

Characteristics of the patients and their risk factors

¹: Mean (\pm SD), ²: Number of patients and percentage;
 § females < 65 yrs, males < 55 yrs;

Patient's Characteristics

Age (years) ¹
Body Mass Index (kg/m ²) ¹
18.5 - 24.9 (normal) ²
25 - 29.9 (pre-obese) ²
>- 30 (obese) ²
Gender "male" ²

Cardiologists' Polulation

45	12
30	3.8
3	5
32	51
28	44
29	46

History²

Cardiovascular diaseses§ (family)
Permitted antihypertensive medication
Low-dose aspirin
Very low salt content in diet

10	16
18	28
4	6
16	25

Hpertension Risk Factors²

Diabetes mellitus / Insulin
Dyslipidemia ²
consumption of lipid-lowering drugs
Cigarette smoking
Regular alcohol intake
Regular coffein intake
Sports activity < 20 min / day
Regular additional salt in diet
Sympathomimetics
Calcium intake
Magnesium intake
NSAID medication
Oestrogen medication / contraceptive
Prior myocardial infarction
By-pass operation
stroke

1	2
22	17
1	2
9	14
16	25
36	57
50	79
8	13
0	0
6	10
8	13
0	0
9	14
0	0
0	0
1	2

Baseline Blood Pressure (mmHg)

Office (nurse)¹

Right arm	systolic
	diastolic
Left arm	systolic
	diastolic
Heart Rate	right arm
Heart Rate	left arm

144	15
91	9
146	16
91	9
72	12
72	12

Ambulatory¹

24-Hr systolic	146	11
24-Hr diastolic	83	7
24-Hr heart rate	74	9.4
Daytime systolic	150	11
Daytime diastolic	86	8
Daytime heart rate	76	9.6
Nighttime systolic	133	16
Nighttime diastolic	76	9
Nighttime heart rate	67	10

Home¹

systolic (day 2 and 3)	148	17
diastolic (day 2 and 3)	88	10

Echocardiogram¹

left ventricular end-diastolic diameter (mm)	47	9
left ventricular shortening fraction (%)	27	8
enddiastolic diameter of the anterior wall (mm)	11	2
enddiastolic diameter of the posterior wall (mm)	10	2

Profile of quality of life in the chronically ill¹

Capacity of performance		
physical functioning	2.5	0.7
psychological functioning	2.5	0.6
social functioning	2.7	0.6
Wellbeing		
listing of symptoms	9.7	7.7
positive mood	2.2	0.7
negative mood	2.7	0.8
social well-being	2.9	0.6