

Do all traditional risk factors predict mortality in the elderly

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A risk factor

- ▶ is any attribute, characteristic or exposure of an individual that increases the likelihood of developing a disease or injury.
- ▶ Some examples of the more important risk factors are underweight, unsafe sex, high blood pressure, tobacco and excessive alcohol consumption, and unsafe water, sanitation and hygiene.

WHO

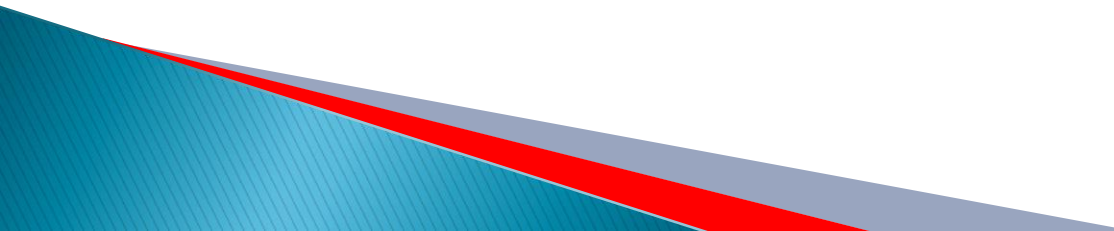
- ▶ Something that increases a person's chances of developing a disease.
- ▶ For example, cigarette smoking is a risk factor for lung cancer, and obesity is a risk factor for diabetes mellitus.

Medical definition

Consider three main risk factors of CVD

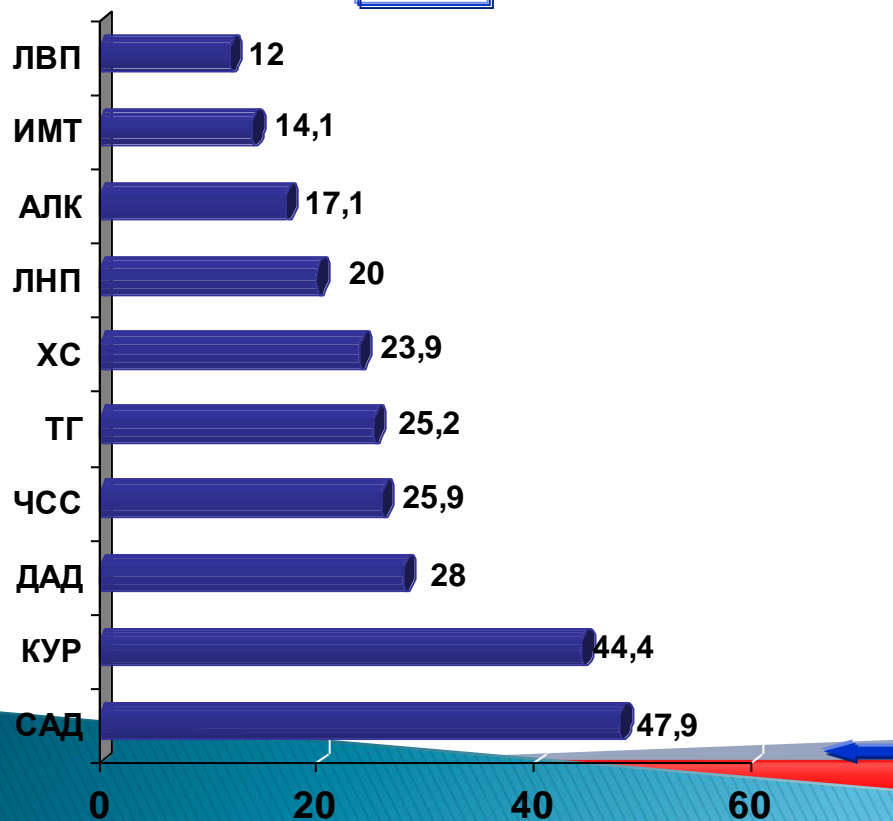
- ▶ Arterial hypertension
- ▶ Smoking
- ▶ High cholesterol

WHY those?

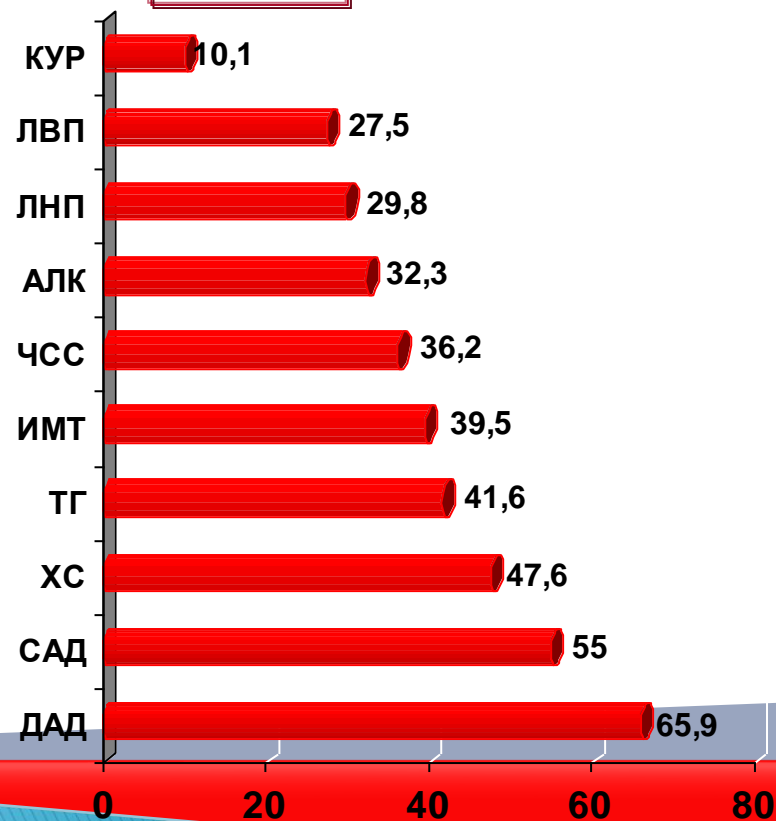


Attribution of risk factors in 10 years CVD mortality in Russia

Men

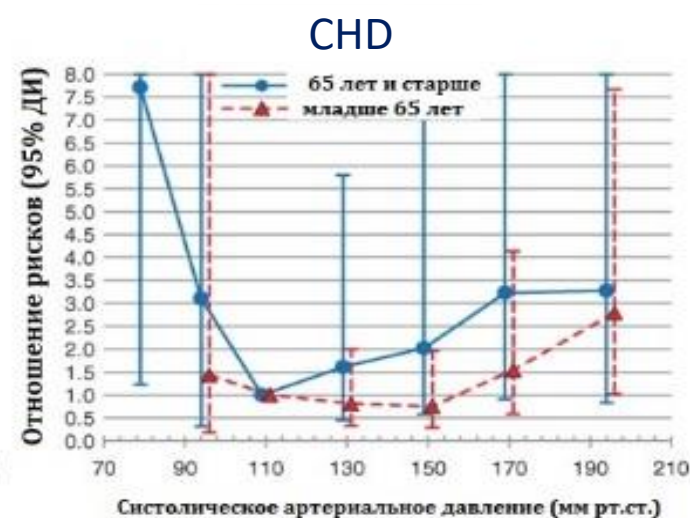
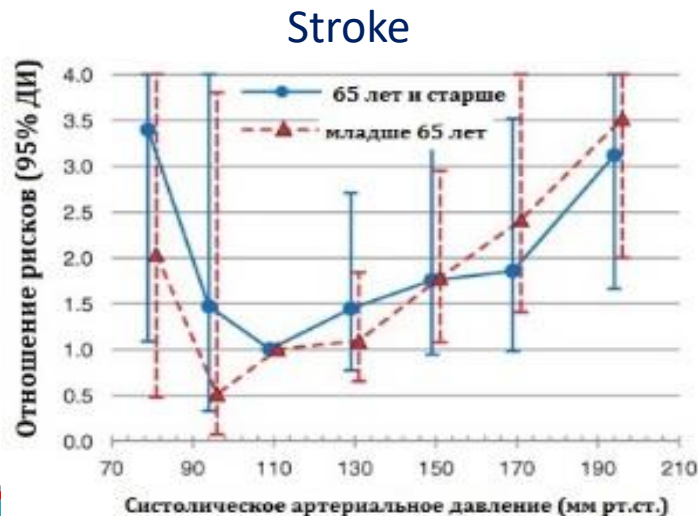
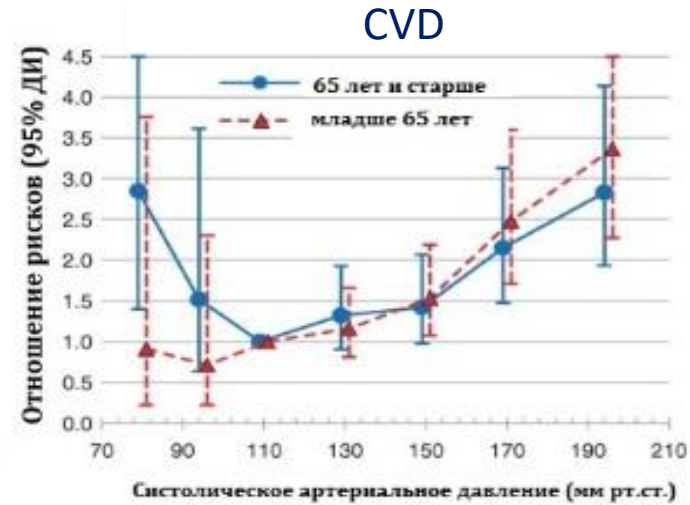
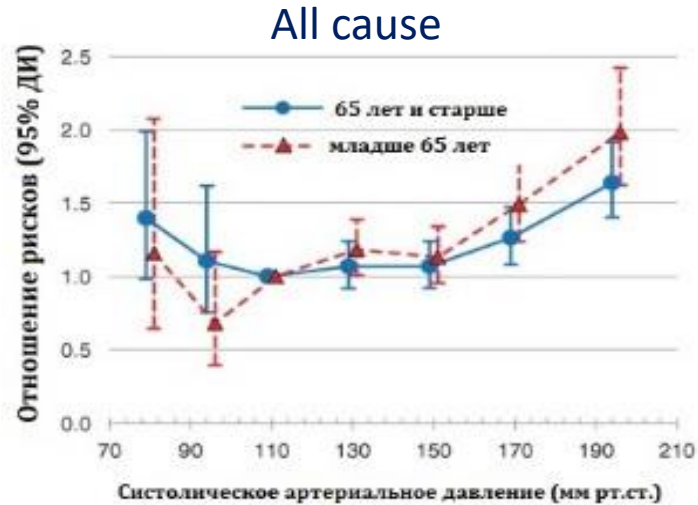


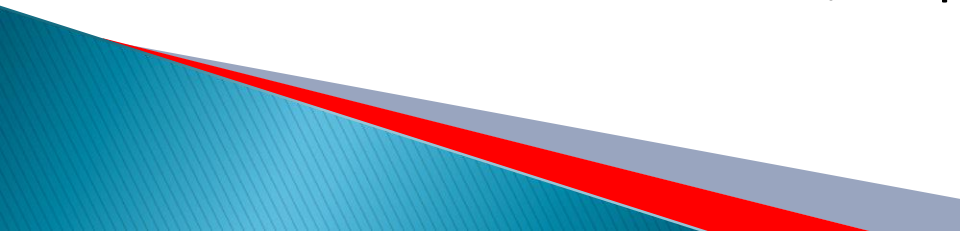
Women



%

Association between BP level and mortality before and after 65 years

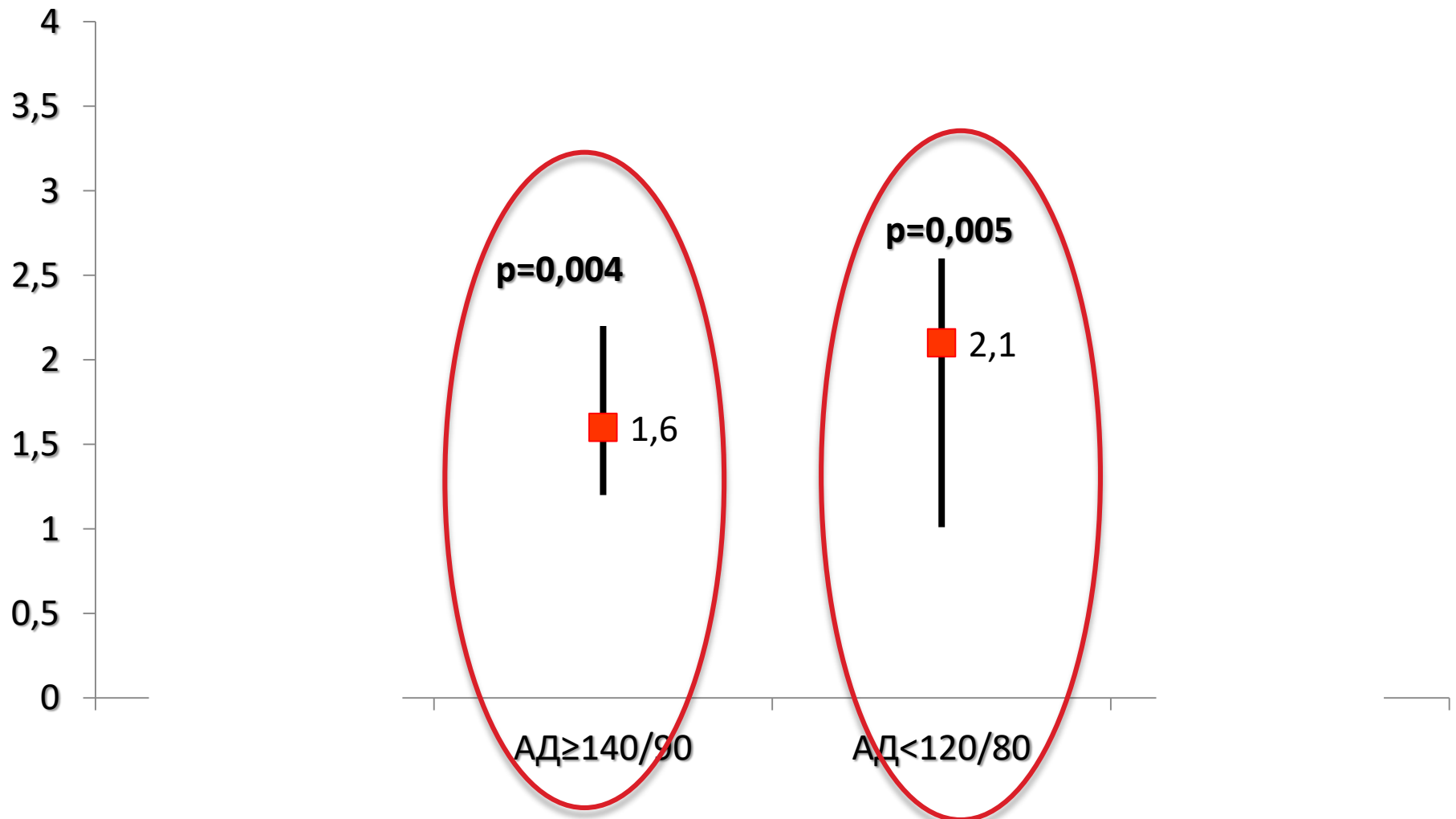


- ▶ The representative sample of 1,876 (47.9 % men) subjects was examined in the baseline survey of the Stress, Aging and Health study in Russia (SAHR). The SAHR is a prospective population-based cohort study that is being conducted in Moscow.
 - ▶ The participants of this study are residents of Moscow 55 years and older participated in representative Moscow cohort studies done in National Research Center for Preventive Medicine earlier.
 - ▶ The study was approved by the Local Ethical Committee of the National Research Centre for Preventive Medicine, Moscow. All study subjects gave informed consent.
 - ▶ Mean follow-up is about 8 years; All cause and CVD deaths 473 and 286 were found, respectively, at 2016 contacts
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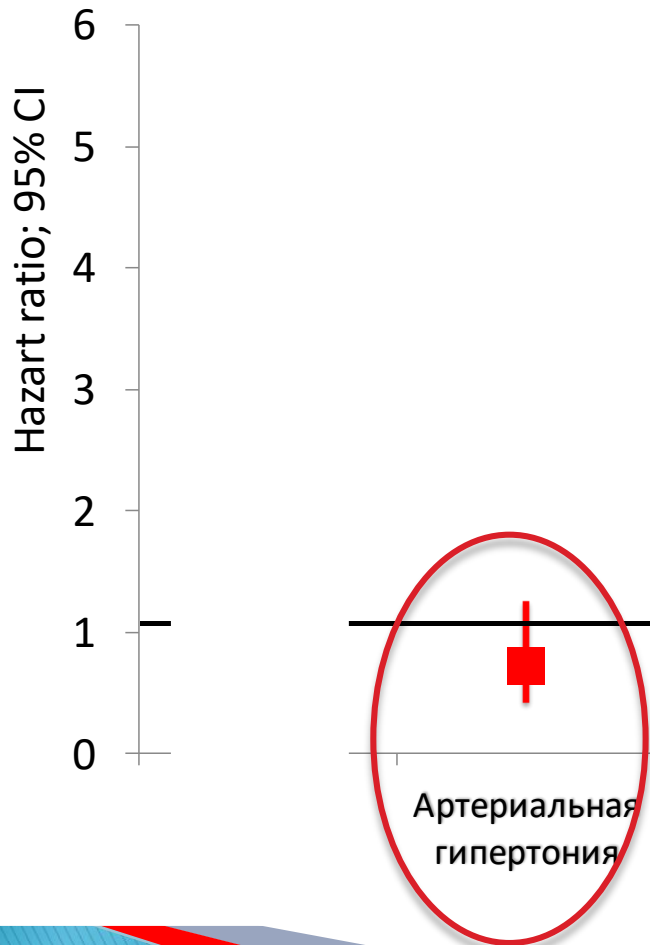
Risk factors and all cause mortality among SAHR participants (age over 55)



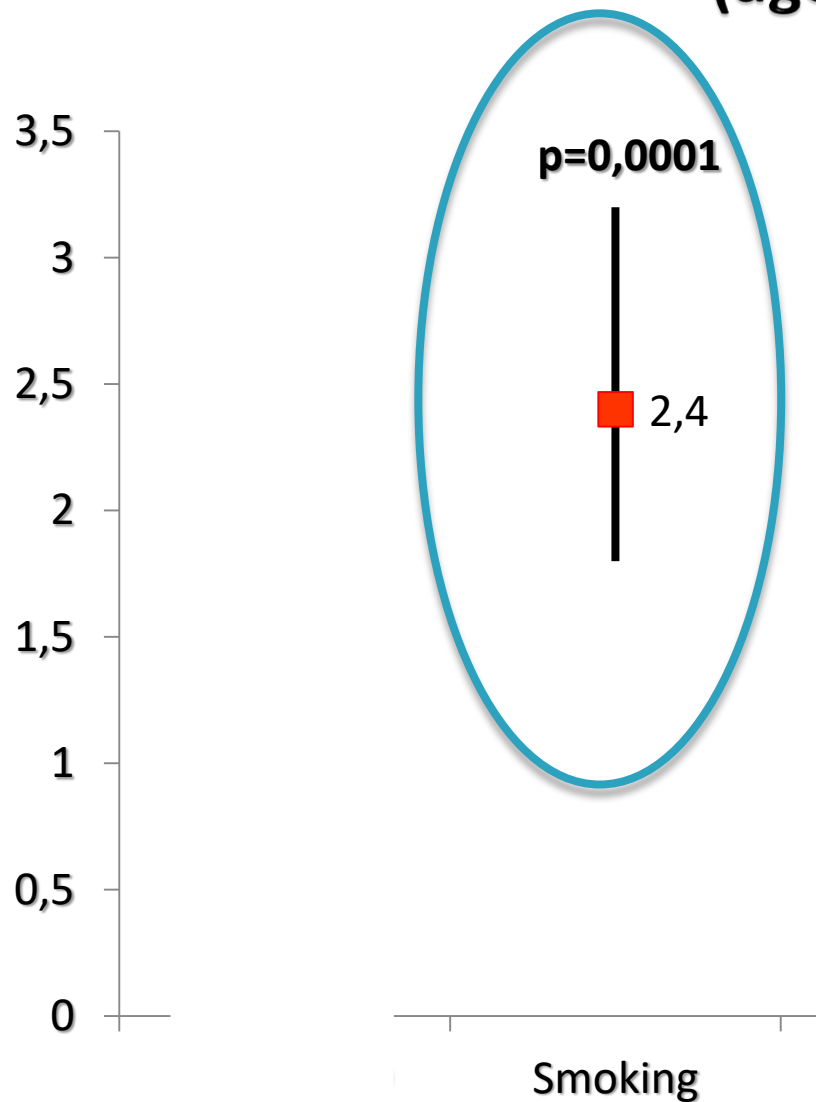
Risk factors and CVD mortality among SAHR participants (over 55)



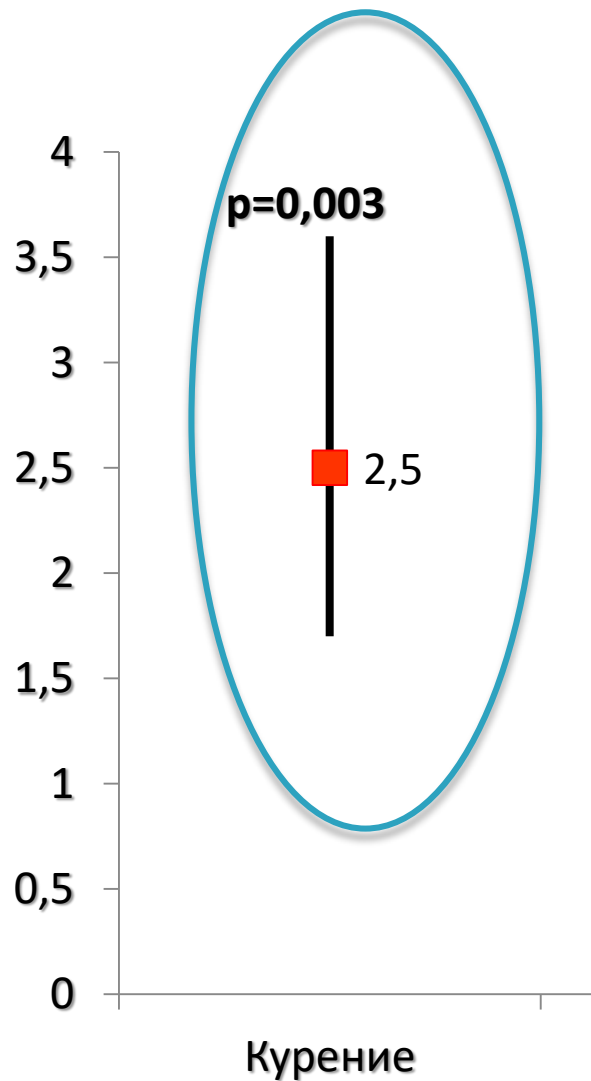
Associations between Hypertension and all cause mortality in age 75-80*



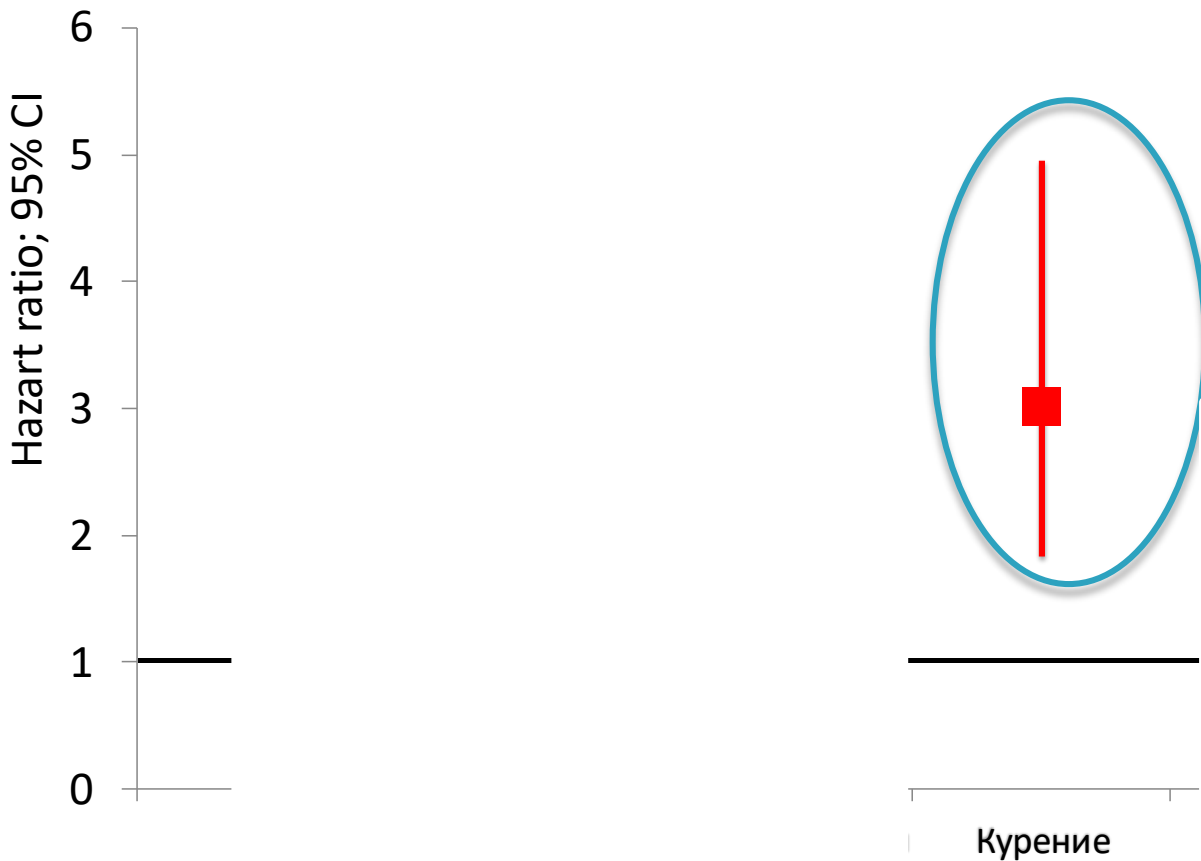
Smoking and all cause mortality among SAHR participants (age over 55)



Smoking and CVD mortality among SAHR participants (over 55)

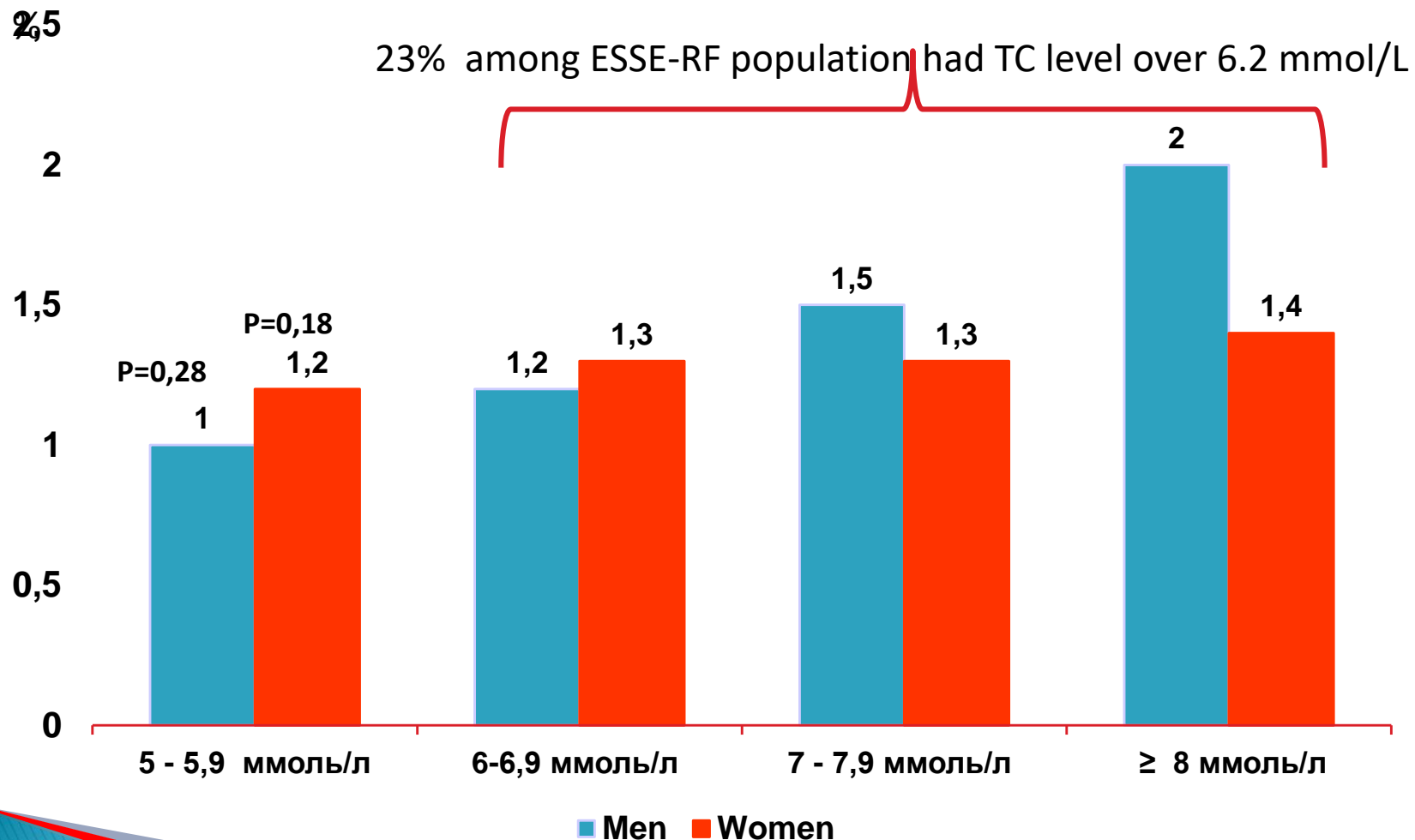


Smoking and all cause mortality in 75-80 age group

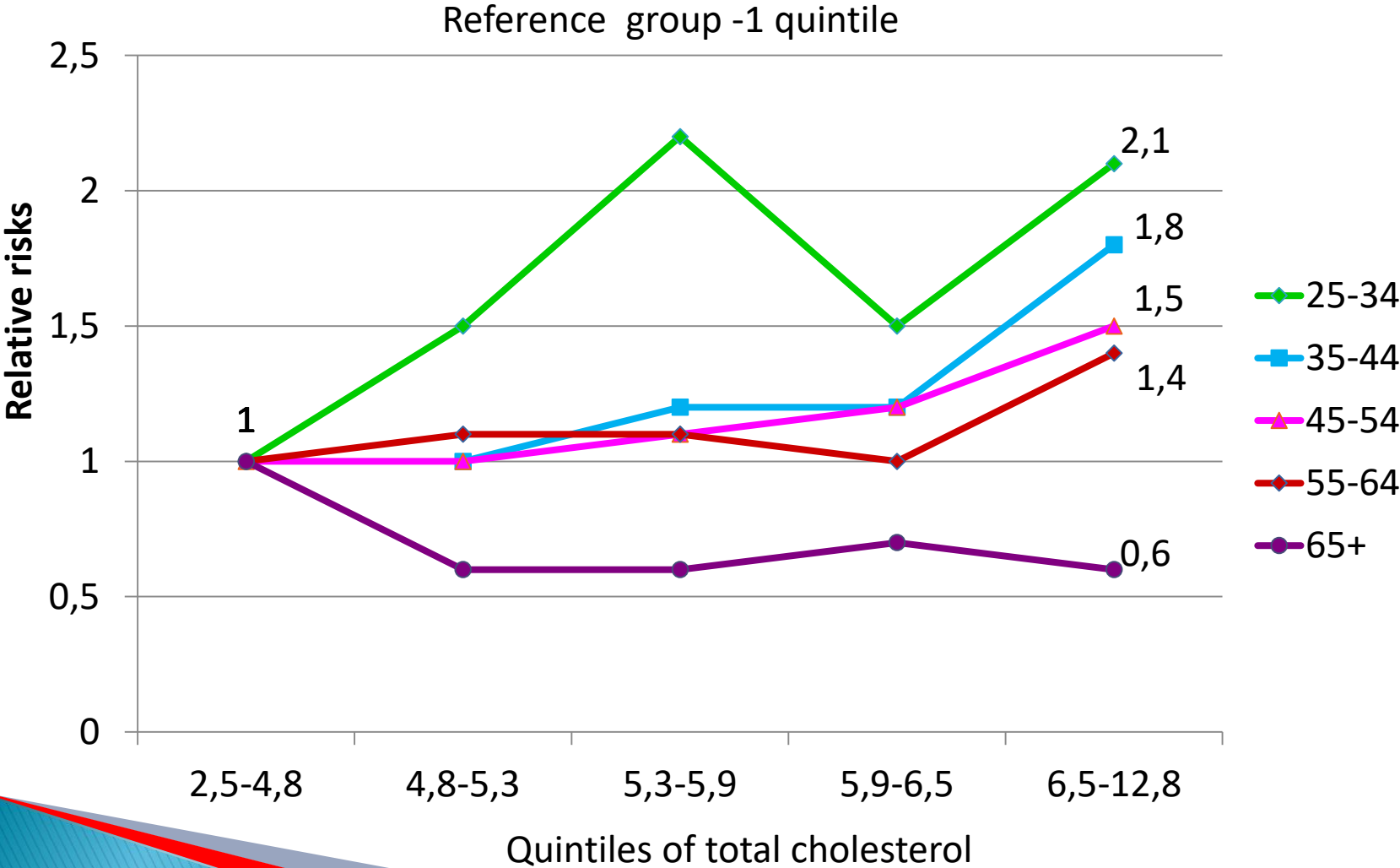


в возрасте 75-80 лет

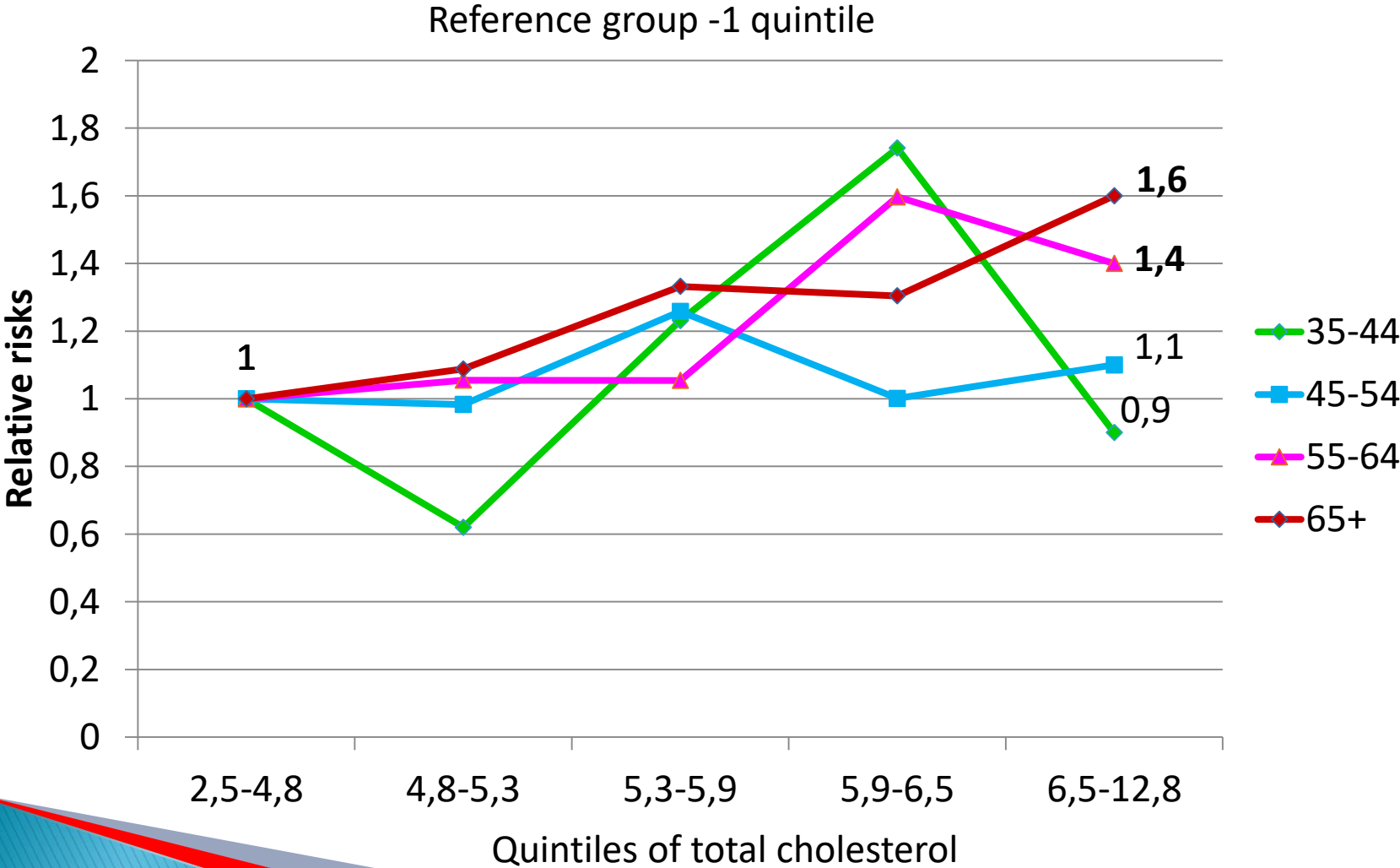
Relative Risk of cardiovascular mortality according total cholesterol level in Russian cohorts NRCPM



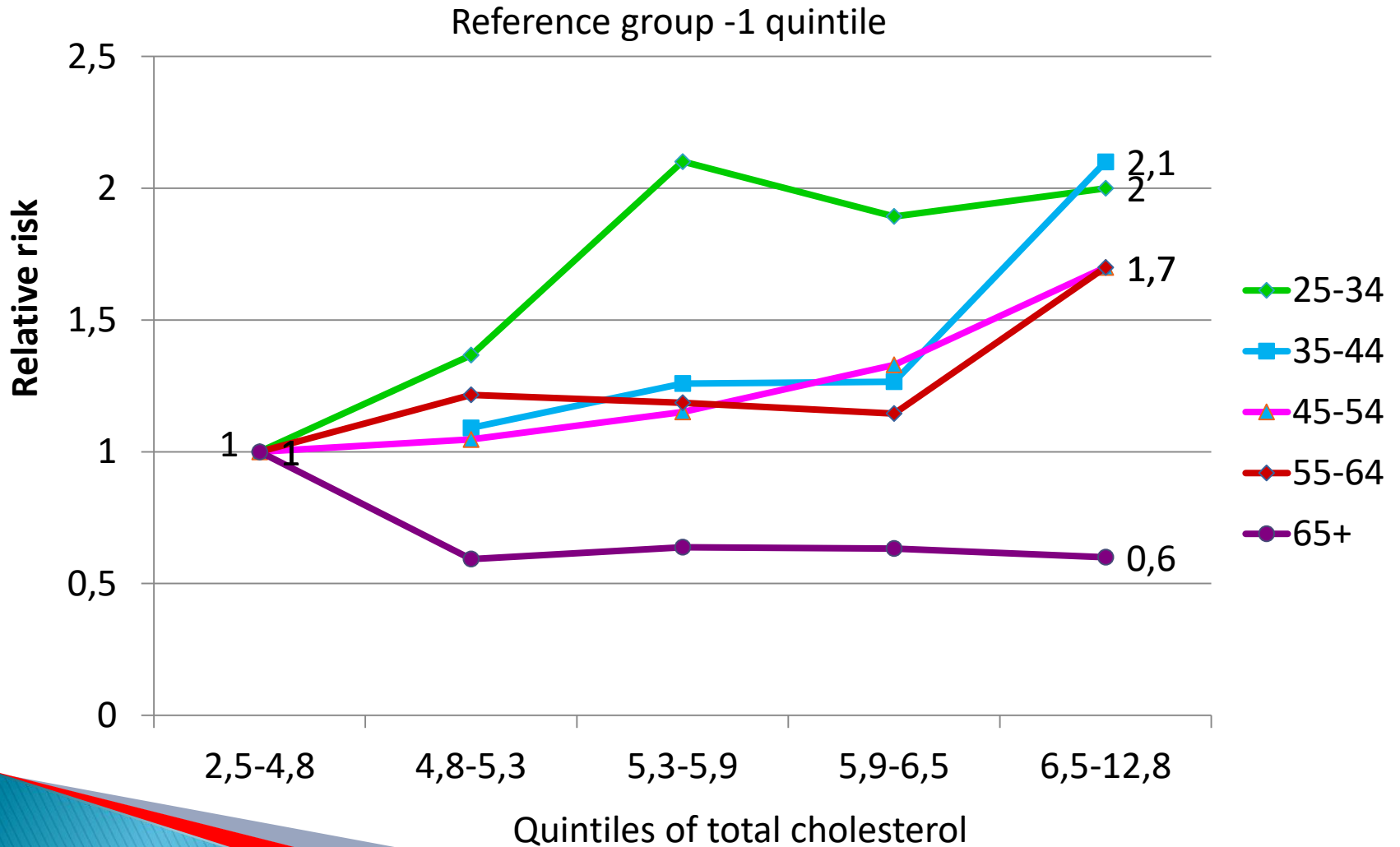
RR for CVD mortality in total cholesterol quintiles by age decade (men)



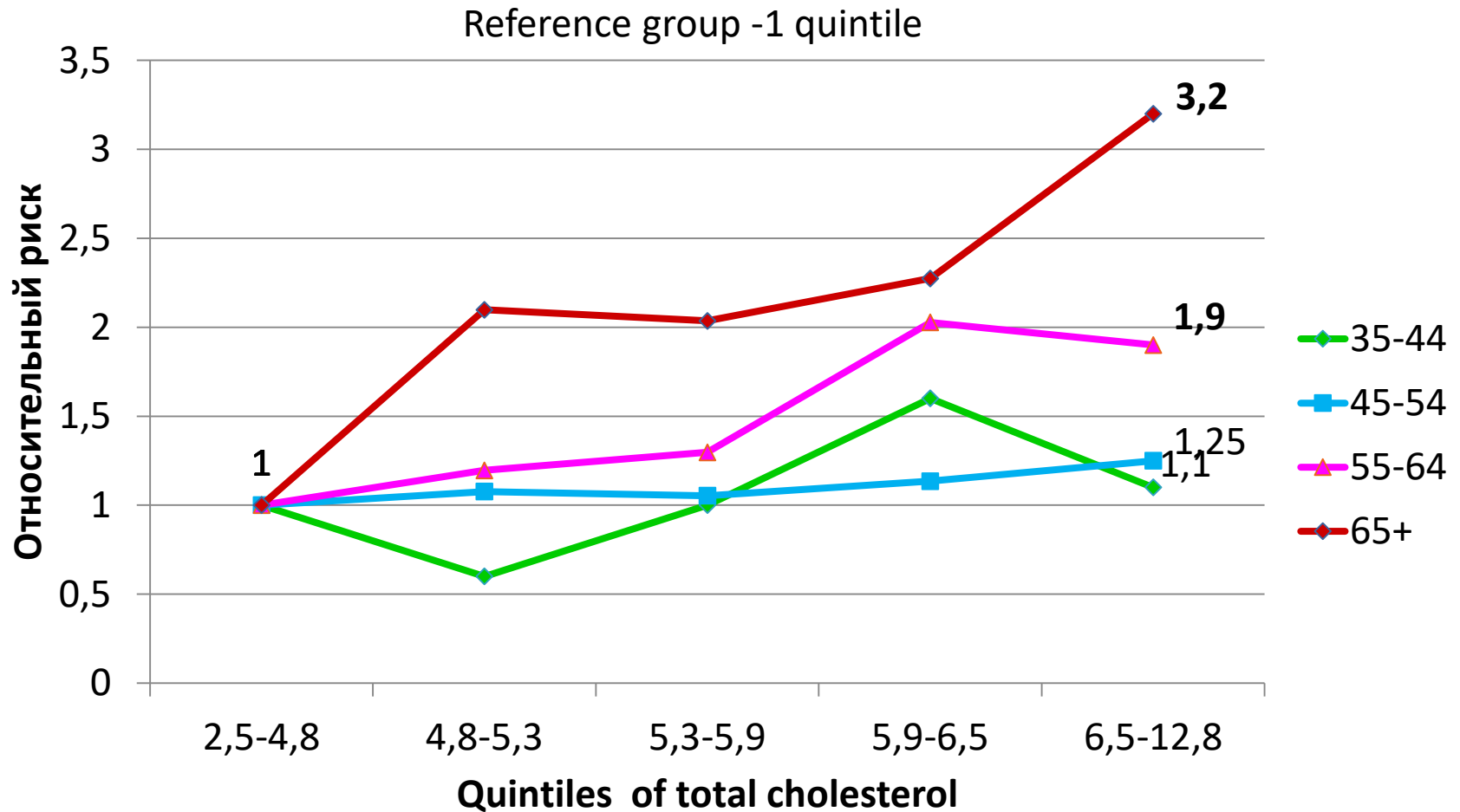
RR for CVD mortality in total cholesterol quintiles by age decade (women)



RR for CHD mortality in total cholesterol quintiles by age decade (men)

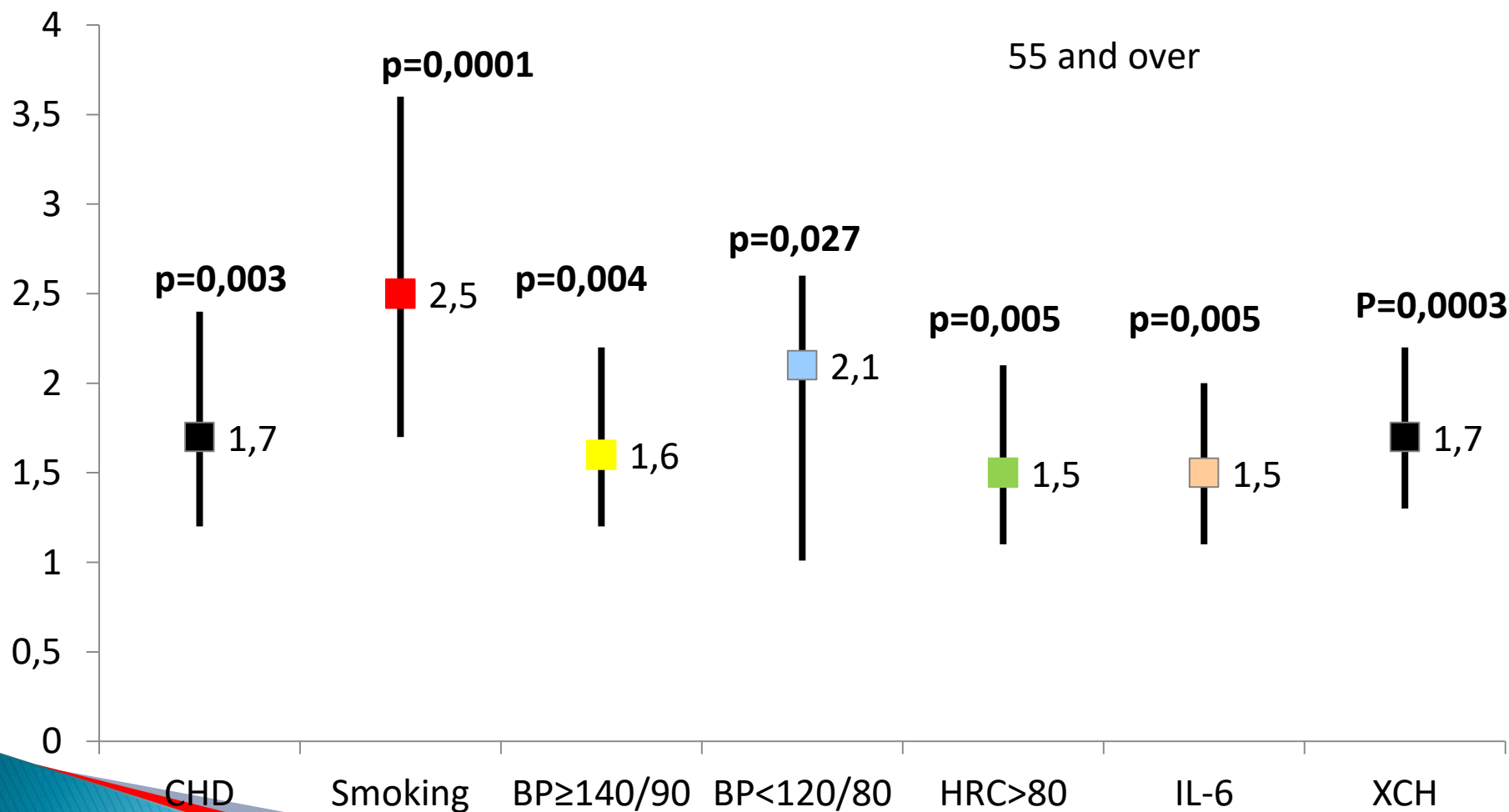


RR for CHD mortality in total cholesterol quintiles by age decade (women)

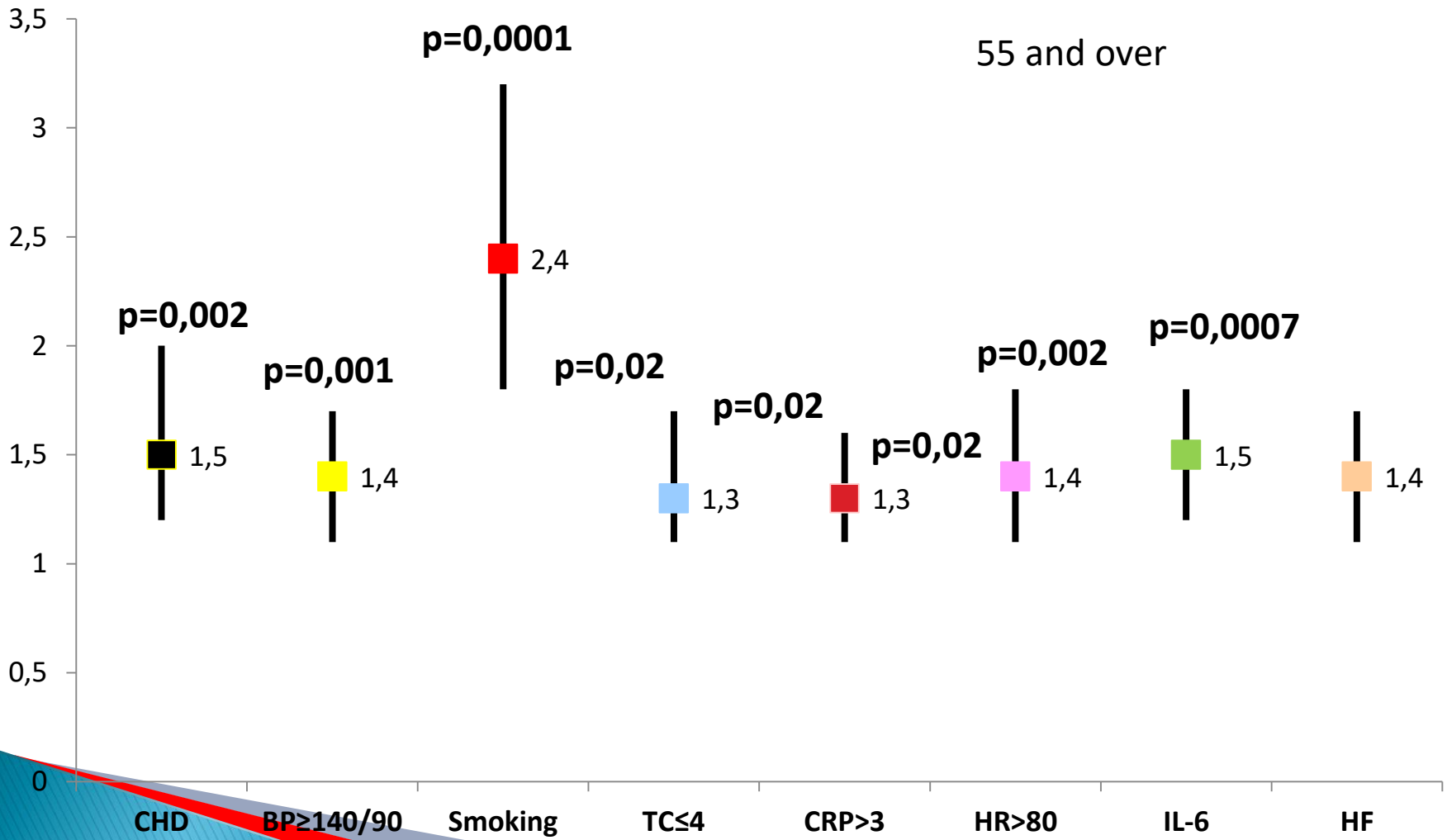


Associations between RF, some CVD and CVD mortality

(Cox regression multivariate model)

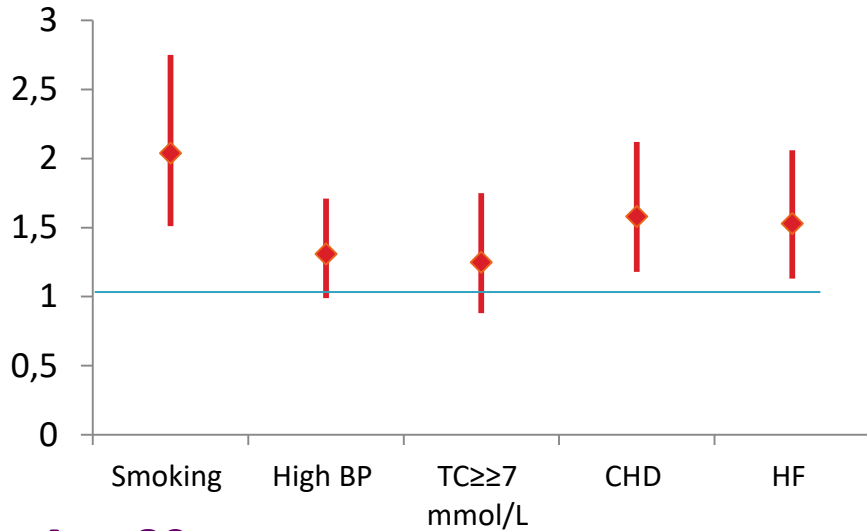


Associations between RF, some CVD and all cause mortality (Cox regression multivariate model)

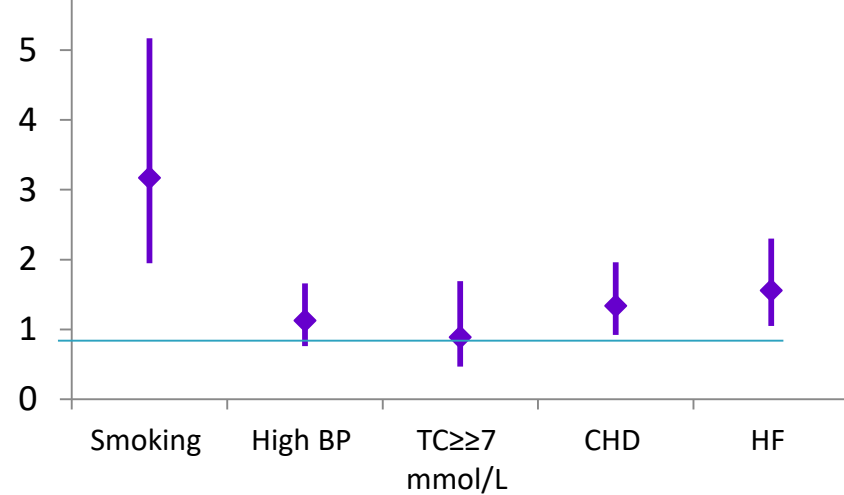


Relative risk for all cause mortality according some risk factors and CVD characteristics by age groups

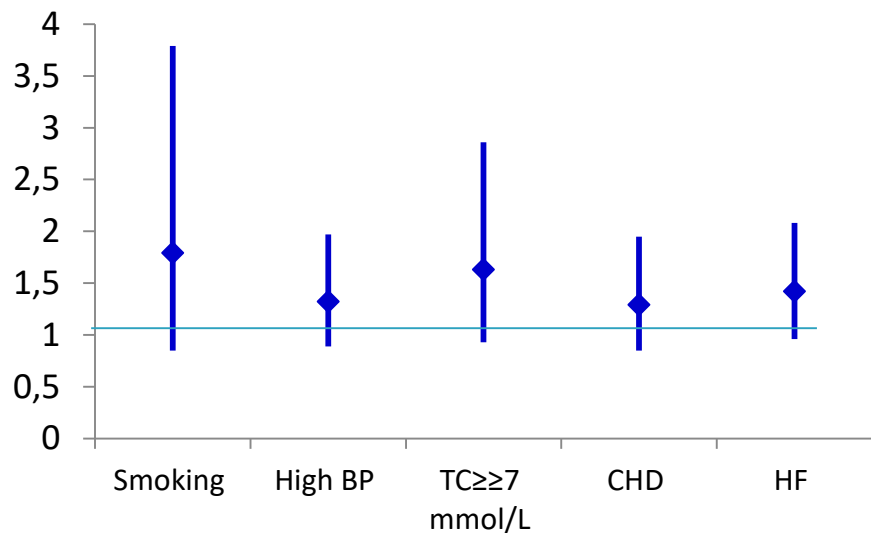
Age 55-74



Age 75-79



Age 80+



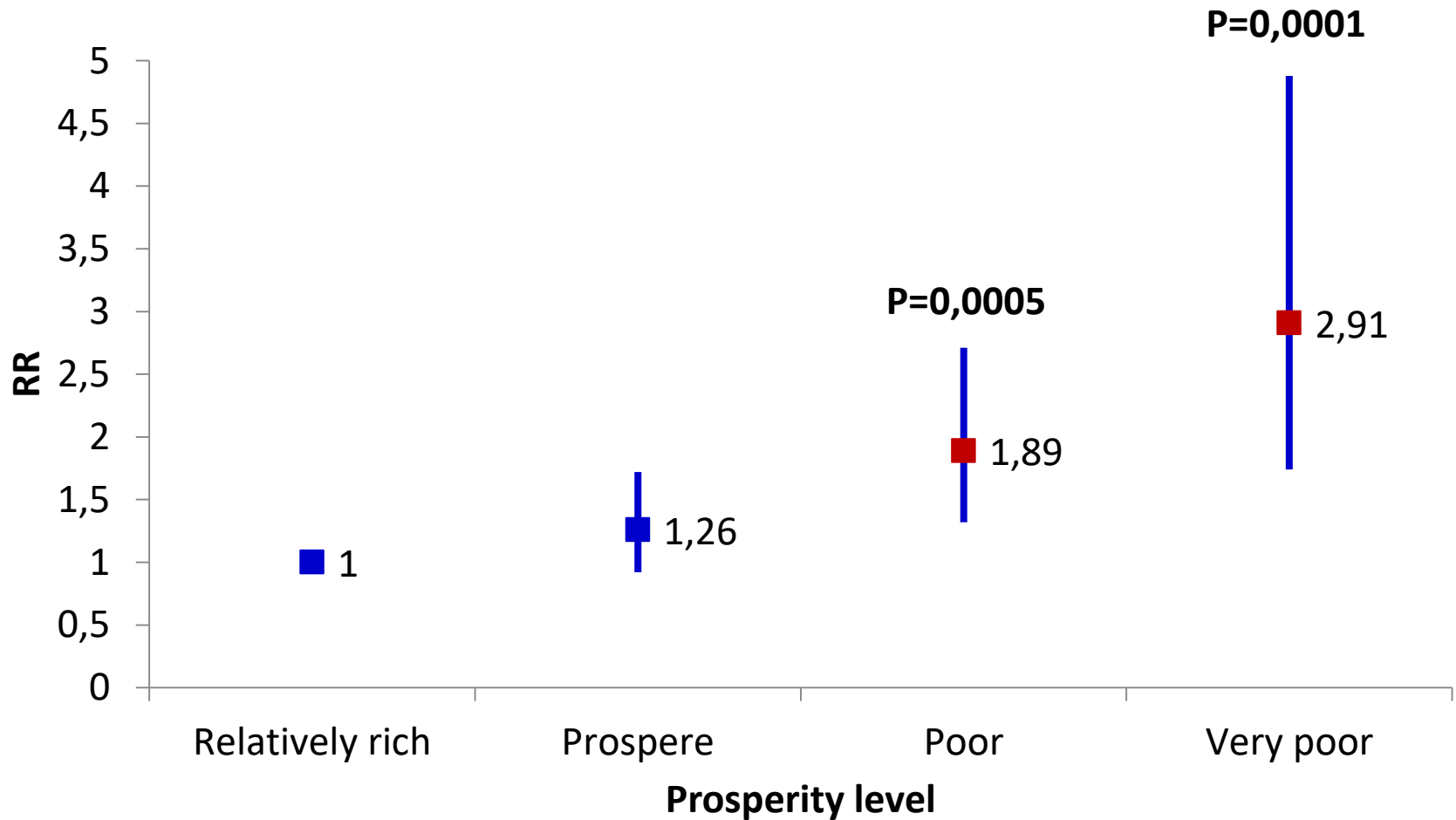
BP Blood pressure

TC Total cholesterol

CHD Coronary heart disease

HF Heart failure

Association of prosperity levels with all cause mortality in ESSE-RF population





**Thank you for your
attention**