

RISK FACTORS FOR ATHEROSCLEROTIC HEART DISEASE

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Atherosclerotic diseases are among the leading causes of mortality in the world and in our country. In the last few decades, there has been a dramatic increase in the prevalence of the disease. Interest in risk factors for atherosclerotic disease began at the beginning of the last century when hyperglycemia, hypertension and hyperuricemia were first emphasized. In later research, the World Health Organization introduced the term metabolic syndrome (MSy). In 2001, the Expert Group for the Detection, Evaluation and Treatment of High Cholesterol in Adults (ATP III) provided a new definition of MSy that is considered the most widely used in clinical practice, where the presence of MSy is determined by the presence of three of the following five risk factors: abdominal obesity, hypertension, hypertriglyceridemia, decreased HDL level and hyperglycemia. This definition has undergone a whole series of corrections, of which the definition of the International Diabetes Federation (IDF) should be singled out, which tightened the criteria for abdominal obesity, which became a mandatory risk factor and hyperglycemia. It is estimated that the frequency of MSy in the older population over 20 years is over 30%, and in the patients with atherosclerotic disease over 55%. In addition, healthy habits can also contribute to the risk of developing atherosclerotic diseases, primarily physical inactivity, alcohol consumption, smoking and dietary habits.

Early recognition and detection of risk factors for atherosclerosis is the most important way to prevent the disease and its complications.

Keywords: atherosclerotic disease, metabolic syndrome, risk factors, physical inactivity, smoking