

“World heart day 2014”, significance of cardiovascular diseases in Birjand East of Iran

Dear Editor,

World heart federation has announced a day as “world heart day” since 2000. Hence, all peoples and governments would be informed about such diseases and their significance. September 28, 2014 is the present world heart day with this motto “heart-healthy choices”. This is why it was decided to survey “the day.” Every year “world heart day” has got a new title. Here, we present the significance of cardiovascular disease (CVD) in adults and children in east of Iran.

During 2004-2010, the number of 20281 deaths was registered in South Khorasan Province. Three common causes of death were CVD (29.8%), trauma (12.5%), and cancer (10%). With regards to the gender, three most common causes of death in women were CVD (34.3%), cancers and tumors (9.9%), unintentional injuries and accident (9.2%), and in men were CVD (26.8%), unintentional injuries (17.4%), cancers and tumors (10.9%) $P < 0.001$.

ADULTS

In a review of all patients (3417) admitted with acute myocardial infarction (AMI) in university hospitals between 1994 and 2012, 70% were male and number of patients with AMI increased significantly from 47 in 1994 to 303 in 2012. Reviewing possible CVD risk factors in another study showed dyslipidemia (75%), overweight and obesity (53%), and hypertension (16.5%) were the most. Although the prevalence of CVD was higher in men, the mortality was higher in women than men.^[1]

CHILDREN

In a survey conducted on 4500 school children, the prevalence of dyslipidemia, hypertension, overweight and obesity were also high.^[2-5]

WOMEN

In our study, mortality women in AMI was higher in women^[6] and mortality women with stroke was similar to men.^[7] Therefore, it is necessary to increase children and women’s awareness of heart disease and provided diagnostic facilities for them. Briefly speaking all of us-whether child or adult, man or woman, are prone to CVDs. Since the most common risk factors are preventable, education would help people in this regard.

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