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Syncope and presyncope in adolescents: A single-center experience

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Syncope and Presyncope in adolescents: Syncope is defined as a transient, self-limited loss of consciousness (LOC). The underlying mechanism is a transient global cerebral hypoperfusion. Presyncope is the sensation that one is about to pass out without LOC. The aim of this study is to analyze the clinical manifestations, diagnostic methods, treatment, and prognosis between syncope and presyncope in a single center. We performed a retrospective review of medical records of hospitalized adolescents with syncope and presyncope between January 2008 and June 2018 in Daegu Fatima Hospital. Of the 231 patients, 153 were finally included in the study. The patients have no underlying diseases and positive head-up tilt test (HUT). We examined laboratory test, HUT, transcranial doppler study (TCD), and autonomic function tests. We analyzed the type, inducible factor, prodromal symptoms, management, and prognosis of syncope. Among the 153 patients, 108 have syncope and 45 have presyncope. There were no significant differences in sex, age, inducible factor, prodromal symptoms, laboratory finding, HUT, autonomic function tests (Composite Autonomic Severity Score), type of syncope, treatment, and prognosis between the two groups. Pulsatility index in TCD was significantly lower in patients with syncope than in those with presyncope ($P = 0.031$). Syncope and presyncope in adolescents are common and have a good prognosis. Both of them are caused by the same mechanism such as the decrease of cerebral blood flow and abnormal autonomic function. Syncope and presyncope are benign disease that can disappear without recurrence through by preventive education and appropriate medication.