

PATTERN OF HYPERTENSION IN FAYOUM  
GOVERNORATE

Thesis

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Internal Medicine

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## Conclusion and Recommendations

The present study showed that the **prevalence of hypertension in Fayoum governorate was 28.4%**, only **68%** of them were **aware** of their hypertension, only **40.1%** of known hypertensive patients were **controlled** and **42%** of known hypertensive patients had **complications**. There is also high prevalence of **diabetes mellitus 23.9%**, **obesity 47.6%** and **smoking 14.6%**. More researches are required to reveal reasons behind these near low levels of control and awareness, in order to put in the picture appropriate policy to improve the rate of control and quality of life of hypertensive patients in Egypt.

### **Recommendations**

- To carry out more studies for better understanding of hypertension prevalence, awareness, treatment, risk factors and complications.
- To offer special courses for medical staff about diagnosis, treatment and management of hypertension.
- To expand awareness programs for the population about hypertension all over the country by trained personnel.
- To improve patient compliance by all possible ways.