

ABSTRACT

There is a synergistic relationship between diabetes and hypertension, atherosclerosis and coronary heart disease. Atherosclerosis is clogging of arteries by fatty plaque, which can results in CHD. Hyperlipidemia can be managed by a primary prevention approach, using health education, diet modification, and physical activity, as well as using drug therapy (hypolipidemic agents).

This study was aimed at assessing the frequency of screening of blood cholesterol and the management of hyperlipidemia in patients with both diabetes and hypertension who attended the clinic at the health center, department of Community Health and Psychiatry, University of the West Indies, Mona campus, during the period June 1997 to December 2000. One hundred and twenty seven of the patients who attended the clinic during the period June 1997 to December 2000 had both diabetes and hypertension.

Primary data was collected using a questionnaire, focus group and personal interviews; secondary data was collected from patients' records using a data extraction form. Questionnaires were administered to 59 (46%) of patients.

The population studied consisted of 78% (99) females and 22% (28) males. The mean age for females was 69.5 ± 11.6 years and males with a mean age 62.4 ± 13.6 years, the ages ranged from 37 to 91 years. 14% of patients were screened for cholesterol, at a rate of 13.4 per 100 patients, with 46% of those screened being hypercholesterolemia (cholesterol >6.5 mmol/L).

No drug therapy was administered to patients with hypercholesterolemia, however, patients received counseling on diet modification, physical exercise and compliance with anti hypertensive and hypoglycemic agents.

A proactive approach needs to be adopted by policy makers and health care provides. This can be achieved by involving the individual and community in the planning and implementation of programmes, which aims at improving the quality of their life