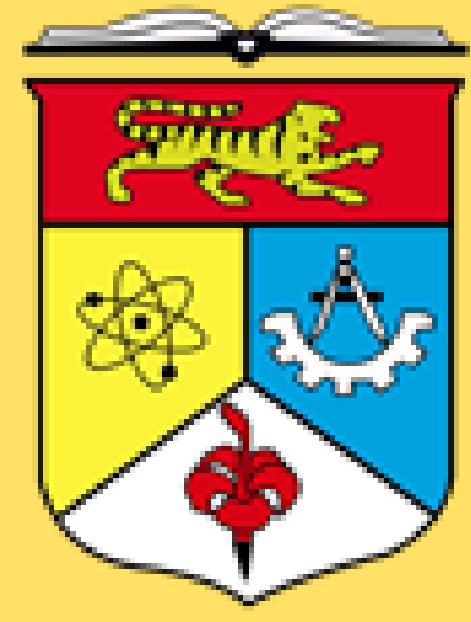


Prevalence, Awareness and Control of Hypertension in Rural Areas in Selangor and Perak

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Objective

To describe the prevalence, awareness and control of hypertension in the rural population of Perak and Selangor.

Background

Hypertension is a major risk factor for heart disease and stroke. It has been ranked third as a cause of disability-adjust life-years and has high mortality rate [1]. Hypertension is defined as blood pressure > 140/90 mmHg [1]. It is classified as known or previously undiagnosed. **Known hypertension** is when the patients has been told previously by a physician to have hypertension or high blood pressure (BP). **Previously undiagnosed (newly diagnosed) hypertension** is when the patient was not aware that they have hypertension, but average BP measurement showed a systolic BP of ≥ 140 mmHg and/or diastolic BP of ≥ 90 mmHg[2].

Methods

A population based cross-sectional study involving subjects in Kuala Selangor, Tanjung Karang and Bidor. The World Health Survey Kish tables were used to select eligible subjects .

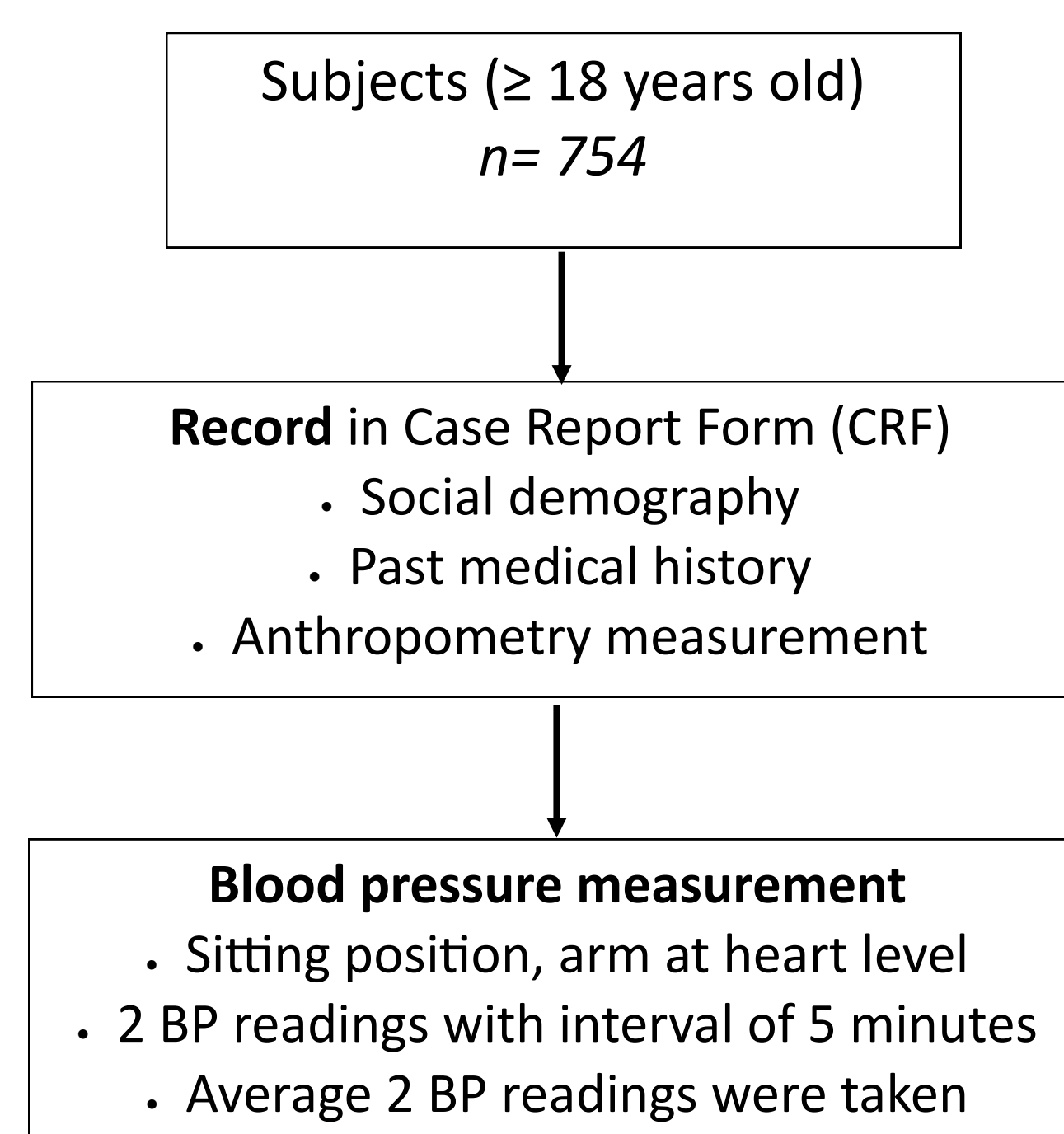


Figure 1. Method flow chart

References

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- 2.Malaysian Society of Hypertension, Ministry of Health Malaysia, Academy of Medicine of Malaysia. Clinical Practice Guidelines. Management of Hypertension 4th Edition. 2013;4:7.
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Results and Discussion

Hypertensive Subjects Based on Gender

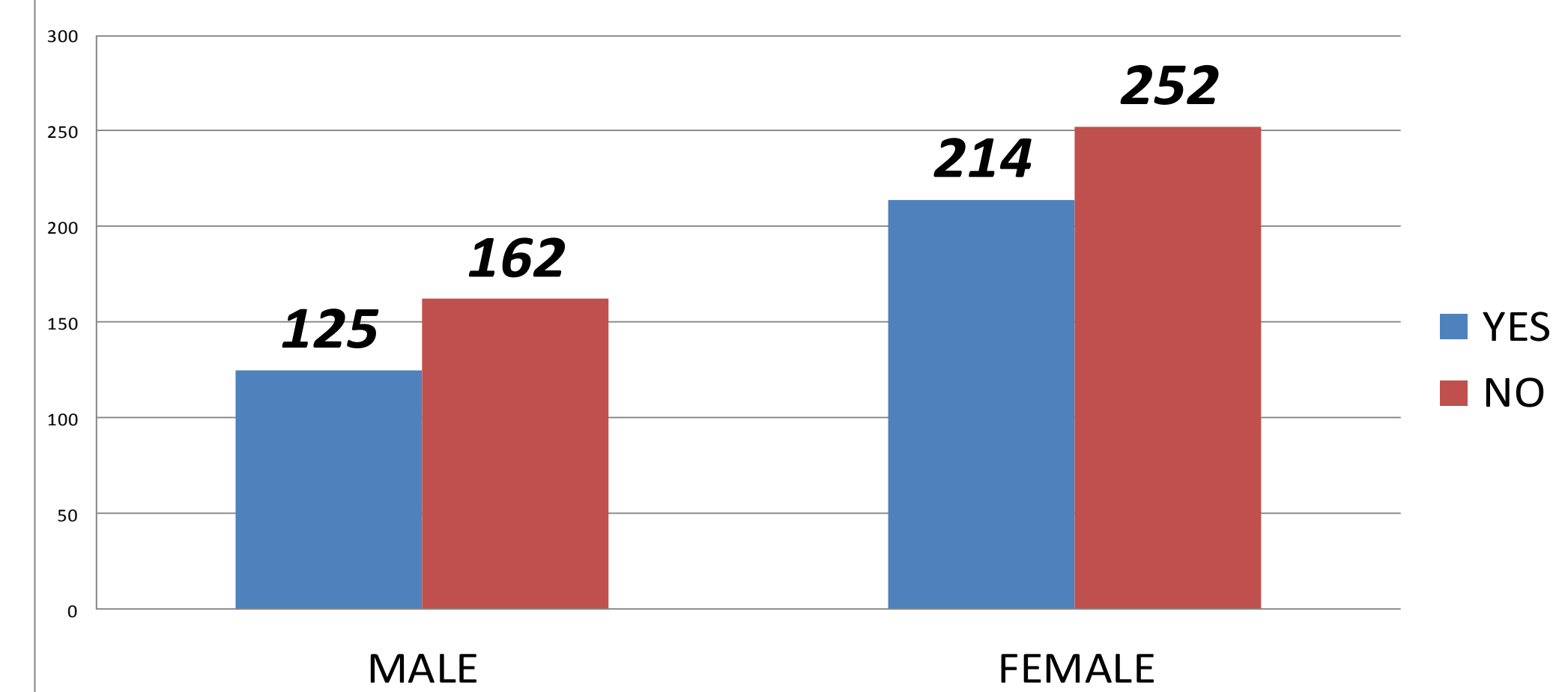


Figure 2. Hypertensive subjects in Rural Selangor and Perak based on gender

Hypertensive Subjects

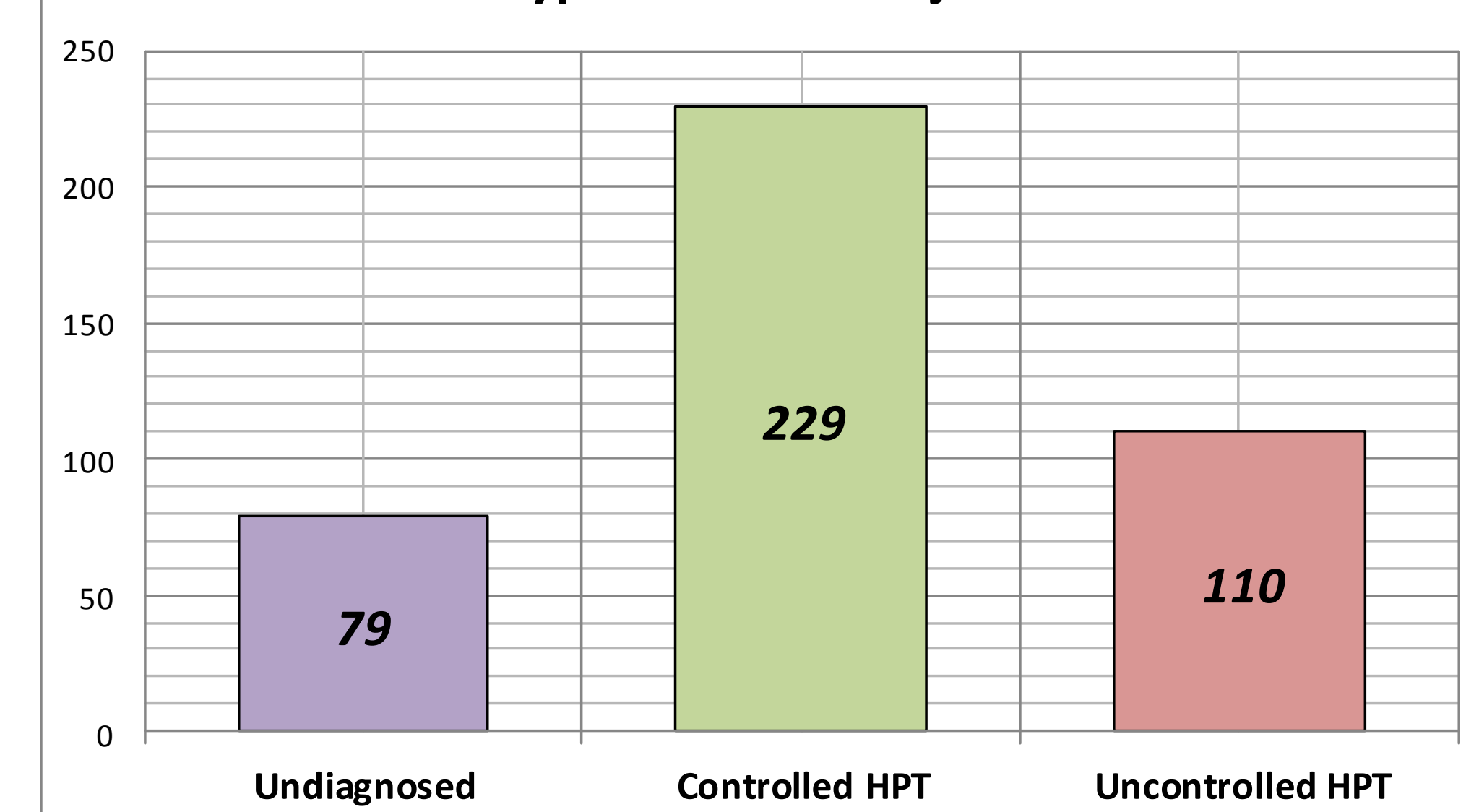


Figure 3. Hypertensive subjects.

Number of Medication

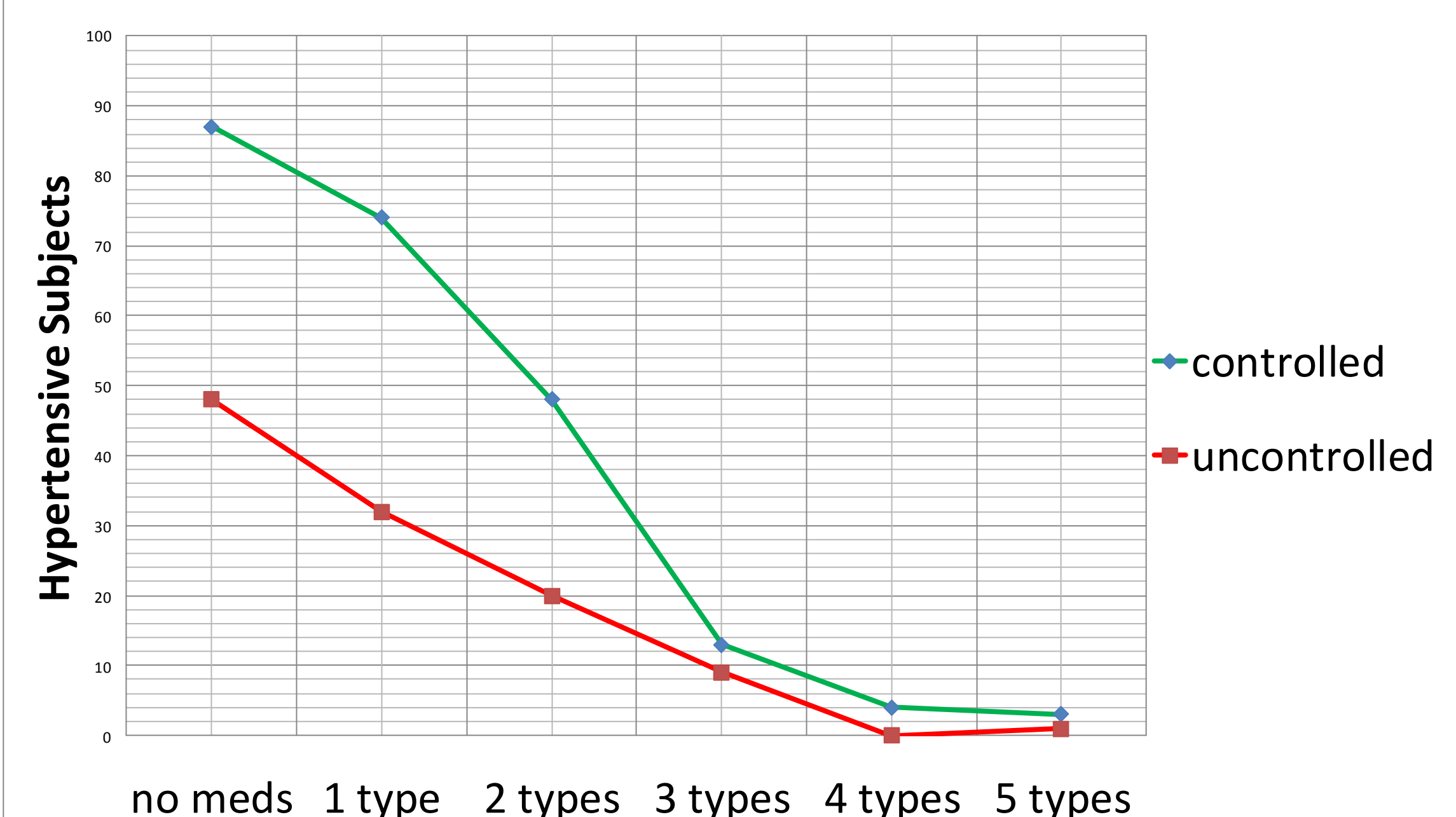


Figure 4. Number of medication taken by hypertensive subjects

A total of 754 subjects participated in this study, with 287 males and 466 females. Out of this, 339 (45%) were hypertensive. Thirty-nine percent of the hypertensive subjects have uncontrolled BP, with 48 of them were not on any medication. 79 subjects (10.5%) were newly diagnosed to have HPT. This shows that one in tenth individuals do not know that they have hypertension. Despite being on medication, 62 hypertensive subjects has uncontrolled HPT.

Conclusion

The prevalence of hypertension in the rural areas of Selangor and Perak was 45%. More than a third have uncontrolled hypertension, with 14.2% not on any medication. 10.5% of the subjects were not aware that they have hypertension. Proper measures must be taken to raise the awareness of the danger of hypertension in these areas.

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