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Cardiovascular characteristics of people in the village of Anarita, Paphos district

On the occasion of a Mobile Clinic Expedition of the University of Nicosia Medical School at the village of Anarita, in the district of Paphos, on 12 November 2023, a study was conducted by medical students and staff under the supervision of Professor of Cardiology Joseph Moutiris.

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Introduction
This study assessed the cardiovascular health of 46 residents of Anarita village, representing approximately 5% of the village's population. The assessments, which included blood pressure, BMI calculations, and ECG recordings, were conducted on 12 November between 10:00 and 13:00. The participants ranged from 30 to 91 years, with an average age of 65 years, comprising 24 men and 22 women

Results
Table 1 presents a summary of the cardiovascular risk factors. Thirty-four patients had at least one risk factor. Specifically, 47.8% had dyslipidaemia, 45.6% hypertension, 21.7% diabetes, 19.5% previous coronary artery disease, and 19.5% were active smokers. Six individuals (13%) had both hypertension and diabetes, five (10.8%) had hypertension, diabetes and dyslipidaemia and two individuals (4.3%) had four risks, specifically, hypertension, diabetes, dyslipidaemia and smoking.

Table 2 summarizes the results of the examination done and specifically the blood pressure and the body mass index. An abnormal systolic blood pressure equal to or exceeding 140mmHg was observed in 16 individuals (34.7%) and an abnormal diastolic blood pressure of equal or more than 90mmHg was found in 6 individuals (13%). Thirty-five individuals (76%) exhibited an abnormally elevated BMI. More specifically 13 individuals (28.2%) were overweight and 22 individuals (47.8%) were obese.

Table 3 summarizes the electrocardiographic characteristics (ECG) of the individuals examined. An abnormal ECG was observed in 26 individuals (56.5%). More specifically, 18 individuals had a left axis deviation, 5 had a first-degree atrioventricular block, 4 had a left bundle branch block, 4 had a right bundle branch block, 3 had atrial fibrillation, 2 had signs of left ventricular hypertrophy, and in one individual pre-excitation syndrome (WPW syndrome) was observed. All individuals with an ECG abnormality were advised to consult their personal doctors.

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Table 1. The cardiovascular risk factors

Risk Factor	Number	%
At least one risk factor	34	73.9%
Coronary artery disease	9	19.5%
Smoking	9	19.5%
Hypertension	21	45.6%
Dyslipidaemia	22	47.8%
Diabetes	10	21.7%
Hypertension and Diabetes	6	13%
Hypertension, Diabetes and Dyslipidaemia	5	10.8%
Hypertension, Diabetes, Dyslipidaemia and Smoking	2	4.3%

Table 2. Hypertension, overweight and obesity

	Number	%
Blood pressure >=140/90mmHg	17	36.9%
Systolic Blood Pressure >=140	16	34.7%
Diastolic Blood Pressure >=90	6	13%
BMI>25	35	76%
BMI 25-29.9	13	28.2%
BMI>30	22	47.8%

Table 3. ECG characteristics

	Number	%
Any abnormality	26	56.5%
AF	3	6.6%
First degree AV block	5	10.8%
RBBB	4	8.6%
LBBB	4	8.6%
WPW syndrome	1	2.1%
Left axis deviation	18	39.1%
Left ventricular hypertrophy	2	4.3%

Conclusions

The main conclusions that emerge from the examination of 46 individuals from Anarita village, Paphos district, a sample approximately 5% of the village's population (total of 910 individuals), are the following:

1. 74% of individuals examined had at least one cardiovascular risk factor; more specifically: smoking, dyslipidaemia, hypertension, diabetes or previous CAD.
2. 76% of individuals examined were found to be either overweight (28%), or obese (48%).
3. 37% of individuals examined had abnormally elevated blood pressure, with the cutting point being 140/90mmHg.
4. 19% of examined examined were active smokers.