

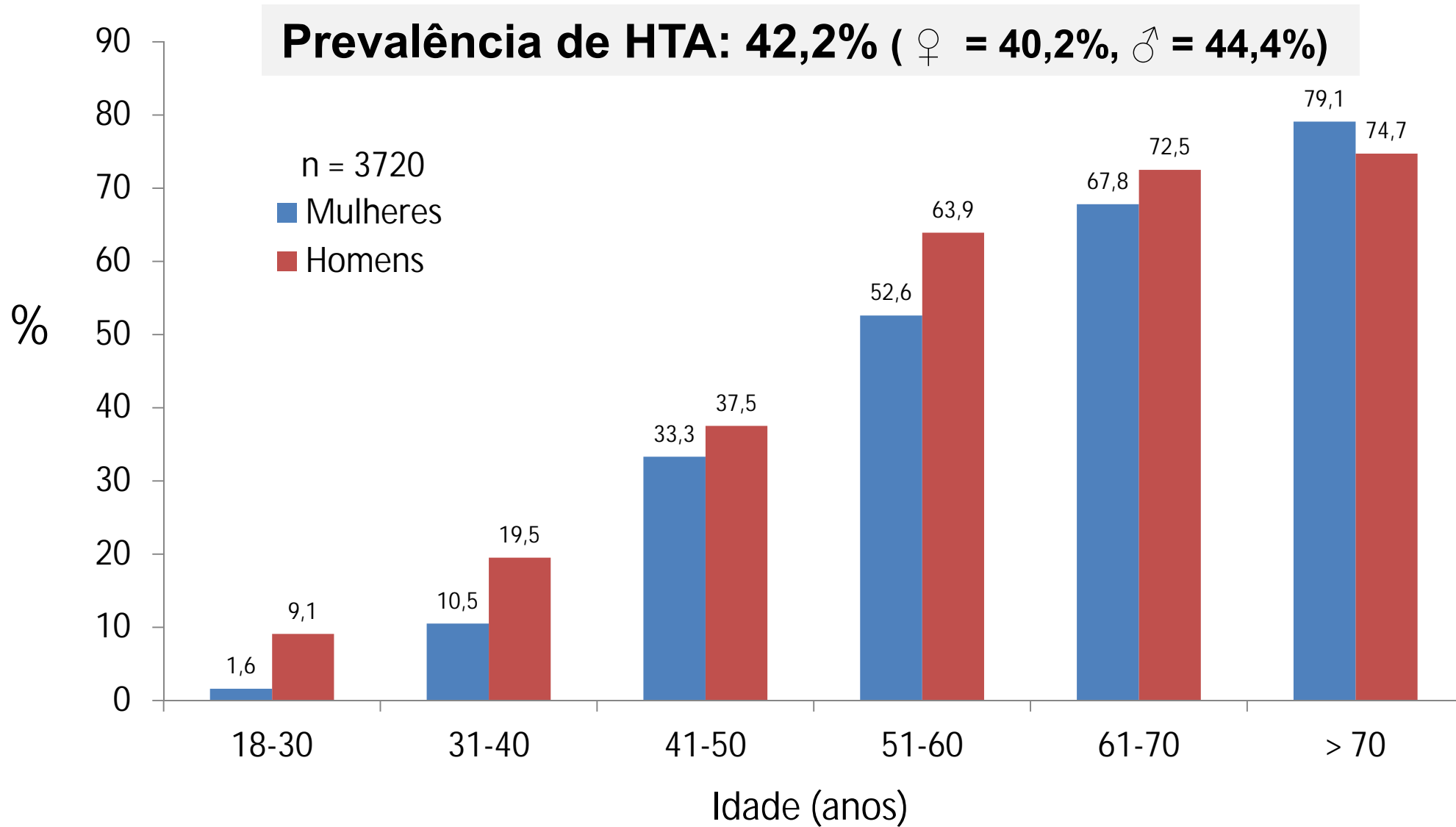
Portuguese **HY** pertension and **SA**It Study



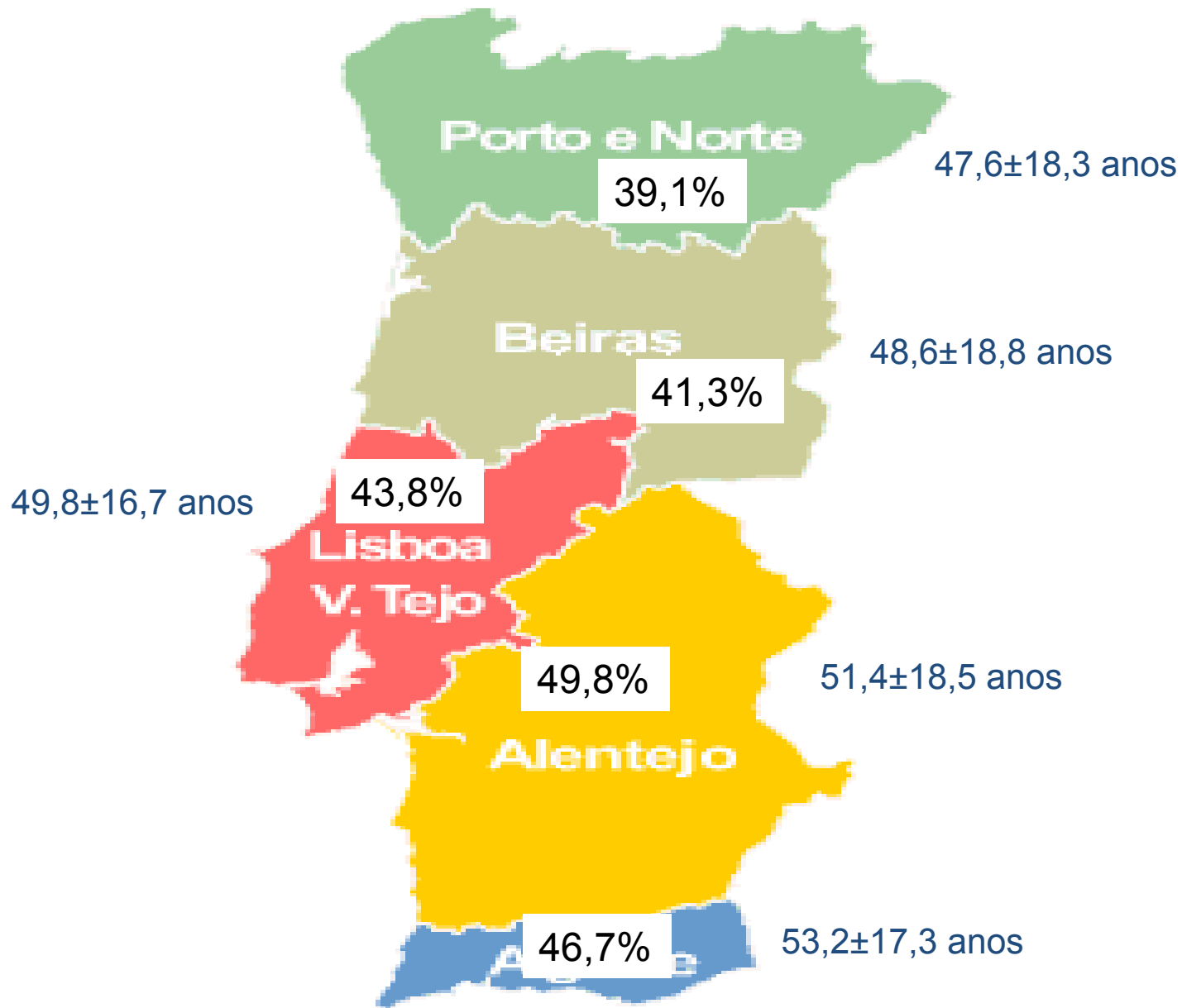
n= 3720 (representativo da população adulta vivendo em Portugal continental em 2012)

Apresentado no 7º Congresso Português de Hipertensão e Risco Cardiovascular Global, Março/2013

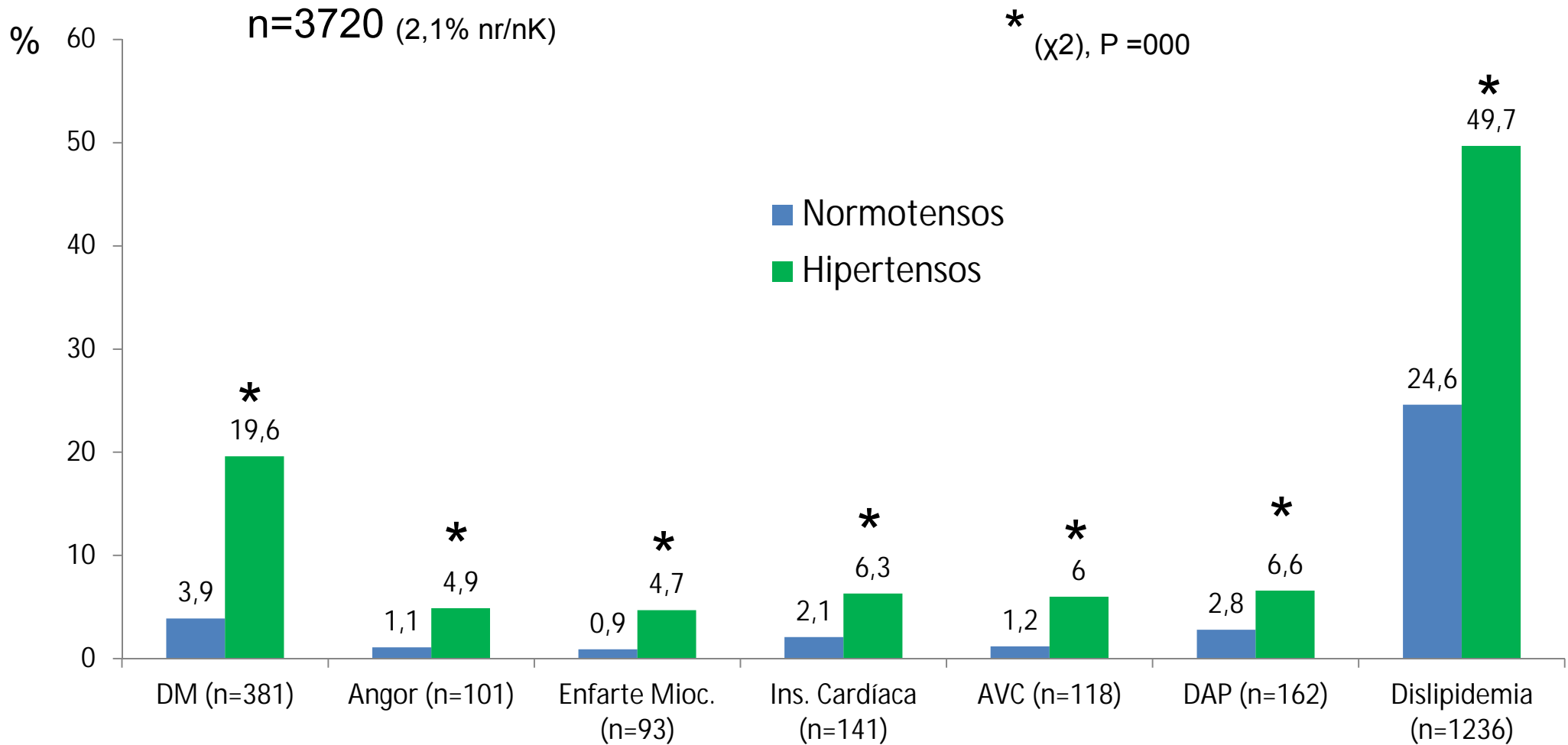
PHYSA study: prevalência (%) por idade e género



PHYSA study: prevalência (%) por região geográfica

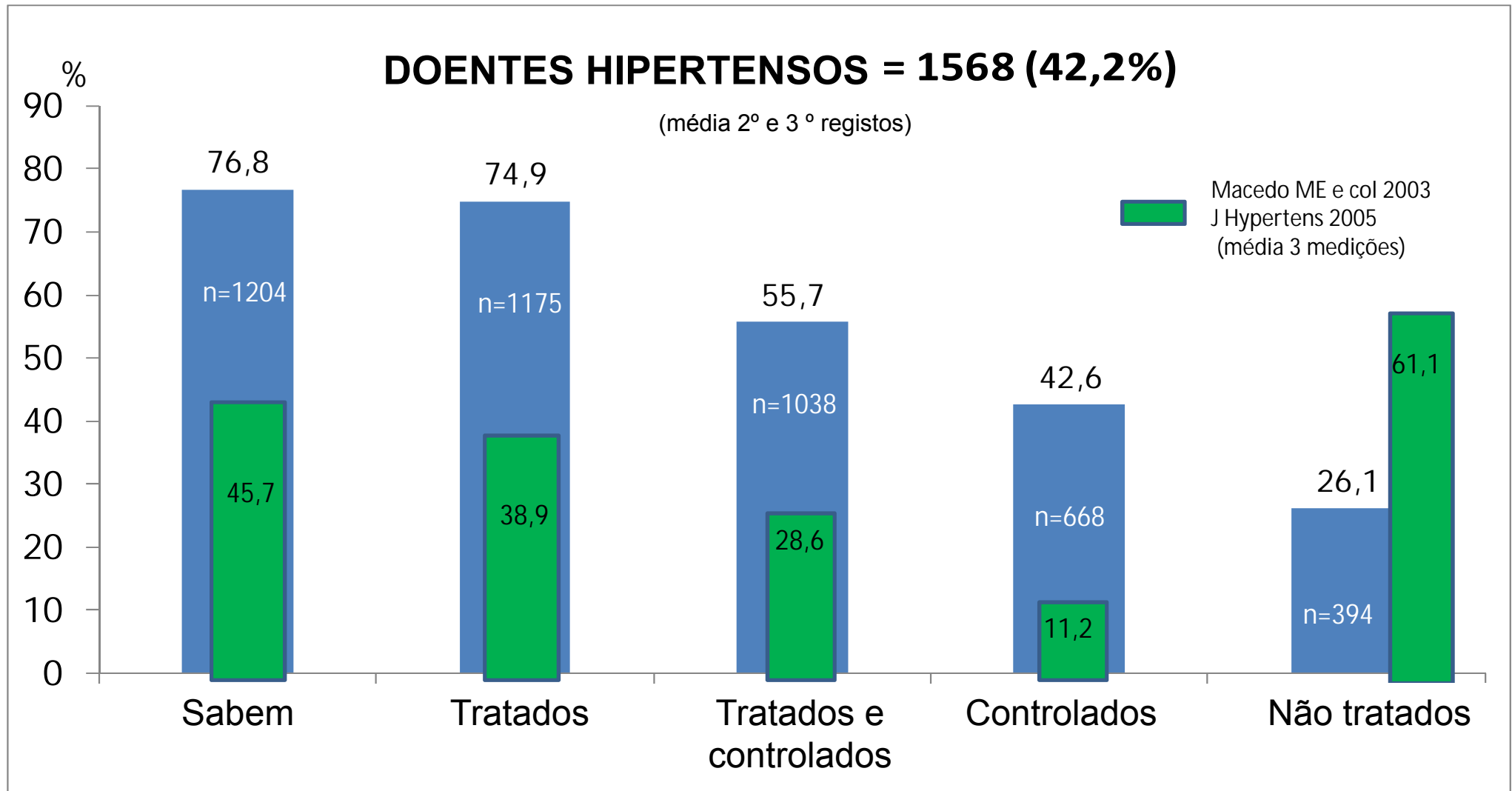


PHYSA study: prevalência (%) de co-morbilidades em normotensos e hipertensos



PHYSA study: conhecimento, tratamento e controlo

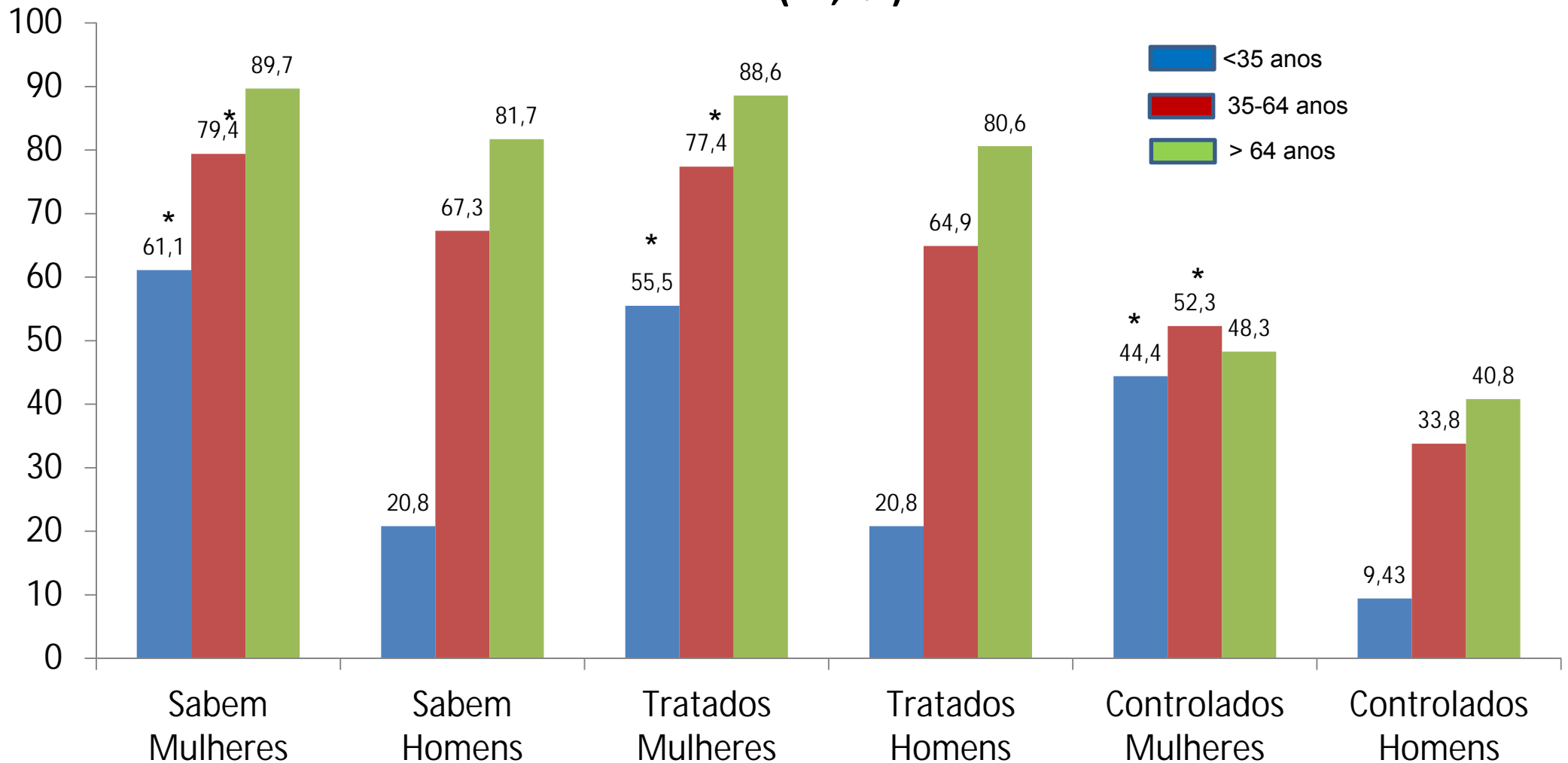
n = 3720



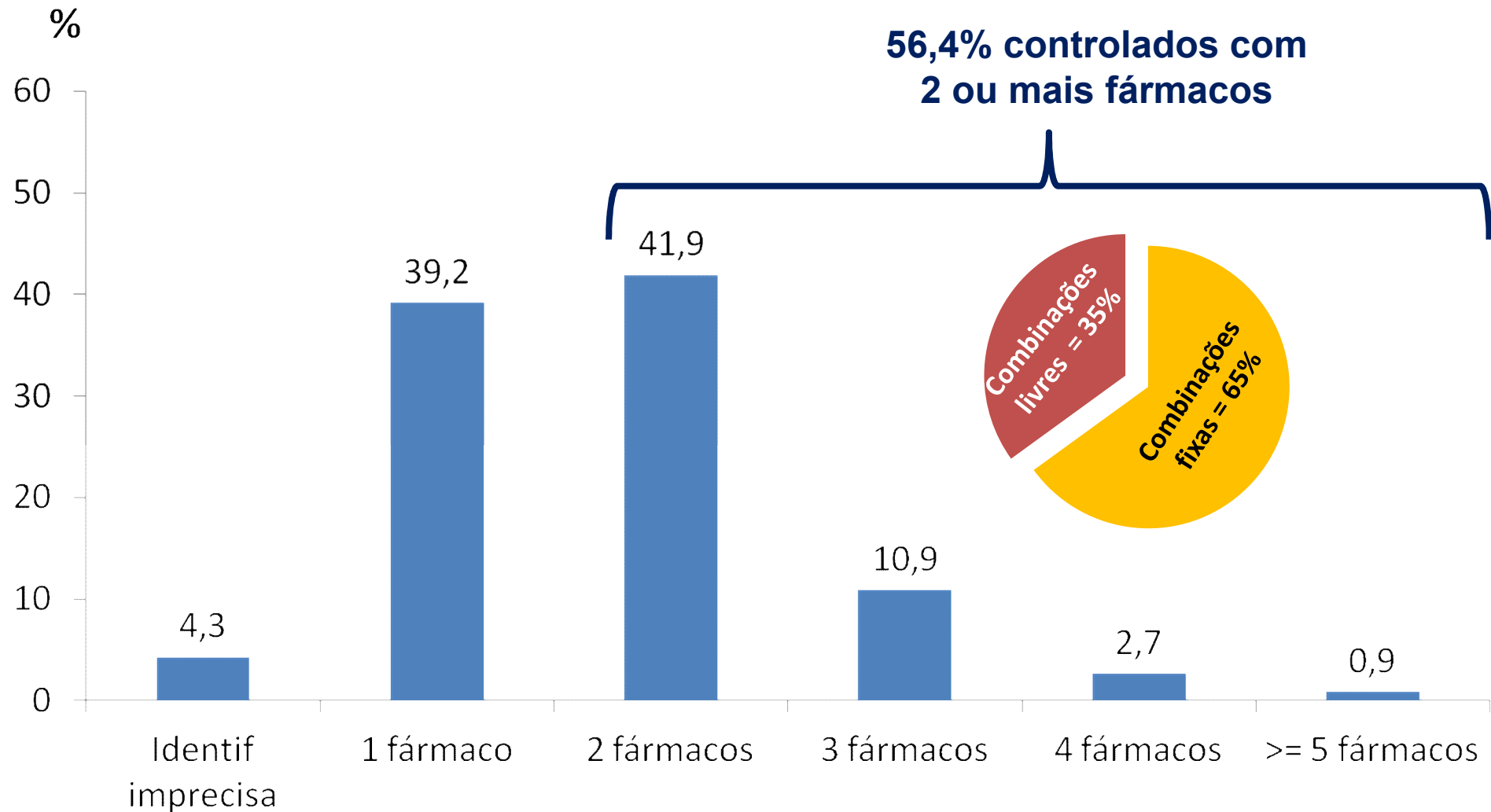
PHYSA study: conhecimento, tratamento e controlo

HIPERTENSOS n= 1568 (42,2%)

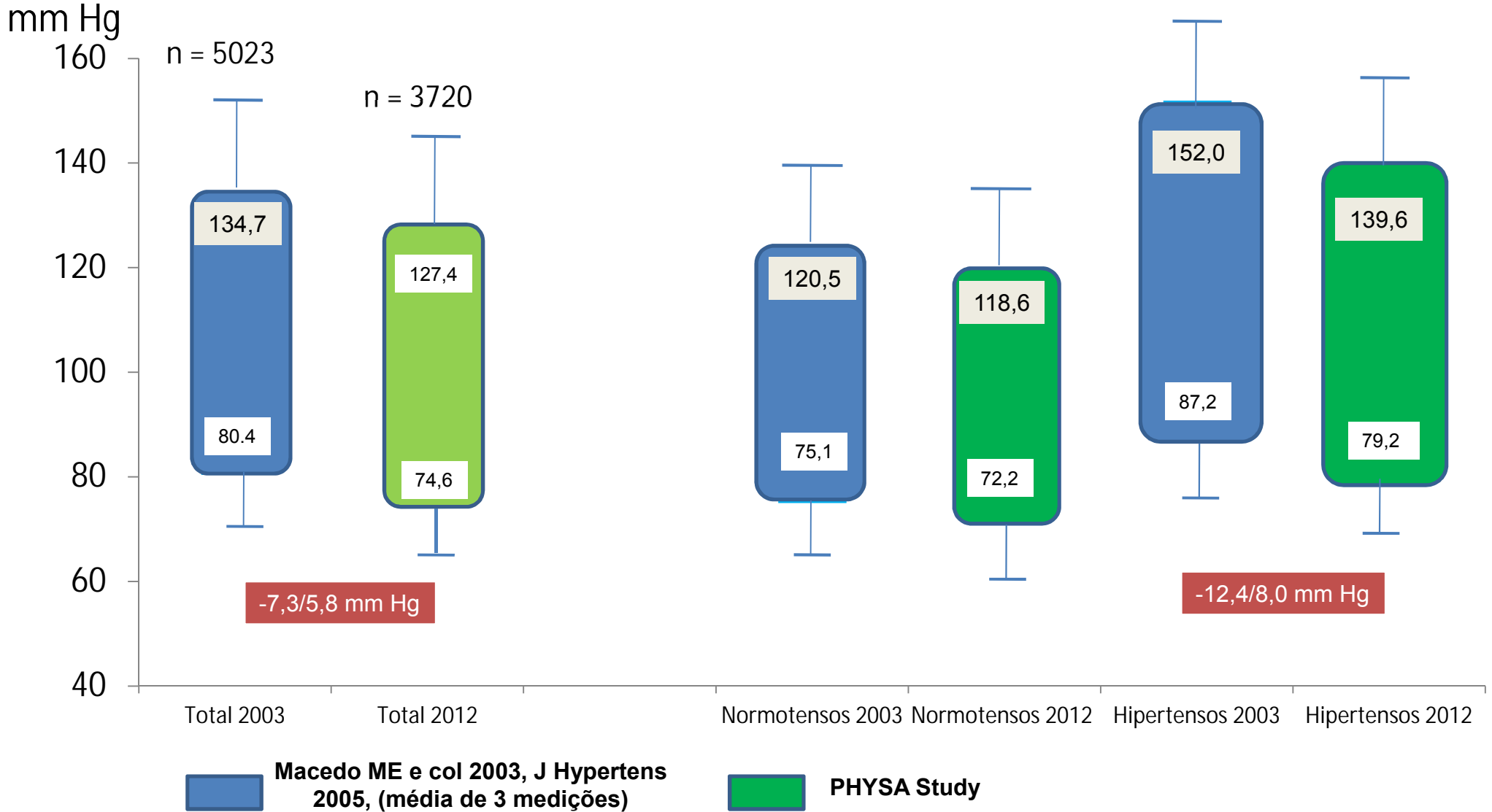
* p<0.01 vs Homens



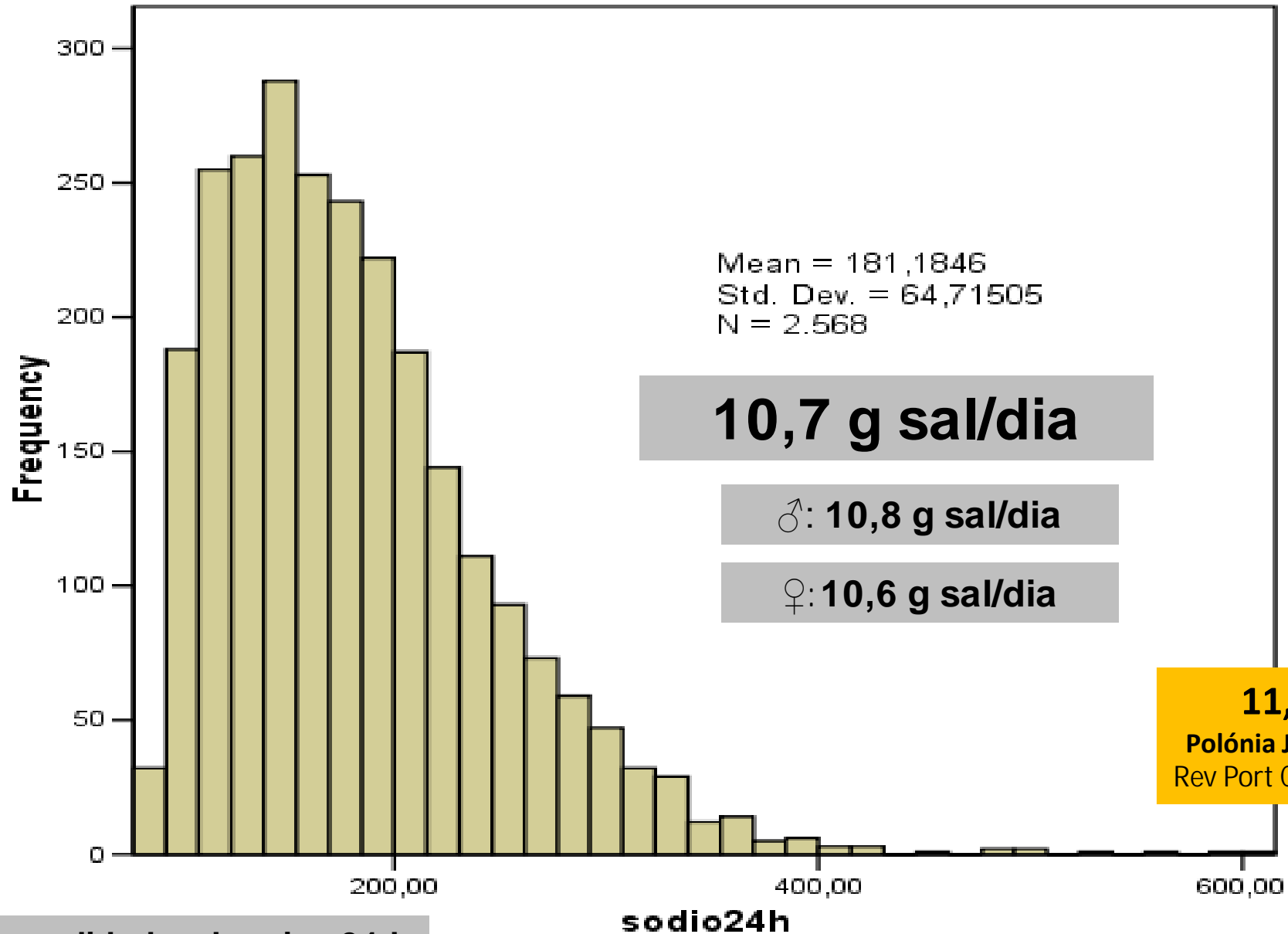
PHYSA study: doentes medicados controlados (n=668)



PHYSA study: Variação da PA média em ≈10 anos

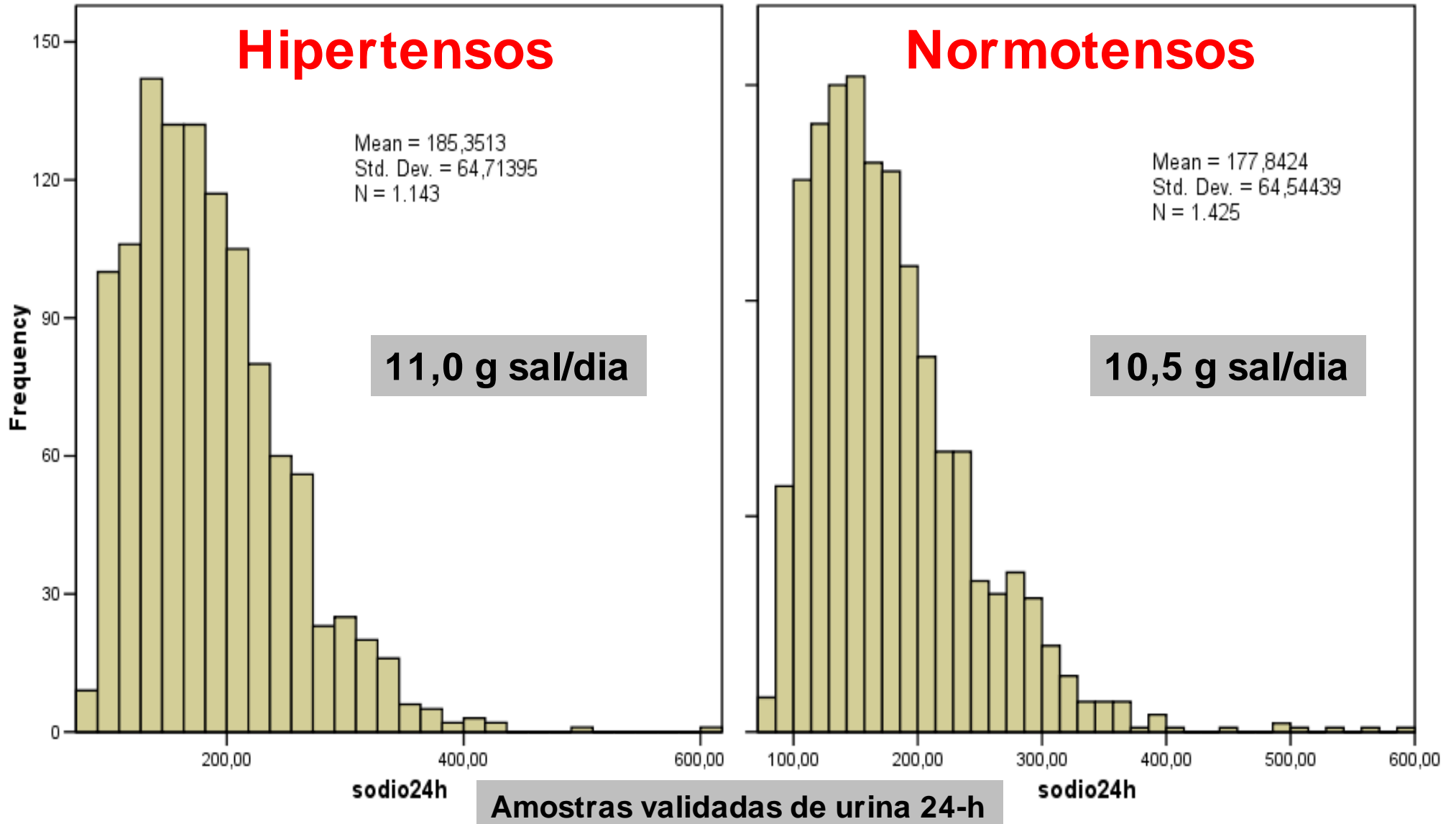


PHYSA study: consumo de sal



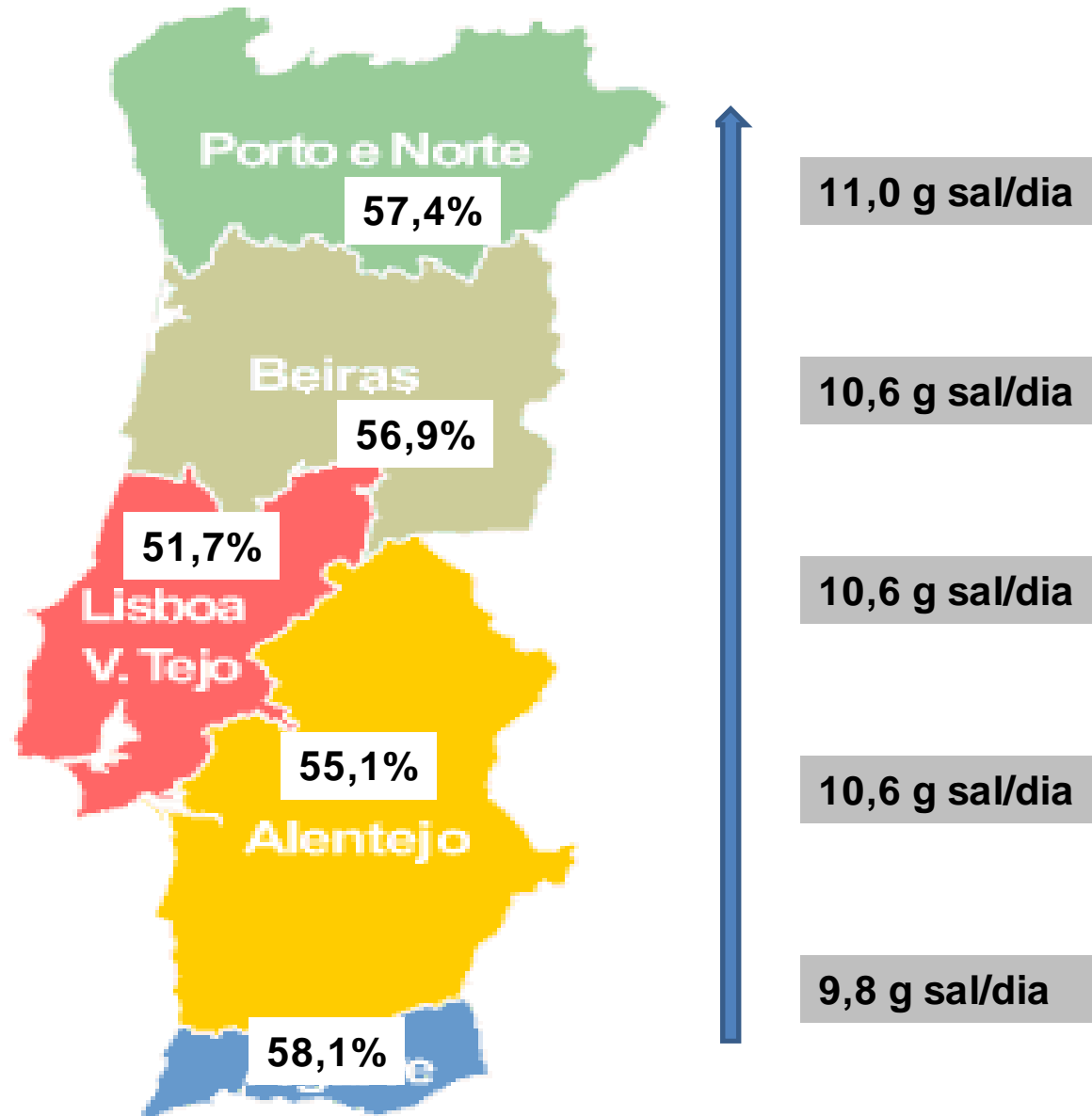
Amostras validadas de urina 24-h

PHYSA study: consumo de sal



PHYSA study: consumo de sal e % de hipertensos não controlados

HTA não controlada



PHYSA study: ingestão de sal em 2012 (comparação com 2006 e com vários países europeus)

