**Andrieieva A. O., Aliieva M. I., Bashmakova A. O.**

**Kharkiv National Medical University**

**Department of Internal Medicine # 1, Kharkiv, Ukraine, madinaali1993@mail.ru**

**Risk factors for development of cardiovascular complications in patients with comorbid hypertension and obesity.**

**The aim:** to evaluate risk factors for cardiovascular events (CVE) and preventing their development.

**Materials and methods:** statistical data on essential hypertension (EH) and obesity in Ukraine, materials of pilot project to treat individuals with hypertension and the results of the Framingham study.

**Results:** showthe major risk factors for cardiovascular disease (CVD) are obesity and high blood pressure (BP). In Ukraine, about 12 million people (>30% of the population) have an EH. Every third of Ukrainians in age between 18 and 65 years have high blood pressure. Two of the three Ukrainians are overweight, 20% obese and over 40 years have hypertension. In 2013, the project "pilot" has increased the percentage of patients with EH appeals to doctors by 75%, of which 44% were receiving antihypertensive medications for 3 months, and up to the project, only 15% of these patients were treated before. The number of calls about a hypertensive crisis decreased on 16-18%, and the number of strokes on 6%. The project covered nearly 7 million people. The results of the Framingham study showed that increase on 10 % of body weight (BW) was associated with the rise of serum cholesterol on 0.3 mmol/l. There was found correlation between the rise of body mass index (BMI) on 1 kg/m2 and growth of the risk of heart failure in men by 5%. Every extra 4.5 kg BW increase systolic blood pressure (SBP) on 4.4 mm Hg in men and 4.2 mmHg in women.

**Conclusions.** According to the Framingham study of the leading risk factors of CVE were general increases in SBP, BW and serum cholesterol. The pilot project will increase the provision of effective and efficient care to patients with hypertension, suggesting the need for preventive measures among the population in order to prevent the development of the CVE.