

# 17<sup>th</sup> European Heart Disease and Heart Failure Congress &

2<sup>nd</sup> International Conference on

## Cardiovascular Medicine and Cardiac Surgery

March 15-17, 2017 London, UK

### Effect of vitamin C on incidence of postoperative atrial fibrillation in patients undergoing coronary artery bypass grafting surgery +/- valve surgery

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**Objective:** Experimental evidence correlates oxidative stress with atrial electrical remodeling which turned to be one of the most important factors in developing postoperative atrial fibrillation (AF). Some evidences have shown the role of antioxidant vitamins in preventing postoperative AF. We designed this study to evaluate the effect of orally administered vitamin C on the incidence of postoperative AF in patients undergoing coronary artery bypass grafting (CABG) +/- valve surgery.

**Methods:** 380 patients undergoing CABG +/- valve surgery were equally divided into group A in which patients received (1 gm/12 hours) of vitamin C orally one day preoperatively and all through their postoperative hospital stay and group B in which patients received a placebo as a control group. All patients were continuously monitored after surgery in the intensive therapy unit and afterwards with 12 lead ECG daily done until their discharge.

**Results:** The mean age of patients was  $57.16 \pm 8.84$  years in Group (A) and  $56.91 \pm 8.09$  years in group B, ( $p > 0.05$ ). Postoperative AF developed in 7 (3.6%) and 42 (22.1%) patients in groups A and B, respectively ( $p < 0.001$ ). The intensive therapy unit stay was  $1.81 \pm 0.41$  and  $2.12 \pm 0.52$  days for groups A and B, respectively ( $p < 0.001$ ). The hospital stay was  $5.67 \pm 0.62$  versus  $6.10 \pm 1.12$  days for groups A and B, respectively ( $p < 0.001$ ).

**Conclusions:** Oral vitamin C is a safe and cheap supplementation that can be used to decrease incidence of postoperative AF in patients undergoing CABG +/- valve surgery.

#### Biography

Sherif A S A Mansour is a Consultant of Cardiothoracic Surgery in Ministry of Health Hospitals, in addition to working as a Surgeon in Royal Stoke Hospital, Stoke-on-Trent, UK. He works at the Ain Shams University in Cairo, Egypt as a Senior Lecturer. He is subspecialized in Off Pump CABG, minimal invasive cardiac surgery with fantastic results and many contributions to various cardiac surgery centers in the Middle East, Asia and Africa. He has publications in the peer reviewed journals and contributions in some published cardiothoracic books with many contributions at international conferences across Europe and Asia. Recently, he started to explore the field of Robotic Heart Surgery with strong steps toward achieving his goal of mastering it.

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