

Prevalence and risk factors of left ventricular hypertrophy among haemodialysis patients in Gezeira hospital for renal diseases and surgery

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Abstract

Cardiac disease is major cause of sudden death in dialysis patient according to reports from largest international registers. And Left ventricular hypertrophy is strongest independent predictor of cardiovascular mortality in dialysis patients and it is worsening associated with SCD. Several studies demonstrated prevalence of LVH is high among patients on maintenance haemodialysis and many risk factors associated with it was found in these patients are anaemia, hypertension and volume overload. Early and proper management of these factors prevent and regress the development of LVH, for that many clinical and nephrologist researchers focus their attention on processes and factors that are present in these patients. Aim: The aim of this study is to determine the prevalence of left ventricular hypertrophy and risk factors among patients on regular haemodialysis in Gezeira hospital for renal disease and surgery. Method : This study (cross-sectional study) was conducted on 70 patients on regular haemodialysis (according to inclusion and exclusion criteria), questionnaire, blood pressure measurement, blood sampling for haemoglobin, ECG and echocardiography was done. Result : patient age was 42 ± 12 years" mean \pm SD" (minimum age was 20 and maximum 80 years), and 57% of patients were male. the of LVH found in 68% (by echocardiography, only 7% diagnosed by ECG), (out 40 male patients 30 and out 30 female patients 15). 88% of the patients had anaemia with Hb < 12 gm/dl, and is found in 44 out 48 patients with LVH, Systemic hypertension with BP > 140/90 mmHg was present in 74% of the patients, and is found in 42 out 48 patients with LVH, volume overload were present among 63% of patients according to examination (32 out of 48 patients with LVH), A chi square test was performed to measure relationship between (age, gender, anaemia, volume overload, HTN and duration of dialysis) and LVH, the relationship was statistically significant between age and LVH, HTN and LVH, DOD and LVH, P value were .001, .013 and .005 respectively. : in this study we conclude that LVH is highly prevalent among haemodialysis patients, and there is significant relationship between age, HTN and DOD and LVH.

Biography

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