

PREVALENCE, AWARENESS, TREATMENT AND CONTROL OF HYPERTENSION IN A SWISS GENERAL POPULATION: THE COLAUS STUDY

¹Danon-Hersch N., ²Marques-Vidal P., ¹Bovet P., ¹Chiolero A., ¹Paccaud F., ³Pécoud A., ⁴Hayoz D., ⁵Mooser V., ⁶Waeber G., ⁶Vollenweider P.

Institute of Social and Preventive Medicine (IUMSP)¹, Institute of Social and Preventive Medicine (IUMSP) and Cardiomet, University Hospital (CHUV)², Medical Outpatient Clinic, University of Lausanne³, Department of Medicine, Vascular Medicine, University Hospital (CHUV)⁴, Medical Genetics, GlaxoSmithKline, Philadelphia, Pennsylvania, USA⁵, Department of Medicine, University Hospital (CHUV)⁶

Objective: To assess the prevalence levels of awareness, treatment and control of hypertension and associated factors in Switzerland.

Methods: Population-based cross-sectional study of 6,182 subjects (52.5% women) aged 35-75 years living in Lausanne, Switzerland. Hypertension was defined as blood pressure $\geq 140/90$ mm Hg or current antihypertensive medication.

Results: The overall prevalence of hypertension was 36% (95% CI: 35-38%). Among hypertensive participants, 63% were aware of having hypertension. Among aware hypertensives, 78% were treated, and among treated hypertensives 48% were controlled (BP $< 140/90$ mmHg). In multivariate analysis, prevalence of hypertension was associated with older age, male gender, low educational level, high alcohol intake, awareness of diabetes, awareness of dyslipidaemia, obesity and parental history of myocardial infarction (MI). Awareness of hypertension was associated with older age, female gender, awareness of diabetes, awareness of dyslipidaemia, obesity and parental history of MI. Control was associated with younger age, higher educational level and no alcohol intake. Alone or in combination, sartans were the most often prescribed antihypertensive medication category (41%), followed by diuretics, beta-blockers, ACE inhibitors and calcium channel blockers. Only 31% of treated hypertensives were taking ≥ 2 antihypertensive medications.

Conclusion: Although more than half of the participants with hypertension were aware of being hypertensive and more than three quarters of them received a pharmacological treatment, less than half of those treated were adequately controlled. Treated hypertensive subjects should be followed up more closely.



Research Day

January 17, 2008
César Roux Auditorium

Regenerative Medecine

Unil

UNIL | Université de Lausanne

Faculté de biologie
et de médecine



CHUV RESEARCH DAY 2008
Thursday, January 17th, 2008
"Regenerative Medicine"

08:30 Presentation of the 2008 Research Day
Professor Ivan Stamenkovic, Vice Dean for Research

08:45 **Keynote
speaker 1**



Professor Philippe Menasché
Department of Cardio-Vascular Surgery
Hôpital Européen G. Pompidou, Paris
"Promises and pitfalls of skeletal myoblast therapy"

09:30 **Coffee & Posters**

10:30 6 short talks

12:00 **Keynote
speaker 2**



Professor Giulio Cossu
Stem Cell Research Institute, Milano
"Towards a cell therapy for muscular dystrophy"

12:45 **Lunch, Coffee & Posters**

14:00 **Keynote
speaker 3**



Professor Michele De Luca
Department of Biomedical Sciences, Modena
Epithelial Stem Cell Research Centre, Venice
"Epithelial stem cells and regenerative medicine"

14:45 6 short talks

16:15 **Coffee & Posters**

17:00 **Keynote
speaker 4**



Professor Lior Gepstein
Dept of Physiology & Biophysics, Technion – Haifa,
Israel
*"Myocardial Regeneration by Human Embryonic
Stem Cells"*

17:45 Poster Prizes Ceremony

18:00 **Apéritif & Buffet**

ATTENDANCE IS FREE - NO REGISTRATION IS NECESSARY

NOTE: Posters will be displayed from
Wednesday January 16st early morning to Friday January 18th early morning.

12 short talks

Schedule	Names, departments	Titles
Morning		
10h30 - 10h45	Boris Hinz Laboratoire de biophysique cellulaire - EPFL	<i>"The myofibroblast - friend and foe in tissue regeneration"</i>
10h45 - 11h00	Matthias Lutolf Laboratoire de cellules souches et bioengineering - EPFL	<i>"Bioengineering artificial stem cell niches".</i>
11h00 - 11h15	Corinne Kostic Unité de thérapie génique et biologie des cellules souches – Hôpital Ophtalmique	<i>"Gene therapy preclinical studies for Leber congenital amaurosis"</i>
11h15 - 11h30	Anne Zurn Chirurgie expérimentale - CHUV	<i>"Delayed peripheral nerve priming improves regeneration of sensory axons into the spinal cord following dorsal root injury."</i>
11h30 - 11h45	Meta Djojosebroto Unité de thérapie génique et biologie des cellules souches – Hôpital Ophtalmique	<i>"Increased chromosomal aberrations and transformation of adult mouse retinal stem cells"</i>
11h45 - 12h00	Paola Bonfanti Chirurgie expérimentale - CHUV & Laboratoire de dynamique des cellules souches - EPFL	<i>"Thymic epithelial cells have skin potency"</i>
Afternoon		
14h45 - 15h00	Dominique Pioletti Laboratoire de biomécanique en orthopédie - EPFL	<i>"In Vivo evaluation of human fetal cells as allogenic cell source for tissue engineering"</i>
15h00 - 15h15	Mikaël Martino Laboratoire de médecine régénérative et de pharmacobiologie - EPFL	<i>"Controlling mesenchymal stem cells response to biomaterials with recombinant integrin- specific fibronectin fragments"</i>
15h15 - 15h30	Dela Golshayan Néphrologie et Centre de Transplantation d'organes - CHUV	<i>"Mechanisms of Allograft rejection and tolerance in transplantation"</i>
15h30 - 15h45	Jonathan Bloch Médecine Interne - CHUV	<i>"Spleen derived vascular progenitor cell transfer restores metabolic and vascular insulin sensitivity in high-fat diet insulin resistant mice"</i>
15h45 - 16h00	Marc-Etienne Roehrich Cardiologie – CHUV	<i>"Immunophenotypical analysis of putative cardiac progenitor cells isolated based on high ALDH activity from adult mouse and human hearts"</i>
16h00 - 16h15	Mohamed Nemir Dpt de Médecine - CHUV	<i>"Control of cardiac integrity via the Notch1 receptor pathway".</i>