Vital exhaustion and risk of myocardial infarction in male population aged 25-64 years in Russia/Siberia. Epidemiological program WHO Monica-psychosocial

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Purpose: To determine the effect of vital exhaustions (VE) on risk of myocardial infarction (MI) in male population aged 25-64 years in Russia/Siberia.

Methods: Within the framework of WHO program MONICA-psychosocial a representative sample of men 25-64 years was examined in 1994 year in Novosibirsk. Total sample of 657 males were measured for VE symptoms at baseline with the use of the MONICA - psychosocial Interview - Vital Exhaustion scale. The incidence of new-onset MI cases was revealed over 14-years of follow-up in frame budgetary issue # AAAA-A17-117112850280-2. Cox - proportional regression model was used for an estimation of hazard ratio (HR).

Results: Prevalence of VE in cohort of men with AH was 73.7%. 58% men had high level of VE and 15.7% - an average level of VE. The risk MI incidence over the first 5 years of follow-up in a group with VE was 2.7-fold higher compare o those without VE. Within 10 years HR=2.25, within 14 years HR=2,1 for males with VE (p for all <0.05). In the multivariate Cox regression model after controlling for social factors (education, occupation, marital status) and age, the influence of vital exhaustion on MI risk decreased but remained statistically significant HR=1.16 (p <0.05). Marital status as divorced and primary degree (elementary school) increased risk of MI more significantly in men with VE.

Conclusions: Vital exhaustion is a predictor of higher risk of MI in middle-age men. Level of MI risk influenced by social gradient.