pressure by a doctor. (STEPS)
- 24.8% of 18-64 age population has 3 or more risk-factors. (STEPS)
- Only 6.4% of population has not got any risk factor. (STEPS)

Conclusion:

Cardio-vascular diseases proper management should develop into one of the main components of public health strategy in Georgia