

Prevalence and risk factors for thromboembolic events in adult outpatient population

Mohamad Ammar Ayass, Sartaj Alam and Gul Nowshad

Ayass Lung Clinic & Sleep Center, USA

Introduction: Research suggests that thrombotic factors, inflammation, and immune responses are added risk factors for thromboembolic events and stroke. There is limited literature regarding the mechanism these risk factors mediate the disease.

Purpose: Early risk-identification and dissemination of information will result in early disease prevention and improved patient outcomes.

Method: This is a retrospective cohort of patients in private practice setup and D-dimer was used as an indicator of thromboembolic event.

Results: Out of 400, one third of patients have moderate (230-500 ng/mL), and 15% have high risk (>500) of thromboembolic events. Age has 5% increase in adjusted relative risk ratio (RRR) per year increase ($P=0.006$) and BMI has about 4% for every unit increase ($P=0.09$) among the moderate risk patients. Obstructive sleep apnea is having a 266% relative risk of moderate level increase in D-dimer ($P=0.028$). Hispanic has 2.34 times higher relative risk ratios among the high risk patients ($P=0.037$). Factor VIII exhibit significant relationship with outcome for both moderate and high risk patients with ($P=0.03$) and ($P=0.001$) respectively.

Conclusion: Hispanic, older, heavy weight, patients, diagnosed with obstructive sleep apnea and high blood level of factor VIII had significantly higher levels of D-dimer. Identification of uncommon risk factors for thromboembolic event, beyond established risk factors is very vital to assess the individual risk of thrombosis. Based on this new information we can develop and advance policies to improve prevention, early detection, and control of thromboembolic events. Additional large prospective studies are required to further delineate the underlying pathology.

Biography

Mohamad Ammar Ayass has MD degree from Damascus University College of Medicine And board certified internist as well as specialized in pulmonary diseases. He has been practicing Internal medicine for almost 15 years. He is the director of Ayass Lung Clinic & Sleep Center, a specialized pulmonary care service organization. He believes in improving quality of care and outcome of patients. He is a patient advocate and has been actively involved in patient education and community health awareness in San Angelo, Texas.

mayass@ayasslungclinic.com