

## EPIDEMIOLOGICAL DATA OF CONGENITAL HEART DISEASE IN OUR CENTER

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### Abstract

**Background:** Congenital heart defects (CHD) are among the most common birth defects and are the leading cause of birth defect-related deaths. The incidence of congenital heart disease in live newborns varies from 4.1/1000 to 12.3/1000 (1.5). The incidence of CHD in underdeveloped countries is unknown, but the distribution of different lesions is fairly similar to those in developed countries. This study is the first report that aims to present the epidemiological data of congenital heart disease in our Pediatric Cardiology Unit as the single tertiary care pediatric cardiac center in Albania.

**Methods:** Were analyzed retrospectively the data-base of the outpatient clinic of our service between December 2010 and December 2011 who were referred for evaluation by the Pediatric community. All patients were evaluated with physical examination, electrocardiogram and echocardiography.

**Results:** Were analyzed 1878 cases: 887 cases (48%) males and 991 cases (52%) females, ages 1 day-15 years (mean age 3.8 years  $\pm$  3.7). Among 1878 patients examined, 1325 cases (70.6%) had a normal heart, and 553 cases (29.4%) were diagnosed with CHD, and 198 of these cases were diagnosed for the first time. Ventricular

Septal Defect (VSD) was the most common lesion with 49 cases (25%), followed by Patent Ductus Arteriosus (PDA) with 19 cases (9.7%), ASD atrial septal defect with 17 cases (8.5%). Tetralogy of Fallot is the most common cyanotic heart disease with 17 cases (9%) and complex heart defect in about 8-9% of cases. Maximum number of children with heart disease were diagnosed between 0-3 years of age, where only in the neonatal period were diagnosed 72 patients out of 104.

**Conclusion:** CHD constitute the largest number of congenital defects in children. Distribution of specific lesions and sex distribution was similar to findings from other parts of the world. It is important to create Albania Infant Cardiac Registry to have an accurate picture of the prevalence and incidence of CDH in our country.

**Key words:** congenital heart disease, epidemiology, Infant Cardiac Registry.

### Introduction

Congenital heart disease is a category of heart diseases that includes abnormalities in cardiovascular structures that occur before birth, while the fetus is developing in the uterus.

"1 million infants are born each year with heart defects". This figure seems extraordinarily high. Estimates of the incidence of congenital heart disease in live newborns vary from 4.1/1000 to 12.3/1000 (4,6). Observed differences may also be of