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## Cardiovascular diseases are the leading cause of morbidity and mortality worldwide

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**Introduction & Aim:** Cardiovascular diseases are the leading cause of morbidity and mortality worldwide. About 30% of patients with heart failure develops anemia that increase the rate of morbidity and mortality. Previous studies have shown the beneficial effect of treating underlying anemia on prognosis, survival and decreased hospitalization rate and treatment costs. We studied the prevalence of anemia in patient's condition.

**Method:** We studied on 206 patients with chronic heart failure (CHF). These patients were randomly selected on Framingham criteria. Information was collected via questioner and patients were followed for 4 months. Patients were categorized to three different groups based on type of anemia; group one with normal hemoglobin level, group 2 with anemia of chronic disease, group 3 with iron deficiency anemia. All patients were optimally treated for heart failure. Patients with anemia of chronic disease received folic acid while patients with iron deficiency anemia were treated with iron sulfate. We compared the results of ejection fraction, functional capacity, hemoglobin level and MCV before and after treatment.

**Result:** The prevalence of anemia in our patients was 36.4% with 10.7% of patients had iron deficiency anemia and 25.7% had anemia of chronic disease. With increasing age, the prevalence of iron deficiency anemia decrease while anemia of chronic disease increase. Mortality rate in anemia group was 4.9 times higher comparing to patients with normal level. After treatment, there was significant increase in hemoglobin level that was more prominent in iron deficiency anemia (IDA) group EF increased in all group but it was more conspicuous in IDA group MCH and MCHC treatment in IDA group and chronic disease group while platelet count significantly decreased in these two groups after treatment.

### Biography

Hooman Rahmani is a Heart Specialist in Iran since 2011. He has been selected for Medical Olympiad in the same year and had an article in OMIC & USA magazine in "CHF" in 2012. Since 5 years he is practicing in Iran and currently working with "Mohebe Mehr" Hospital in Tehran and also with 3 other hospitals as on call specialist.

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