

Adults Causes of Dilated Cardiomyopathy in Al-Salam Hospital, Mosul city, Iraq

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ABSTRACT

This description study to describe causes of dilated cardiomyopathy, also the effect of age, gender and residency. The common cause is idiopathic including myocarditis (the viral study not done to the patients because it is expensive and difficult to most of the patients) causes by viruses (66 patients) 49%. The second cause is Diabetes (34 patients) 25%. The third cause is puerperal cause is (25 patient) 19%. The fourth cause is chemotherapy (4 patients) 3%. The fifth cause is Thyroid disease (3 cases) 2%. Finally, Alcoholic patients (2 patients) 2%. According to the age at (15-25) are 7 cases, at (25-35) are 21 cases, at (35-45) are 35 cases, at (45-55) are 39 cases, at (55-65) are 28 cases and at (65-75) are 4 cases. (cases of dilated cardiomyopathy)

INTRODUCTION

Dilated cardiomyopathies (DCM) are characterized by direct damage to the heart muscle that causes dilation and impairment of left ventricular (LV) contraction or both ventricles.^[1,2] They constitute the evolutionary term of a heterogeneous group of cardiac and extra cardiac pathologies. Their etiology may be primitive or secondary. The term Idiopathic DCM refers when etiology is not known and it is the most common form of cardiomyopathy. It is a major public health problem due to its morbidity and mortality.^[2,3]

Research over recent decades has shed new light on the etiology and natural history of dilated cardiomyopathy (DCM).⁴⁻¹¹

Causes of Cardiomyopathy are: Dilated, Hypertrophic, Restrictive

Presentation

Most patients present between the ages of 20 and 60, but dilated cardiomyopathy can occur in children and older adults.¹² Affected patients can present in a number of different ways.^{12,13}

Usually as symptoms and signs of heart failure including: Shortness of breath whether exertional or at rest, Leg oedema, Palpitation, Lethargy and reduced appetite, Easy fatigability...etc.

Aim of the study:

- to describe causes of dilated cardiomyopathy, also the effect of age, gender and residency.

Diagnosis

The gold standard for diagnosis is: Echo cardiopathy, C.T Angio or ordinary Angio done for most of the cases (except purpureal to exclude IHD). Thyroid function test for some cases.

Patients and Methods

Study setting, the information was collected in Echocardiography unit in the Al-Salam hospital .

Study Design

As observational descriptive cross sectional study was adopted to know the causes of DCM and age prevalence. The study period is 18 months From December-2017 To May-2019).

Study samples are 134 cases of DCM were collected from patients in AL Salam hospital according to guideline protocol from the British society of echocardiography¹⁴

RESULTS

According to the gender , 54% were male while 46% are female as in (Fig. 1)

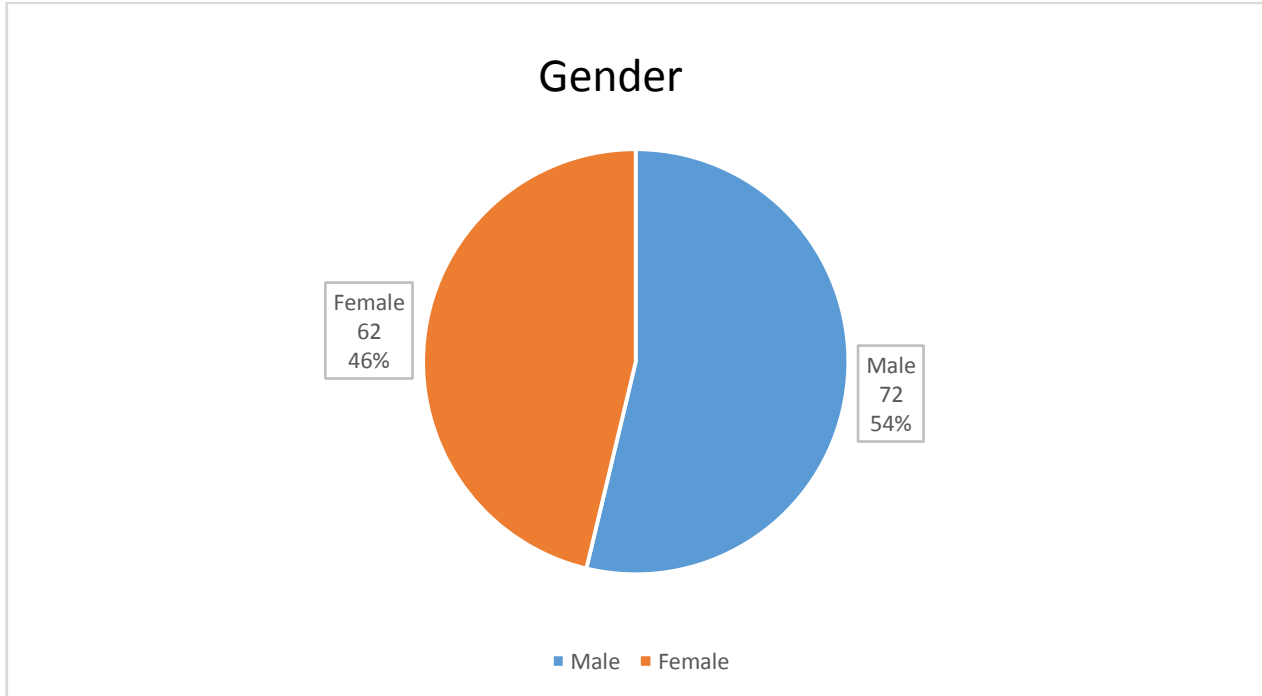


Fig. (1): Regarding the causes of dilated cardiomyopathy in this study sample

The most common cause is idiopathic, and the alcoholic cause is less common. As in (Fig 2)

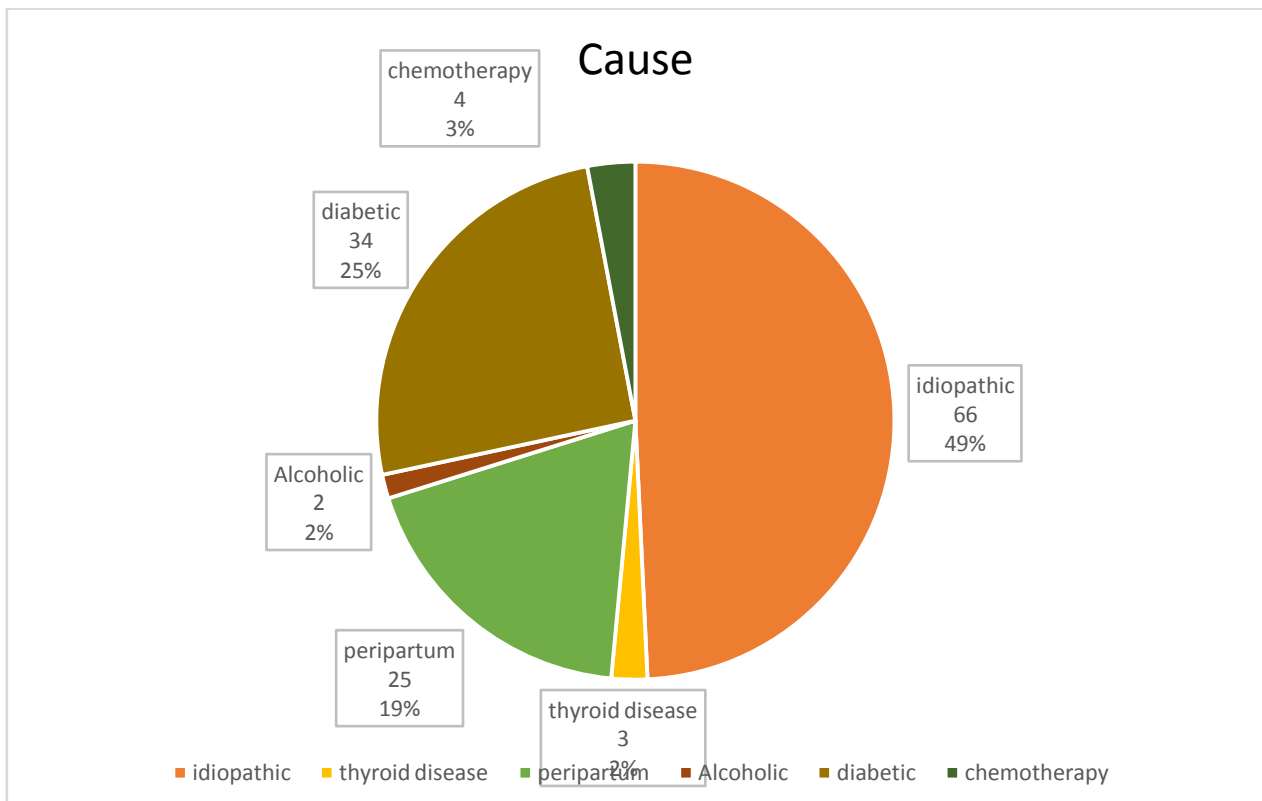
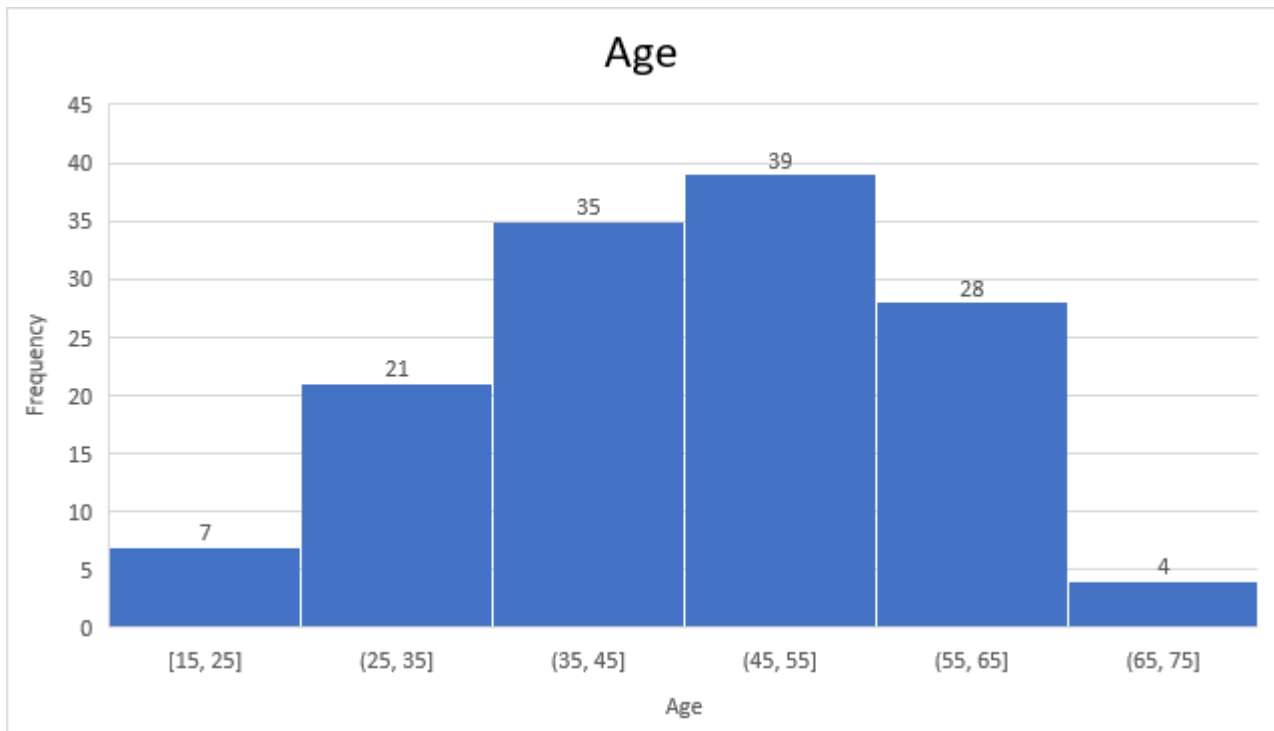


Fig (2): Age group of our study mainly 45-55 year while the less age group is 65-75 year that's show in(Tab.1)

(Table1) : age grouping distribution of the sample size



Residency

91 % of our study sample size is in urban area, while less than is in rural area. As show in (Fig 3)

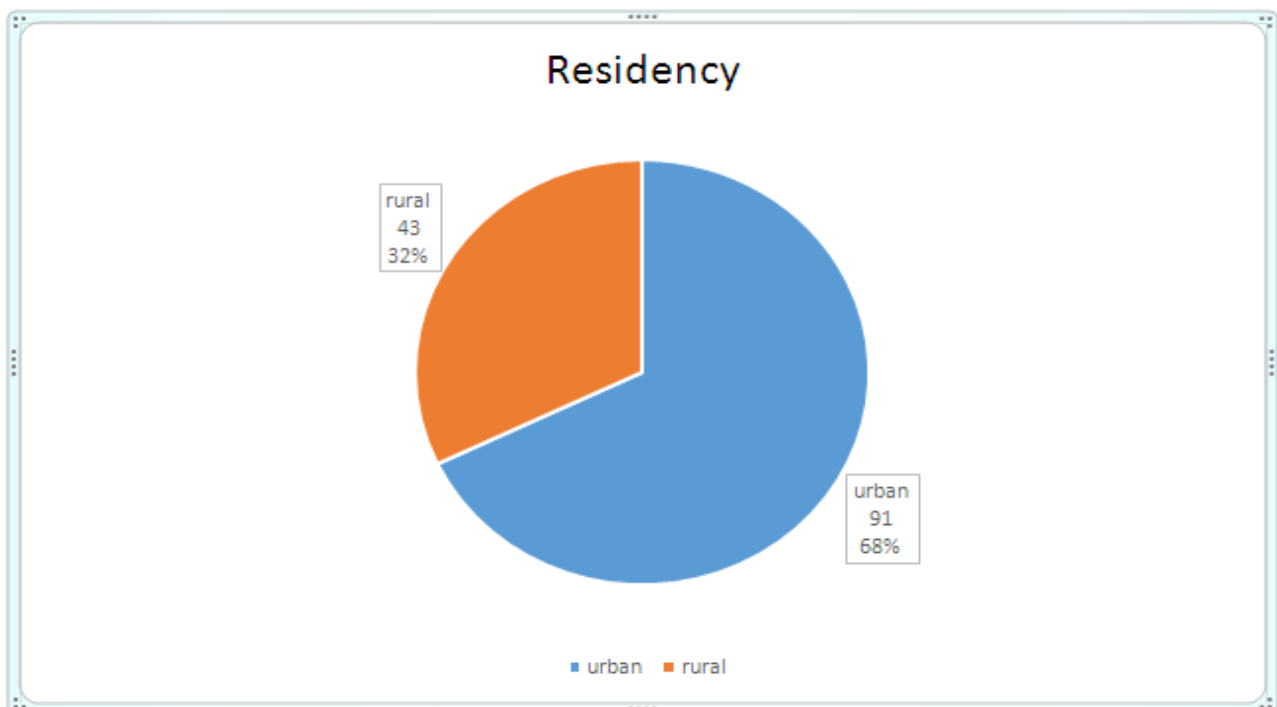


Fig (3): Residency distribution of the sample size

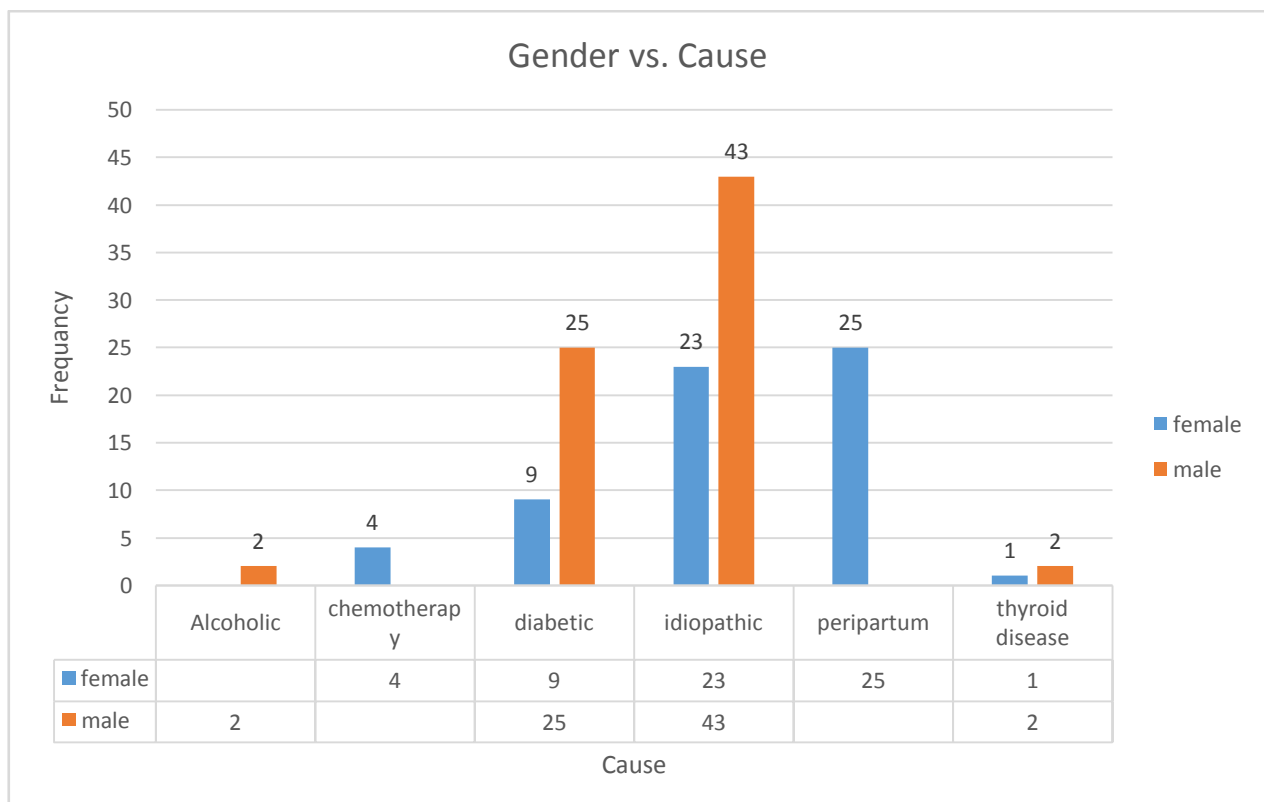
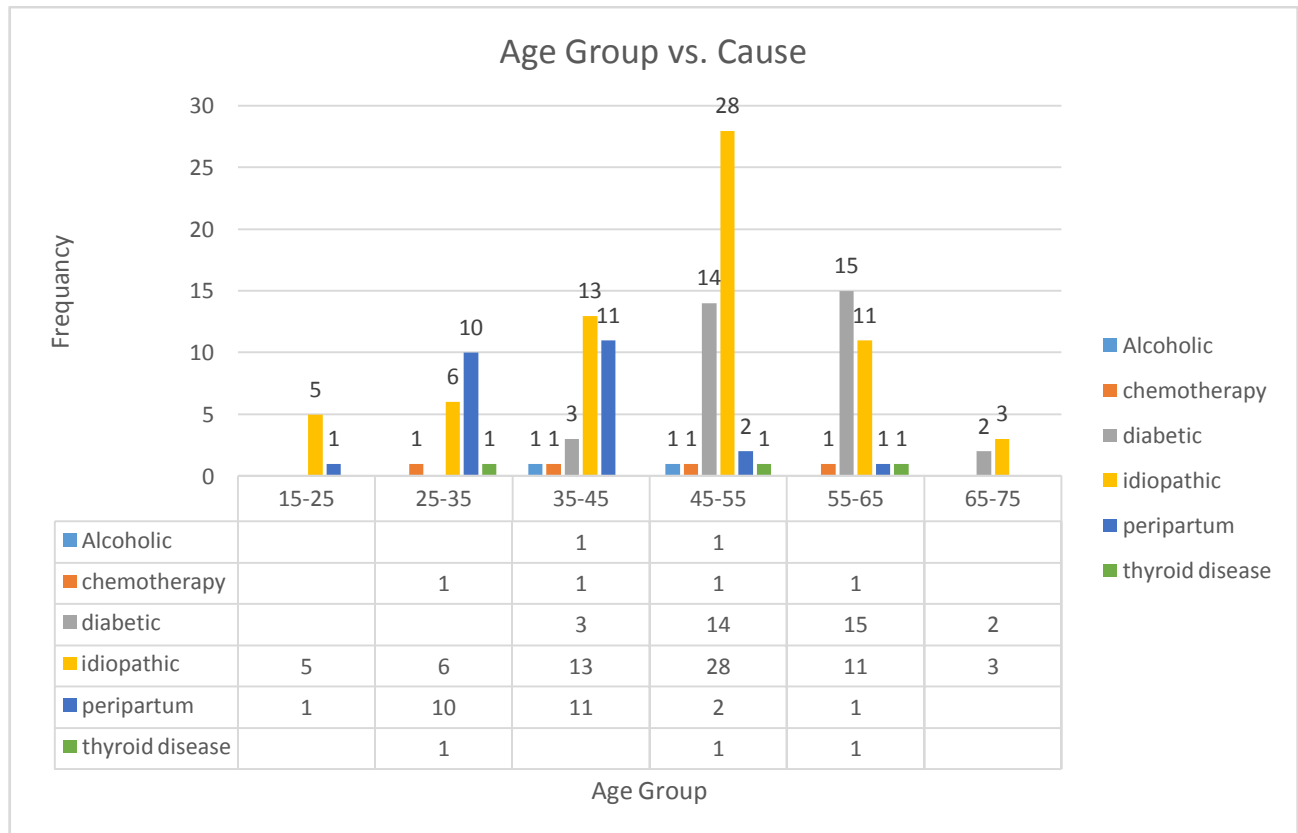
DISCUSSION

The DCM is important cause of heart failure. Knowing the cause is so important as some causes the prognosis good and other causes the prognosis is bad For example: Viral Myocarditis, thyroid disease and some purpuereal causes the prognosis is promising While Idiopathic or Diabetic prognosis is bad.

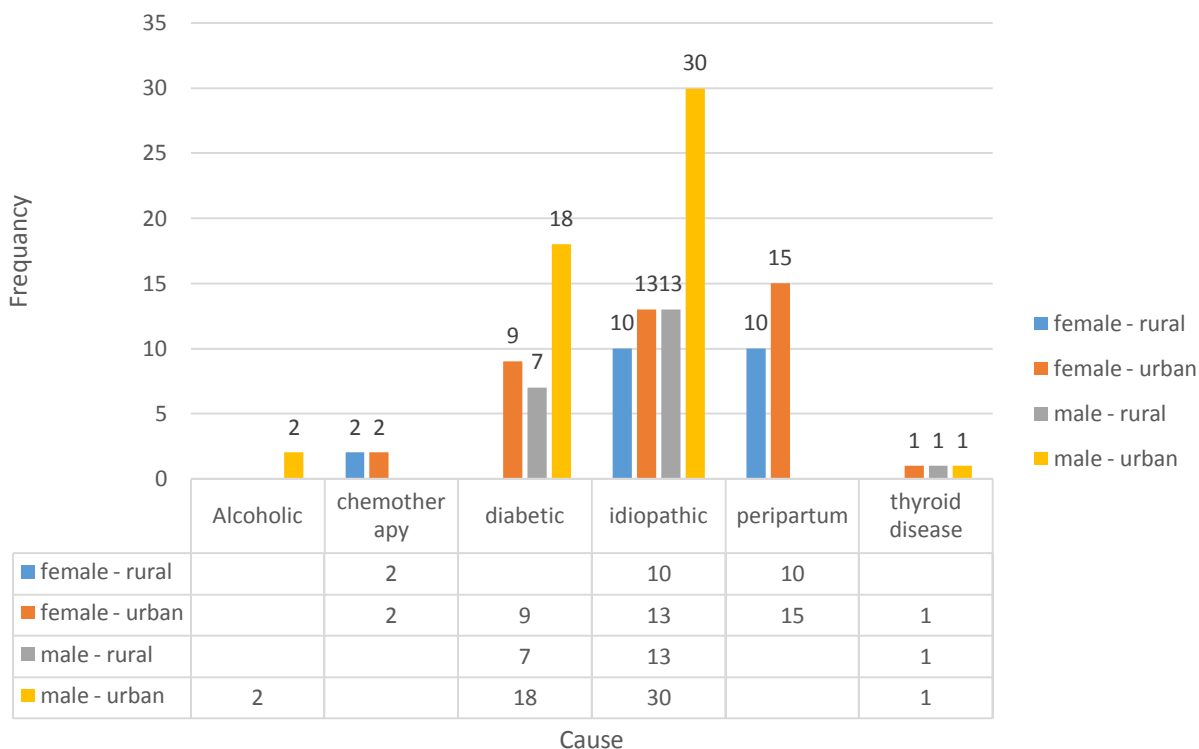
CONCLUSION

There are at least 7 causes of DCM, and knowing the cause is so important in the management of this important cause of heart failure.

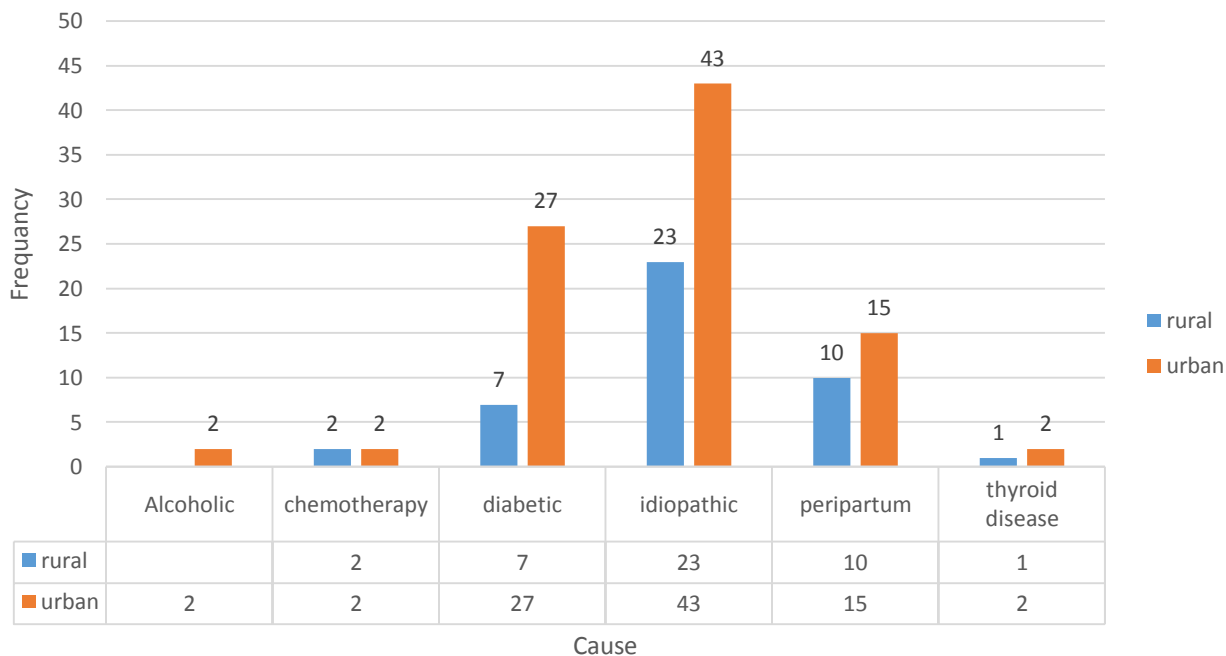
Appendix



Gender & Residency vs. Cause



Residency vs. Cause



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