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	영문	Blood pressure and cardiovascular disease in the Asia Pacific region			
저자 및 소속	국문	서일 연세대학교 의과대학 예방의학교실			
	영문	Suh Il <i>Department of Preventive Medicine and Public Health, Yonsei University Medical College</i>			
분야	역학 [심혈관질환]	발표자	서일 [일반회원]	발표형식	구연
진행상황	연구완료				
<p>1. 목적</p> <p>Reliable estimates of the age-, sex- and region-specific associations of blood pressure with cardiovascular diseases are essential for estimating the burden of disease attributable to elevated blood pressure and, more importantly, the burden potentially avoidable with prolonged blood pressure changes. There are comparatively few such data for the Asia Pacific region.</p> <p>2. 방법</p> <p>The Asia Pacific Cohort Studies Collaboration involved 37 cohort studies from Australia, mainland China, Japan, Hong Kong, New Zealand, Singapore, South Korea, and Taiwan. Individual data from 425,251 participants were used to calculate relative risk estimates and 95% confidence intervals from Cox models, stratified by age, sex, and cohort. Repeat measurements of blood pressure were used to adjust for regression dilution bias.</p> <p>3. 결과</p> <p>During 3,016,157 person-years of follow-up, 4,327 strokes, 3,533 ischaemic heart disease events and 7,176 cardiovascular deaths were observed. Continuous associations were seen between systolic blood pressure and the risks of stroke, ischaemic heart disease and cardiovascular death down to at least 115 mmHg. Overall, in the age groups 70 years, a 10mmHg lower usual systolic blood pressure was associated with 54% (95% CI 52-55%), 37% (35-39%) and 23% (20-25%) lower stroke risk respectively. Associations were steeper for haemorrhagic compared to ischaemic stroke. In the same age groups, each 10mmHg lower usual systolic blood pressure was associated with 42% (39-45%), 22% (18-26%) and 13% (10-16%) lower ischaemic heart disease risk. Other major types of cardiovascular death were also strongly associated with blood pressure. Overall, blood pressure was particularly strongly associated with cardiovascular death in Asian populations compared to Australasian populations [10mmHg lower systolic blood pressure associated with 30% (29-32%) lower risk in Asia and 25% (22-27%) lower risk in Australasia], mostly due to a higher proportion of strokes in Asia.</p> <p>4. 고찰</p> <p>About half of the worlds cardiovascular burden is predicted to occur in the Asia Pacific region in the next few decades. These data indicate that blood pressure is a particularly important determinant of this burden with considerable potential benefit of blood pressure lowering down to levels of about 115mmHg systolic blood pressure.</p>					