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## Step 4 of 4: Abstract Preview

### Abstract Preview

ESC CONGRESS 2017	
Miss Louisa Gnatiuc (EUD ID : 658136) Oxford University Ctsu Richard Doll Building, Level 1, Room 51 Old Road Campus OX3 7LF - Oxford United Kingdom Email : <a href="mailto:louisa.gnatiuc@ndph.ox.ac.uk">louisa.gnatiuc@ndph.ox.ac.uk</a>	
Title :	Blood pressure and death from vascular and metabolic diseases in Mexico City: 12-year follow-up of 150,000 adults
Topic :	06.01 - Prevention - Epidemiology
Category :	Bench
Option :	Nursing and Allied Professions Investigator Award
On Behalf :	The Mexico City Prospective Study Investigators
Funding Acknowledgements :	British Heart Foundation, UK Medical Research Council, The Wellcome Trust (grant 058299/Z/99), The Mexican Ministry of Health (Secretaria de Salud)
J. Alegre-Diaz <sup>1</sup> , L. Gnatiuc <sup>2</sup> , R. Wade <sup>3</sup> , R. Ramirez <sup>1</sup> , WG. Herrington <sup>2</sup> , SL. Lewington <sup>3</sup> , M. Lopez Cervantes <sup>1</sup> , M. Solano <sup>1</sup> , R. Peto <sup>2</sup> , R. Collins <sup>2</sup> , R. Tapia-Conyer <sup>1</sup> , P. Kuri-Morales <sup>1</sup> , JR. Emberson <sup>3</sup> - (1) National Autonomous University of Mexico, School of Medicine, Mexico City, Mexico (2) University of Oxford, CTSU, Nuffield Department of Population Health, , Oxford, United Kingdom (3) University of Oxford, MRC Population Health Research Unit; Nuffield Department of Population Health, Oxford, United Kingdom	
<b>Background:</b> Blood pressure is a major cause of premature death, but few large studies of Hispanic populations exist. Between 1998 and 2004, a prospective study in Mexico City recruited 100,000 women and 50,000 men, and has followed cause-specific mortality electronically.	
<b>Methods:</b> Participants completed a baseline questionnaire (socio-demographic and lifestyle factors, medical history, medication use), had systolic blood pressure (SBP) and anthropometry recorded, and gave a blood sample for long-term storage. Cox regression estimated the relevance of blood pressure to mortality from particular causes at ages 35-74 years, after adjustment for confounders and exclusion of participants with prior chronic disease (other than diabetes).	
<b>Results:</b> Among the 138 097 included participants (93 162 women, 44 935 men, mean age 50 years), mean blood pressure increased with age, from 120/80 at ages 35-44, to 137/86 mmHg at ages 65-74 years. Antihypertensive drug use was 4% at ages 35-44 and 31% at 65-74 years. During 12 years' median follow-up, there were 3766 deaths from a vascular or metabolic cause. Baseline SBP was strongly and log-linearly related to death from such causes (top vs bottom quarter of the distribution of the baseline SBP measurement: death rate ratio [RR] 2.7, 95% CI 2.5-2.9). This included ischaemic heart disease (RR 2.8, 2.5-3.3), stroke (RR 3.7, 3.0-4.6), and renal death (RR 3.6, 3.1-4.1). RRs were similar for men and women but were more extreme at younger ages. At ages 35-74 years, those with diabetes diagnosed before recruitment had more than five times the death rate from vascular or metabolic diseases than other people (RR 5.5, 5.2-5.9). Consequently, although the RR per 20 mmHg baseline SBP measurement (uncorrected for regression dilution) was similar among those with and without previously diagnosed diabetes, the absolute relevance of blood pressure to risk at ages 35-74 was considerably greater for those with diabetes.	
<b>Conclusions:</b> Blood pressure is strongly related to mortality from vascular and metabolic disease in Mexico. More widespread use of inexpensive drugs that lower blood pressure and other risk factors (eg, LDL cholesterol), especially in those with diabetes or hypertension, could substantially reduce premature mortality.	

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