

초록번호 11-7

제 목	국 문	성인남성에서 고정상혈압에 대한 고혈압 위험인자 규명		
	영 문	A Nested Case-Control Study on the High Normal Blood Pressure as the Risk Factor of Hypertension in Korean Middle-aged Men		
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분 야	역 학	발 표 자	배종면	
발표 형식	구 연	발표 시간	15 분	
진행 상황	연구완료 (○), 연구중 () → 완료 예정 시기 : 년 월			
<p>1. Aims</p> <p>'High-normal blood pressure' is a factor influencing decision to initiate targeted intensive intervention strategy in westernized populations. JNC-VI (1997) offered the vigorous lifestyle modification for persons with 'high-normal blood pressure'. As a hypertension seems to be the result of multiple genetic factors operating in concert with associated environmental factors, it will be necessary to identify high-normal blood pressure as a risk factor of hypertension for applying primary prevention strategy in Korean people.</p>				
<p>2. Methods</p> <p>Although cohort study design might be adequate to recruit incidence cases, to keep time sequence of events, and to prevent information bias, nested case-control study was chosen for avoiding measurement errors because hypertension is a benign disease. Source population was the 'Seoul Cohort' participants and follow-up was done by using KMIC's database on the utilization of health services from 1Jan93 to 30Jun97. Incidence cases were ascertained through the chart review, telephone contacts, and direct BP measurements. Controls included the pairing of 4 individuals to each case on the basis of age.</p>				

3. Results

As 75 % of 247 incident cases had high-normal blood pressure, the crude odd ratio for hypertension was 2.04 (95% CI 1.47-2.83). Other risk factors of hypertension were body mass index, dietary fiber, alcohol consumption, weekly activity and history of quitting smoking. The multivariate odd ratio of high-normal blood pressure adjusted for all risk factors was 1.84 (95 % CI 1.31-2.56). This meant that relative risk reduction of high-normal blood pressure for hypertension was 44%* when an incidence of hypertension in fifth and sixth decades were assumed to be 3% per year. Among the high-normal blood pressure group, body mass index, weekly ethanol amounts, weekly physical activity, and dietary fiber except history of quitting smoking were still factors of hypertension.

* Patient's expected event rate = 3% * 4.5 year = 13.5%

Number of patients we need to treat = 17 명

Absolute risk reduction = 0.059

Relative Risk reduction = 0.44

4. Conclusion

'High-normal blood pressure' is a risk factor for hypertension in Korean middle-aged men, which represents that the vigorous lifestyle modification for people with 'high-normal blood pressure' is needed.