

P01-17 - HYPERTENSION IN COMORBIDITY WITH DEPRESSION

M. Burgic-Radmanovic¹, D. Trkulja², V. Banjac¹, S. Burgic³, S. Dragojevic², A. Nikolic¹

¹*Psychiatric Clinic, c/o University Psychiatric Hospitals, ²Psychiatric Clinic, Clinical Center, ³Medical Faculty, University of Banja Luka, Banja Luka, Bosnia-Herzegovina*

Introduction: Numerous researches show significant presence of cardiovascular disorders, especially hypertension in depressed patients that show up several years after first depressive episode.

Mortality caused by cardiovascular disorders in depressed patients is 50% higher than in general population. Comorbid depression and cardiovascular disorders is making worse health condition, increasing suffering, making hard treatment, and outcome is not good.

Objective: The goal is to confirm presence of hypertension in depressed patients as the most common comorbid cardiovascular diseases.

Method: A retrospective study has been conducted using data from medical history of 274 depressed patients hospitalized and treated at the Psychiatric Clinic, Clinical Center Banjaluka. These parameters were assessed: sex, age, number of hospitalizations, marital and employer status, comorbid disease, BMI, presence of hypertension, lipid status and glicemia's level. Data were presented using tables and graphs.

Results: Results obtained in our study were:

Hypertension in comorbidity with depression was found in 106 patients (38,5%), 75 of them were males and 31 of them were females. The majority were at age 40-60 years. Obesity was found in 21% of them. High lipid's level was found in 20% of them. 11% of patients had high level of glicemia. More than half of the patients had lower socio-economic status.

Conclusion: Depression is often accompanied by cardiovascular disorders. It is very important to recognize this comorbidity in order to treat it successfully and to make better treatment's outcome.

Keywords: Comorbidity, depression, cardiovascular disorders