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Strategies to prevent cardiac diseases in childhood

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The burden of cardiac disease is a sum of 1% of the general population suffering from Congenital Heart Disease (CHD) and an unknown high prevalence of acquired disease. Cardiomyopathies, arrhythmias - sudden cardiac death, rheumatic heart disease, hypertension and accelerating atherosclerosis are among the most frequent. Adding on, genetic syndromes including cardiac defects, endocarditis and myocarditis we can address a large pediatric population worldwide, suffering from heart disease. Diagnosis and treatment of these diseases are not afforded in many countries worldwide due to lack of human and material resources. The aim of this paper is to describe how some of the above mentioned can be either early detected or prevented. We focus on some forms of severe CHD, sudden cardiac death linked to sport activities and detecting- preventing CVD in the young. Measurements of pre and post ductal saturation of oxygen using pulse oximeters, on the third day from birth, can early and cheaply detect Ductal Arteriosus dependent pulmonary/ systemic and cyanotic CHD's, saving lives. The use of a combination of detailed medical history, physical examination and 12 lead ECG, during a pre-participation in sport activities screening test can prevent sudden cardiac death. Screening and treating existent risk factors for CVD as well as preventing obesity and hypertension, contributes in the burden of CVD.

Biography

Andreas C Petropoulos graduated from Aristotle University's Medical School, Greece in 1989, followed by a 30 year career as a Medical Officer, Senior Flight Surgeon in the Hellenic Air-Force. He is specialized in Aviation, Hyperbaric Medicine, Pediatrics, Fetal, Pediatrics and Congenital Cardiology in USA and Europe. He holds MSc in Preventive Cardiology and is an AEPC Prevention Working Group member. He worked and lectured in Athens and Brussels universities. Currently he consults in Fetal, Pediatrics, Congenital Cardiology in Merkezi Klinika and is an Associate Professor at the State University and Postgraduate and CME Center in Azerbaijan. His research focuses on prevention, CVD imaging techniques, fetal cardiology and heart failure.

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