

Introduction:

Hypertension is a disease with high prevalence and complication. The aim of this research is to identify prevalence risk factor that predispose on the hypertension and to assess the therapeutic status of patients. This study is performed on 200 patients that come to visit urgency room in Boali and Aliaskar hospital from 2003 to 2004. The result of this research showed the prevalence of hypertension in up 64 years is more than other years. It also showed that prevalence in female are greater than male.

In most of patients (nearly 68/5%) blood pressure level was above 140/90 that this blood pressure is above normal range. 31.5% have Diabete melitus and prevalence other risk factor was as follow: cigarette smoking, abnormal value of LDL (above 130mg/dL), abnormal value of HDL (in male ≥ 50 mg/dL and in female ≥ 40 mg/dL), abnormal value of TG (above 150mg/dL) have prevalence rate of 13.5%, 27.5%, 41.5%, 31.5% in orderly. Nearly 15.5% of patient with hypertension had anemia. But this study cannot show any relationship between anemia and hypertension. Consideration about therapeutic circumstance of patient that was the most important part of study showed that nearly 58.1% of patients treated with monotherapy. 7.5 percent up patients don't use drug for hypertension. Atenolol (33.5%) and Enlopril (11%) had the highest prevalence of used in this study. Among drug regiment β -blocker with 57% rate of use had highest prevalence. ACE-I (37.5%), diurtic (17%), CCB (4%) and methyldopa (1%) were in the later rank in this study.

This research that performed in uncontrolled manner in point of adjusting dosage of drugs and correct ways of use, showed that the patients received monotherapeutic diurtic or methyldopa in comparison with patients received other drugs have controlled. The patients received ACE-I, β -blocker and CCB respectively referred with controlled hypertension. This also is true for control of malignant hypertension. In our research that was performed in uncontrolled manner, the patients with combination therapy of diurtic and CCB have better controlled hypertension. Combination therapy ACE-I with diurtic, β -blocker with diurtic, β -blocker with ACEI, β -blocker with CCB was in the later rank in effective control of hypertension.

Conclusion: In our study diurtic was more effective than other regimes in monotherapy. In combination therapy combination of diurtic with CCB was more effective than other drugs.

Key words: Hypertension -Drug - Treat - Therapeutic - Monotherapy - Combination therapy.