CARDIOVASCULAR RISK LEVELS IN OBESE MILITARY PERSONNEL WITH ARTERIAL HYPERTENSION

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Background. Arterial hypertension (AH) remains one of the leading risk factors for cardiovascular morbidity and mortality worldwide. Obesity significantly aggravates the course of hypertension and is associated with an increased risk of cardiovascular complications. In military personnel, the combination of occupational stress, physical and psycho-emotional load, and metabolic disorders contributes to the early development of a high cardiovascular risk, which makes this issue particularly relevant from both clinical and preventive perspectives.

Materials and Methods. The study included 48 male military personnel aged 45–56 years with arterial hypertension and concomitant obesity. Cardiovascular risk levels were assessed using the SCORE2 risk estimation system recommended by the European Society of Cardiology. Clinical and anthropometric parameters were additionally analyzed.

Results. The results demonstrated a predominance of elevated cardiovascular risk levels among obese military personnel with arterial hypertension. Specifically, moderate cardiovascular risk was identified in 33.3% of patients (n = 16), high risk in 41.7% (n = 20), and very high risk in 25% (n = 12). Notably, none of the examined patients were classified as having low cardiovascular risk. These findings indicate that the coexistence of obesity

and arterial hypertension substantially increases cardiovascular risk in military personnel.

Conclusion. Obese military personnel with arterial hypertension predominantly exhibit high and very high levels of cardiovascular risk. The use of the SCORE2 system allows effective early risk stratification in this population and supports the development of personalized preventive and therapeutic strategies aimed at reducing future cardiovascular complications.