

نمط امراض قصور الشرايين التاجية للمرضى الراقدين في وحدة انعاش القلب في  
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أجريت هذه الدراسة لبحث نمط امراض القلب للمرضى الراقدين في وحدة انعاش القلب للفترة من ٢٠٠٨/٢/١ لغاية ٢٠٠٨/٤/٣٠ وتم دراستها من حيث التشخيص وعلاقة المرض مع عوامل الاخطار مثل العمر ،الجنس،السكن،النشاط البدني،التدخين،داء السكري،ارتفاع ضغط الدم والسمنة وتبين من خلال البحث ان عدد الحالات الداخلة ٢٠٠ واغلب الحالات شخضت على انها ذبحة قلبية غير مستقرة (٥٢%) سجلت الحالات في الذكور(٥٦%) اكثر من في الاناث اغلب الحالات في عمر ما بين ٤٦-٥٦ (٥٧,٥%)وكانت عوامل الخطورة هي:

السمنة٤١% ،قلة الحركة ٥٩,٥% ،معظم الحالات سجلت من مناطق الحضر والمدن تم تحليل نتائج البحث ومقارنتها مع الدراسات العالمية التي اجريت على نفس الموضوع يتبين من البحث وكما ان معظم الباحثين متفقين على ان تجنب والوقاية من عوامل الاخطار كالتدخين ،ارتفاع ضغط الدم ،داء السكري ،السمنة وقلة الحركة تقلل من الاصابة بالنوبة القلبية لذا على مخططي السياسات الصحية الانتباه لاهمية ذلك لتقليل الاصابة بامراض القلب والشرايين.

Pattern of ischemic heart disease cases admitted to coronary care unit in baquba teaching hospital

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### Objectives :

The aim of this study is to show the pattern of ischemic heart disease (HD) cases admitted to CCU in Baquba teaching hospital and to study \HD cases in relation to certain variables (risk factors) which include age , sex , residency , occupation , physical activity , smoking diabetes mellitus (DM) hypertension and obesity.

### Methods :

The study included ٢٠٠ patients with IHD who were admitted to CCU in Baquba teaching hospital in a period of ٣ months from \St February to ٣٠th. April ٢٠٠٨ . We registered the risk factors of IHD as age , sex , DM , hypertension , smoking , obesity , physical inactivity and residency .

### Results :

This study showed that most of IHD cases were diagnosed as unstable angina (٥٢%) followed by myocardial infarction (MI) (٣٧%) and the remaining cases were angina pectoris (١١%) IHD was more in males (٥٦%) .Most cases were between (٤٦-٦٥) years old (٥٧,٥%) .

IHD was more in urban (٧٠,٥%) . Smokers were (٣١ .٥%) , diabetics (٢٥%) , hypertensives (٥٤%) , Obesity (٤١%) , physical inactivity (٥٩,٥%)

### Conclusion :

This study showed the pattern of IHD cases admitted to CCU in baquba teaching hospital and the relation of risk factors

and there percentage to IHD. So prevention , modification and improvement of risk factors can decrease numbers and severity of IHD in society .

### Introduction :

Cardiovascular disease (CVD) is common in the general population, affecting the majority of adults past the age of ٦٠ years. The prevalence of ischemic heart disease (IHD) is approximately one-third to one-half that of total CVD.

IHD is a major public health problem in industrialized nations (١) . In the USA for example IHD is the leading cause of death in adults accounting for approximately one-third of all deaths in subjects over the age of ٣٥ years (٢) . Hence emphasis on its primary as well as secondary prevention was given great attention by health authorities in western countries while age adjusted mortality from IHD is gradually falling in developed countries , it is set to become an epidemic in developing countries and over the next ٢٠ years will probably become the most important global health problem . As more developing countries adopt similar lifestyles to the west that result in increasing overweight and obesity, tobacco use, along with the rapid increase in diabetes that is occurring in aging population, it would be expected that their CVD patterns parallel that of the industrialized nations(٣)

IHD continue to be a leading cause of morbidity and mortality among adults worldwide including Jordan (٤). Many of the important risk factors for cardiovascular disease are modifiable by specific preventive measures. In the worldwide

(INTERHEART study of patients from ٥٢ countries, nine potentially modifiable factors accounted for over ٩٠ percent of the population attributable risk of a first MI. These include smoking, dyslipidemia, hypertension, diabetes, abdominal obesity, psychosocial factors, daily consumption of fruits and vegetables, regular alcohol consumption, and regular physical activity<sup>(٥)</sup>. The past decade has witnessed major strides in the prevention of IHD through modification of its risk factors which

include DM , hypertension , smoking obesity , physical inactivity and hyperlipidemia (٦) .

#### Methods :

The study included ٢٠٠ patients with IHD who were admitted to CCU in Baquba teaching hospital in a period of ٣ months from ١st. February to ٣٠th April ٢٠٠٨ . The patients were diagnosed as having IHD by specialist physicians depending on clinical history and examination and on ECG change of IHD . What risk factors the patients were having were registered including DM , hypertension , smoking , obesity , physical inactivity ,socio-economic status .

#### Results :

The total numbers of cases during study period were (٢٠٠). This study showed that most of IHD cases were diagnosed as unstable angina (١٠٤) cases i.e. (٥٢%) followed by myocardial infarction (MI) (٧٤) cases i.e. (٣٧%) and the remaining cases were angina pectoris (٢٢) cases i.e. (١١%) as shown in figure (١).

IHD was more in males (١١٢) cases i.e. (٥٦%) , females were (٨٨) cases i.e.(٤٤%) as shown in figure (٢) .

Most cases were between (٤٦-٦٥) years old (١١٥) cases i.e. (٥٧,٥%) as shown in table (١). IHD was more in urban ١٤١

patients (٧٠,٥%) than in rural ٥٩ patients (٢٩,٥%) as shown in figure (٣).

The distribution of risk factors was as the followings : Smokers were (٦٣) cases i.e. (٣١,٥%) diabetics were ٥٠ cases i.e. (٢٥%) , hypertensive patients were (١٠٨) i.e. (٥٤%) Obese patients were (٨٢) i.e. (٤١%), patients with positive family history were (٥٤) i.e.(٢٧%), physically active patients were (٨١) i.e. (٤٠,٥%) , physically inactive patients were ١١٩ i.e. (٥٩,٥%) as shown in table(٢).

Most of IHD patients were from middle socio-economic status (١٣٠) patients i.e. (٦٥%), followed by low socioeconomic status (٤١) patients i.e. (٢٠,٥%), followed by good socioeconomic status (٢٩) i.e.(١٤,٥%) as shown in figure (٤).

Most patients with hypertension were having mild hypertension (٥٣) cases i.e. ( ٤٩%) followed by severe hypertension (٤٢) cases i.e. (٣٨,٥%) followed by moderate hypertension (١٣) cases i.e. (١٢,٥%) as shown in figure (٥).

Most patients were grade I (٤٠) obese cases i.e. (٤٨%) followed by grade II (٣٦) obese cases i.e. ( ٤٤%) followed by grade III (٦) obese cases i.e. (٨%) as shown in figure (٦).

Distribution of cases according to the Job was as the following : Most of the cases were house wives (٩٦) patients i.e. (٤٨%) followed by retired patients (٣٢) i.e.(١٦%) followed by workers (٢٢) patients i.e. (١٠,٥%) followed by no work (١٧) patients i.e. (٨,٥%) followed by clerks (١١) patients i.e. (٥,٥) followed by farmers (٩) patients i.e. (٤,٥%) followed by teachers (٨) patients i.e. (٤%) followed by medical stuff (٢) patients i.e. (١%) , Drivers (٢) patients i.e. (١%) ,military (٢) patients i.e. (١%) as shown in table (٣) . Among females ١٩,٥% were using oral contraceptive pills .

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Discussion :

This study show the pattern of patients who were admitted to CCU in Baquba teaching hospital in Diyala governorate in Iraq . And provides data on the relationship of IHD and its risk factors .

Regarding the type of IHD most of the patients admitted to our CCU were unstable angina (٥٢%) followed by MI (٣٧%) followed by stable angina pectoris (١١%) and this is simply due to that most cases admitted to CCU are the argent and risky cases as the cases of unstable angina and M.I but the stable angina are less argent treated mostly by cardiologist as outpatient cases so to lesser extent they were admitted to CCU .

Most of the patient admitted to CCU were males (٥٦%) more than females (٤٤%) because it is said and well known that IHD affect males more than females specially before the age of ٦٠ years This shown in study in finland (Coronary heart disease CHD is markedly more common in men than in women. In both sexes, CHD risk increases with age, but the increase is sharper in women.-the study cohort consists of ١٤٧٨٦ Finnish men and women ٢٥ to ٦٤ years old at baseline. The following cardiovascular risk factors were determined: smoking, serum total cholesterol, HDL cholesterol, blood pressure, body mass index, and diabetes. Risk factor measurements were done in ١٩٨٢ or 1 ٩٨٧, and the cohorts were followed up until the end of ١٩٩٤. The Cox proportional hazards model was used to assess the relation between risk factors and CHD risk. CHD incidence in men compared with women was approximately ٣ times higher and mortality was approximately ٥ times higher. Most of the risk factors were more favorable in women, but the sex difference in risk factor levels diminished with increasing age.

Differences in risk factors between sexes, particularly in HDL cholesterol and smoking, explained nearly half of the difference in CHD risk between men and women. Differences in serum

total cholesterol level, blood pressure, body mass index, and diabetes prevalence explained about one-third of the age-related increase in CHD risk among men and ٥٠% to ٦٠% among women.)<sup>(١٢)</sup>

As noted above increasing age make increase incidence of IHD . So in our study most cases were between ( ٤٦-٦٥) years old .

Regarding distribution of cases of IHD according to residency (١٤١) cases (٧٠,٥%) were from urban area , (٥٩) cases (٢٩,٥%) were from rural area this is due to that in urban area people have more complicated life, more psychological stress and more sedentary work i.e. less physical activity and so affected more by IHD than people in rural area .

Our study shows that significant number of patients had different risk factors for IHD (٥٤%) having hypertension , (٤١%) are obese ,(٢٥%) are diabetics ,(٣١,٥%) are smokers , (٥٩,٥%) are physically inactions .And all that are well known risk factors increasing affection by IHD , many studies prove that, as Framingham Study (Long-standing risk factors for the development of coronary artery disease (CAD) have typically included age, blood levels of total and high-density lipoprotein (HDL) cholesterol, blood pressure, cigarette use, diabetes mellitus, and left ventricular hypertrophy on electrocardiography <sup>(١٣)</sup> In BMC public health - covet study the prevalence of risk factors were hypertension ٣٩,٦% , DM ٩,٣% , smoking ١٧,٥% , obesity ٢٥,١% .<sup>(٨)</sup>

In Balearic Island study , hypertension ٤٧,٨% , smoking ٢٧% , DM ١١,٧% , obesity ٢٧% .<sup>(٩)</sup>

In another study done in Tabriz heart centre in Iran obesity was the most common abnormality (٩٣,٥%) followed by diabetes (٥٨,٤%), low physical activity (٤١,٦%) hypertension ٢٨,٤% , smoking ٢٠% .

Regarding distribution of cases of IHD according to the job our study show IHD affect house wives (٤٨%) and retired cases (١٦%) more as those have less physical activity so become more liable for affection by IHD and other jobs like farmers , military , workers having more physical activity will be less affected by IHD .

Contraceptive pill use by women increase the risk of IHD affection specially if combined with smoking they cause thrombi more than causing atherosclerosis in coronary vesseles as an auidology for IHD and M١ .

In our study the risk factors for IHD were hypertension ٥٤% , DM ٢٥% , smoking ٣١,٥% , obesity ٤١% ,physical inactivity (٥٩,٥%) and these percentage of risk factors indicate the importance and significance of urgent attention to these risk factors , most researchers agree that modifying these risk factors can influence the control and decrease the affection by IHD . So urgent measures should be taken by health personnel and policy makers to modify lifestyles including alteration in diet , calories lipid and cholesterol intake , increase in physical activity , cessation of cigarette smoking and decrease in psychological stress .

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