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Main correlates of congenital heart defects

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Background: Enhancing knowledge towards main correlates and risk factors for congenital heart anomaly is important because of its high mortality and morbidity. The present study aimed to assess main correlates of congenital heart defects in our population.

Methods: In a case-control study, 464 consecutive children with congenital heart defects confirmed on clinical manifestations as well as complementary diagnostic tests such as echocardiography, CT scan or MRI were assessed. Also, 434 sex and agematched children without any evidences of congenital heart anomalies were included as the control. The study information was collected by questionnaire that fills by parents and physician in outpatient pediatric cardiology clinic.

Results: In the group with congenital heart defects, the most prevalent abnormality was VSD (33.6%), followed by PDA (20.3%) and PS (20.1%). Regarding primary cardiac findings leading diagnosis of heart defects, in addition to cardiac murmurs were found chest pain in 0.9%, palpitation in 2.4%, dyspnea during activity in 2.3%, and cardiomegaly in 0.9%. Early diagnosis was based on pediatrician in 56.0%, on general physician examination in 13.6%, and on doubt of parents in 2.7%, According to the multivariate logistic regression modeling, main correlates of congenital heart defects included fatigue during breast feeding, fatigue during activity, frequent colds, pulmonary disorders, obesity, history of abortion, and consanguineous marriage. Also, breast feeding was adversely correlated to congenital heart defects.

Conclusion: The main factors correlated to heart defects included fatigue during breast feeding and during activity, history of frequent colds, various pulmonary disorders, obesity, history of abortion, and consanguineous marriage. In this regard, breast feeding could predict lack of congenital heart defects.

Biography

Alireza Ahmadi has completed his Pediatric specialist board from Isfahan University and pediatric cardiology from Iran University in Tehran. He is member of Isfahan Cardiovascular Research Center and Associate Professor of Isfahan Medical School. He has published more than 17 papers in reputed journals.

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