

DETECTION AND FOLLOW-UP OF CARDIOVASCULAR DISEASE AND RISK FACTORS IN THE SOUTHERN CONE OF LATIN AMERICA: THE CESCAS I STUDY

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Resumen

The CESCAS I study, a community-based longitudinal study developed in the Southern Cone of Latin America (CSLA) since 2010, was aimed the detection and monitoring of risk factors and cardiovascular disease. The study population lives in four medium-sized cities in Argentina, Chile and Uruguay. Funded by the National Institute of Health (USA). Results of the baseline period and the first three years of follow-up are presented. Methodology Representative cohort of men and women 35 to 74 years old (n=7524) was obtained by stratified random sampling. Survey, Food frequency questionnaire, anthropometry, electrocardiogram, blood glucose and lipid profile were performed during the recruitment phase. During follow-up were performed: updating survey, second measurements and identification of cardiovascular events: myocardial infarction, angina, stroke, heart failure hospitalization, revascularization and cardiovascular death. Confirmation of events was conducted by documentary verification and external expert evaluation. Results and conclusions. The baseline prevalence's were: obesity=35.7%, central obesity=52.9%, hypertension=40.8%, chronic kidney disease=2.0%, dyslipidemia=58.4%, diabetes=12.4%, metabolic syndrome=37.4%, Smoking=29,7%, low consumption of fruit and vegetables=85,5% and sedentary lifestyle=35,2%. In December 2015, the median follow-up was 2.2 years (IR 1.9-2.8). The first follow phase ended in 2015 with the successfully contact of 7735 subjects participants (97.5%). The incidence of total cardiovascular events reached 4.7 events / 1000 person-years. Cardiovascular problems are highly prevalent and incident in the general population in the Southern Cone of Latin America. These data suggest that are needed new health policies in the Southern Cone of Latin America.