Cardiovascular disease pattern in Outpatient Department of Gondar University Referral Hospital: A 6 year retrospective cross sectional study

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Objective: The aim of this study is to assess the pattern of cardiovascular diseases and associated factors in Outpatient Department of Cardiac Clinic of Gondar University Referral Hospital.

Method: A retrospective cross-sectional study was employed to describe pattern of cardiovascular diseases among patients registered and started follow-up at the outpatient chronic illness clinic of Gondar University Referral Hospital during the period from October, 2010 – October, 2015. The data were collected from August, 2015 till December, 2015. The collected data were cleaned, entered and analyzed in SPSS for Windows version 20.0. Chi square and binary logistic regression was performed to test significant difference among predictive variables and cardiovascular diseases.

Result: Out of 1105 patient medical records, 862 fulfilled the inclusion criteria. Majority of the patients were females (65%) and living in urban areas (62.7%). Two third (65.2) of cardiovascular patients were above 50 years of age and a quarter of CVD patients were in age range of 50-59. In 37.7% of patients, headache was the reason for first time visit to hospital and to be diagnosed for CVDs. Hypertension accounts for the majority (62.3%) of cardiovascular patients followed by heart failure (23.9%). Dyslipidemia (86.2%), Hypertension (72.8%) and Ischemic heart diseases (73.2%) were associated with urban residency (p<0.01). Patients from rural (COR=1.306(1.026-2.166), AOR=1.272(1.017-2.030)) and patients with additional illnesses (COR=1.813(1.279-2.782), AOR=1.551(1.177-2.705)) were more likely to poor cardiovascular disease outcome by the physician assessment on their last follow up (p<0.05, CI- 95%).

Conclusion: Hypertension was found the most frequent cardiovascular disease followed by heart failure; and hypertensive heart disease was the leading cause of cardiac diseases. Most of the patients had improved assessment by their physician on their last follow up, but patients from rural and comorbidty conditions were risks to increase poor cardiovascular outcome.

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Some factors of system hypophysis-gonad at the men ills of arterial hypertensia

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For purpose of this research was studying of functional condition of system hypophysis-gonad at the men ills by AH and also influences of hormonal correction of the revealed infringements of pas factors of pathogenesis and current AH. Considering, that level of the common and especially free testosterone decreases with the years studying of the given problem expeditiously at the age of 20-50 years. We survey 40 men, patients with AH at the age of 20-50 years and 20 healthy men of the same age with normal weight of a body and without bad heredity on diseases of endocrine systems. At comparison of the received results of hormonal indicators of patients with AH, in two age groups it has appeared, that at men of I age group lower level of T and higher factor LT/T. Concerning other investigated hormonal indicators of authentic distinctions between groups of patients with AH of different age it is not revealed. Increase of factor LH/T and low T, also insufficient lifting T in reply to stimulation with HH to part of patients with high arterial pressure, testify in favor of primary defeat of gonads. However disinhibition on increase FSH, LH, gonadotropic hypophysis functions even in young group of patients appeared insignificant and statistically doubtful. Thus, obtained data specify in decrease of testosterone producing functions of gonads at patients with AH, especially expressed in young age. In this connection, inclusion of preparations testosterone in complex treatment of patients with in the given age group is expedient.

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