

Do we need special prevention programs also in a general healthcare system?



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In Austria, we do have a lot of prevention programs mainly focusing on heart risk factors. But we see a lot of patients not knowing their heart risk parameters at our hospital. So we developed a low-threshold prevention program.

We organized a shop-in at one of our annual fairs where we provided blood pressure, cholesterol and glucose measurement for free.

During four days 860 people attended our program, of whom 533 (62.0%) were female and 327 (38.0%) were male. Hypertension (blood pressure higher than 160/90) was measured in 73 (13.7%) women and 70 (21.4%) men; cholesterol higher than 200 was measured in 200 (37.5%) women and 116 (35.5%) men; glucose higher than 126 was measured in 28 (5.3%) women and 34 (10.4%) men. Only 446 people (289 women – 54.2% of the women, 157 men – 48.0% of the men) showed no risk factors at all (see fig.1). 414 people (244 women – 45.8% of the women, 170 men – 52.0% of the men) had at least one risk factor; 30 people (14 women – 2.6% of the women, 16 men – 4.9% of the men) had two risk factors; 7 people (4 women – 0.8% of the women, 3 men – 0.9% of the men) had even three risk factors (see fig.2).

Although Austria offers blood pressure, cholesterol and glucose measurement at the family doctors, at hospital ambulances and even at pharmacies there is a lack of awareness on risk factors. So we need to improve our prevention programs to provide low-threshold measurement.

fig. 1: risk factors measured

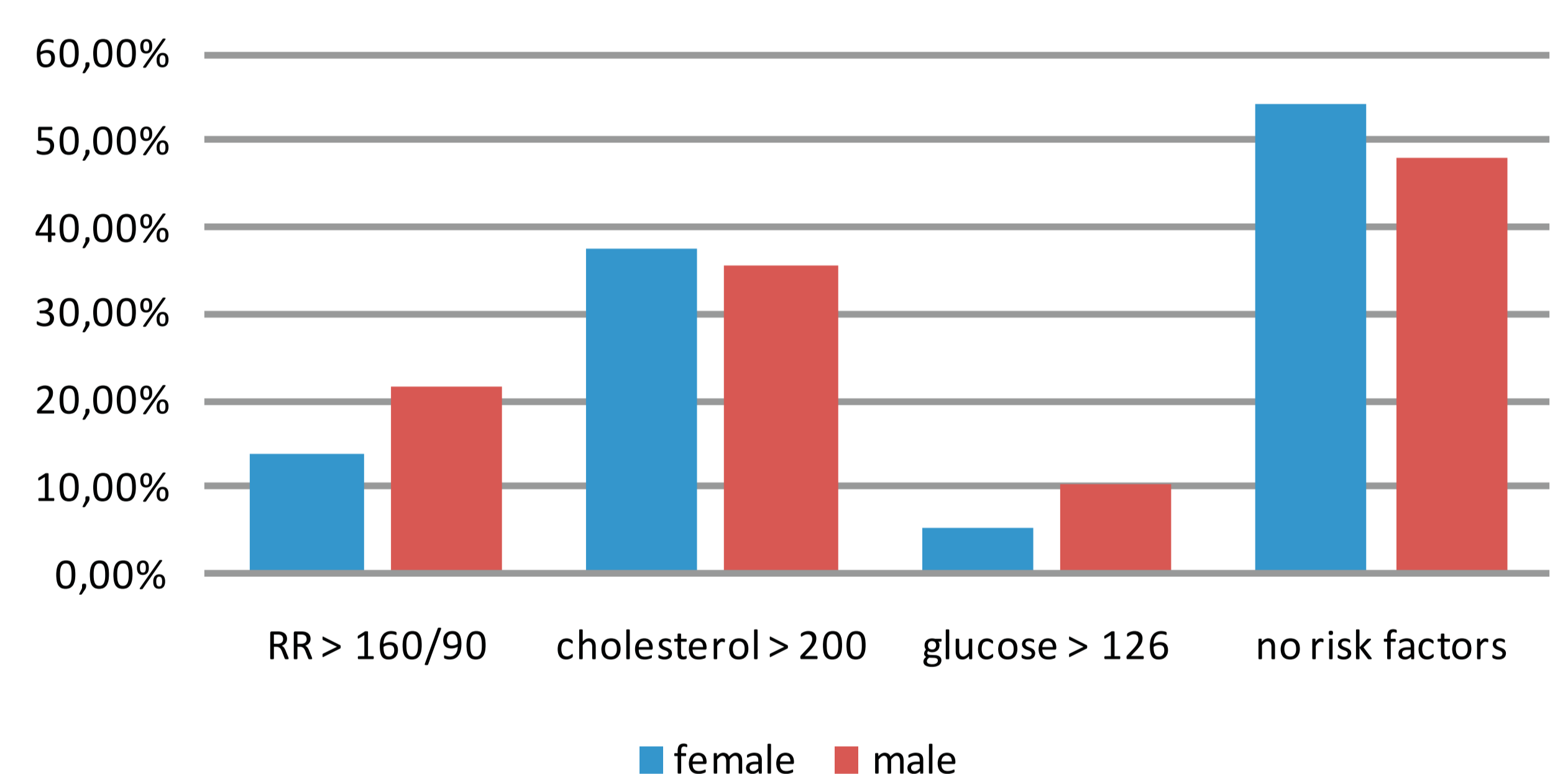
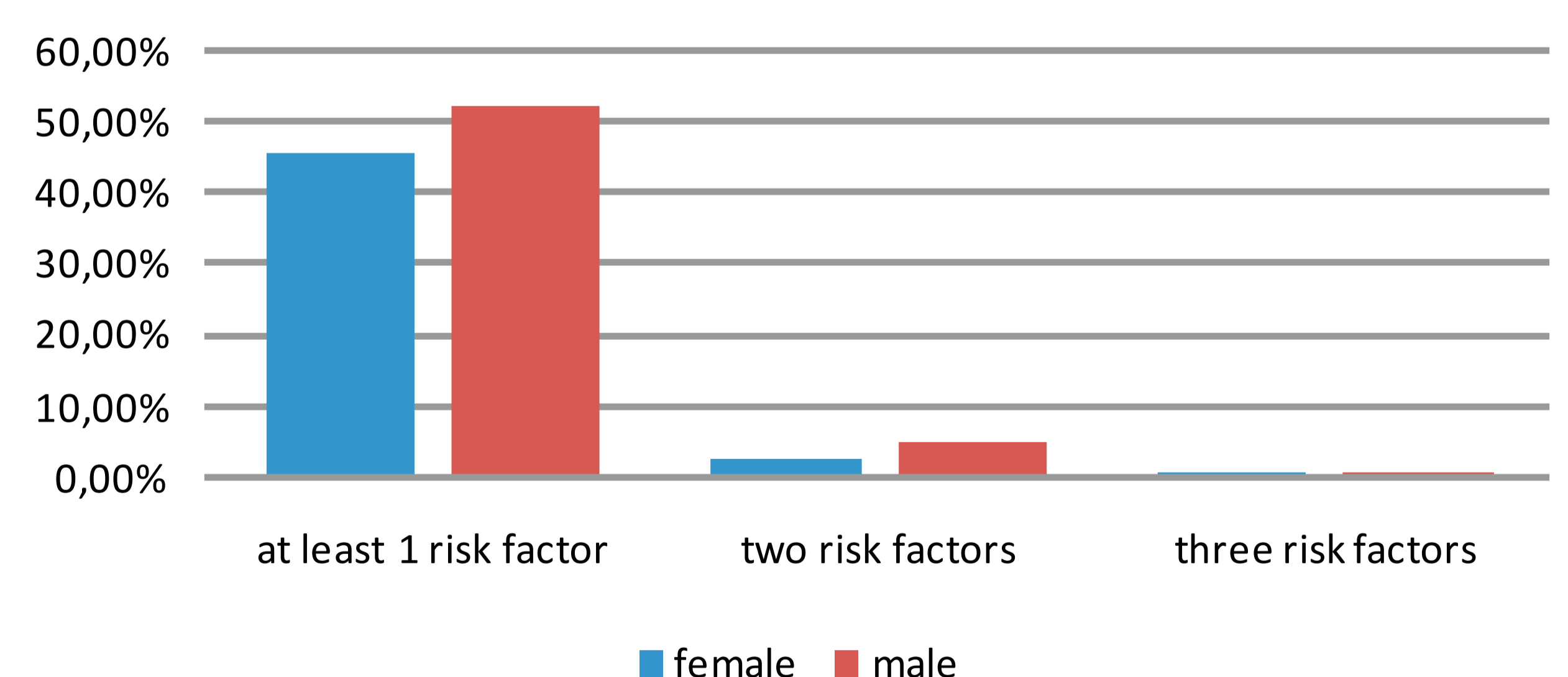


fig. 2: number of risk factors measured



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