Conclusion
&
Summary
The conclusions of the current study are as follows:

1. Patients with a severe degree of hypertension (57% in stage II hypertension) were attending the hypertension clinic. The age and sex pattern observed was similar to those in other studies.

2. The symptoms commonly observed in this group were chest pain and headache (50% and 43% respectively). Oedema was seen least (9%) commonly.

3. Among the complications, coronary artery disease was commonest (60.1%), of which MI was seen in 20.3% of the patients, and ischemic heart disease was seen in 39.8% of the patients. This was followed by retinopathy, seen in 60% of patients, renal failure in 24.28% and CVA in 8.2% of the patients.

4. Among the biochemical profiles, hyperlipidemia had a high incidence, with as many as half of the patients showing at least borderline high values. STC > 200 mg% were seen in 70.14% of the patients, STG levels > 150 mg% were seen in 70% of the patients, while values ≥ 200 mg% (high) were seen in 31.4% of the patients (n = 22). LDL cholesterol was ≥ 130 mg% (borderline) was seen in 37.1% of the patients (n = 26), while it was ≥ 160 mg% (high) in 21.4% of the patients (n = 15).