

ARTERIAL HYPERTENSION: MUCH MORE THAN AN IDIOPATHIC DISORDER?

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Due to the high prevalence of hypertension associated with hyperinsulinemia, it is important to study possible physiopathological mechanism that correlate these two metabolic parameters. Hypertension is usually considered idiopathic, although it may be associated to an increase in the sympathetic nervous activity which can be due to insulin levels. In this study, 183 apparently healthy individuals had plasma insulin levels determined by Microparticle Enzyme Immunoassay, after 12h fasting, and their blood pressure measured. Data were analyzed by ANOVA and the correlation was calculated by Z Test ($p < 0.05$). One third (31%) of the individuals were hypertensive, and their values of insulin (14.1 ± 1.4 ; mean \pm SEM) were significantly higher (42%) than those found for the normotensive individuals (9.9 ± 0.8), although both groups had insulin level in the reference range. It was also observed that both systolic and diastolic pressure values were positively correlated to insulin levels. Therefore, this work suggests that arterial hypertension is much more than an idiopathic disorder.

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Key words: systemic arterial hypertension, insulin levels, physiopathological mechanism