

Congenital Heart Malformations in Iraq, a review

ABSTRACT

Background: Heart malformations are among the commonest indications for admission to hospital and may cause mortality of children. There is a need to highlight this important medical issue as there is no any review article on this subject in Iraq.

Aim: This study aims to focus on these diseases in all over Iraq by reviewing the articles that have been published previously among different Iraqi academic scientific journals (IASJ) and concerned with the congenital heart diseases in various Iraqi governorates.

Materials and methods: Reviewing of the publications were conducted in accordance of that already described. Identification of available articles were done via applying search on IASJ (from 1997 to 2017). The keywords of 'congenital heart disease' was used in the search. Comprehensive full text articles in English were enrolled, while those published locally in periodic journals were excluded as there they were difficult to access them. Data extraction from selected publications were done in an independent manner via specialized design including the title of the study, the date of publication, area of research, topic of research, number of cases enrolled, and major results.

Results: Most cases are diagnosed at infancy, there was a male predominance in Ventricular septal defect (VSD), Tetralogy of Fallot (TOF), aortic stenosis, transposition of the great arteries (D), and aorta's coarctation, while, female predominance was observed in atrio ventricular canal defect, patent ductus arteriosus-PDA, atrial septal defects-ASD, and stenosis of pulmonary artery. The acyanotic type was more frequent than those accompanied with cyanosis as reported by many studies. A study from Basra Province has registered the highest incidence of CHD throughout analysis of data of patients with CHD which constitutes 57(40%) out of 1414 examined children. It is undoubted that the uninterrupted war conditions that imposed on Iraq may contribute in these disorders, however, the overall pattern of CHD is similar to the finding in other countries. The reviewing of data from several articles in IASJ revealed a concern with correlation of CHD with other congenital disorders. Few researches were conducted on the treatment of CHD. Several works in Iraq tried to discuss the issue from other points of views as the nutritional status and feeding problems, the impact on the growth, and even the oral and dental health.

Conclusions: According to the results of all reviewed Iraqi studies, there is a need for establishing a high standard centers with providing equipments for pediatric surgical operations. A well prepared staff is required for such type of operations. In

addition , a well cooperation between the pediatricians and cardiac surgeons to achieve accurate diagnosis ,managements, and follow up is needed. Moreover, there is a real need for the presence of complementary centers concerning with feeding ,growth, oral and dental health ,awareness inside a specialized cardiac disease hospitals in each government in Iraq to achieve satisfactory results to face this crucial medical issue.

Keywords: Congenital Heart malformations, Iraq,review.

INTRODUCTION

Heart malformations are those anomalies of cardiac structure or great vessels that developed prior to birth .They are among the commonest indications for admission to hospital .In fact, a third of these cases were symptomatic during infancy ,with various degrees of severity. It happens with wide range from 0.8%- 1.2 % of live births ^(1,2).

Moreover, congenital heart diseases may causes mortality of children, however, there is an interventional and a surgical progress ,a paying attention to that disorder by applying a wide investigations and an urgent treatment is indicated⁽³⁾.

On the other hand, heart malformations among adult patients are crucial raising issue. Their accurate diagnostic methods and treatment are considered as a challenge in cardiology in the last four decades which make an increase in their numbers⁽⁴⁾.

The diagnosing of CHD are two dimensional and Doppler echocardiographic examination (gold standard technique),in addition to an elective cardiograph, chest roentgenography^(5,6) .Pulse oximetry was found to be specific & sensitive tool to detect cyanotic defects⁽³⁾ .

In general , there are several types of congenital heart malformations including that due to the septal defects as atrial septal defect(ASD),ventricular septal defect(VSD). (**Figure 1**).In addition to complete atrio-ventricular canal defect(**Figure2**), tetralogy of fallot(TOF) ⁽⁷⁾(**Figure 2**),and valve defects, Other defects like patent ductus arteriosus(PDA), truncus arteriosus, single ventricle defects ,and transposition of the great arteries. All these malformations can be classified into cyanotic and acyanotic types⁽⁸⁾ .

The CHD may be critically manifested in newborns with cyanosis, poor pedal pulses, congestive heart failure, or by failure in his/her pulse oximetry screen before discharge.

The incidence of heart malformations is the same all over the world, but the impact of these disorders occurs mostly on developing countries that have raised fertility rates with low incomes⁽⁹⁾.

The lowering of the rates of fertility is one of protocols for improving this problem to prevent the increasing of births with CHD. On the other hand, the economic burden of treatment the CHD is high so it must be freed up by prevention of other diseases as malnutrition and infectious diseases beside the establishment of regional health agencies. About nine per 1000 live birth have CHD⁽¹⁰⁾. These cases are remain alive with emerging chronic complications that need good understanding which nictitate the presence of primary health care agencies for these cases to examine them physically before the surgical and interventional cardiac catheterization and even patients that recommended potentially to re intervening strategies. On the other hand ,prevention of the endocarditis, respiratory complications , support their immunity status, with careful observation of their growth and behavior are crucial.

In fact, in our country-Iraq , there is a need to highlight this important medical issue as there is no any review article on this subject. Therefore ,the aim of this study is to focus on this diseases in allover Iraq by reviewing the articles that have been published previously among different Iraqi academic scientific journal and concerned with the congenital heart diseases in various Iraqi governorates.

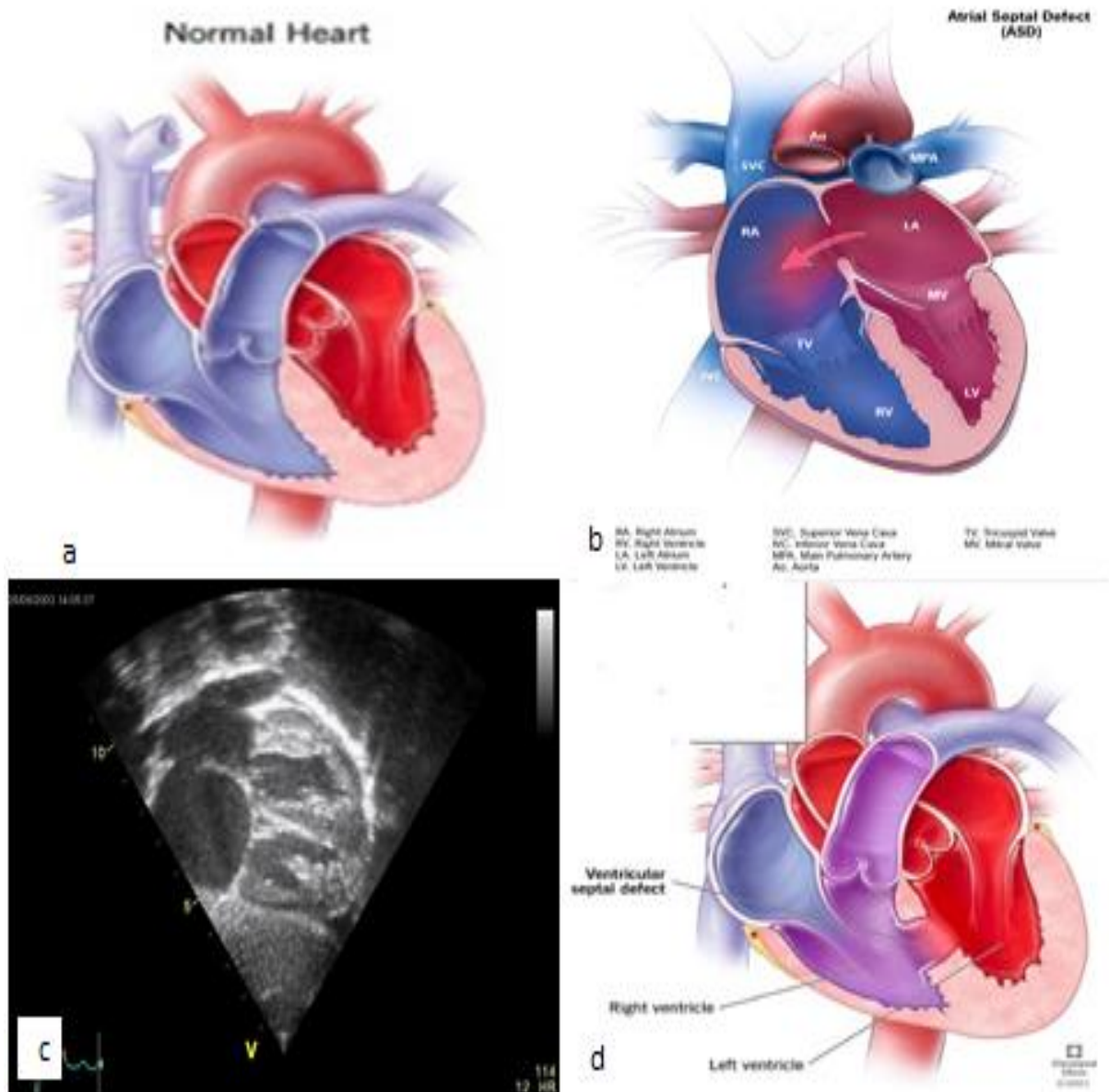


Figure 1. a. Picture of normal heart; b. Atrial septal defect (<http://www.statpearls.com>); c, Atrial septal defect by an ultrasound; d. Ventricular septal defect (<https://my.clevelandclinic.org/health/diseases/17615-ventricular-septal-defects-vsd>).

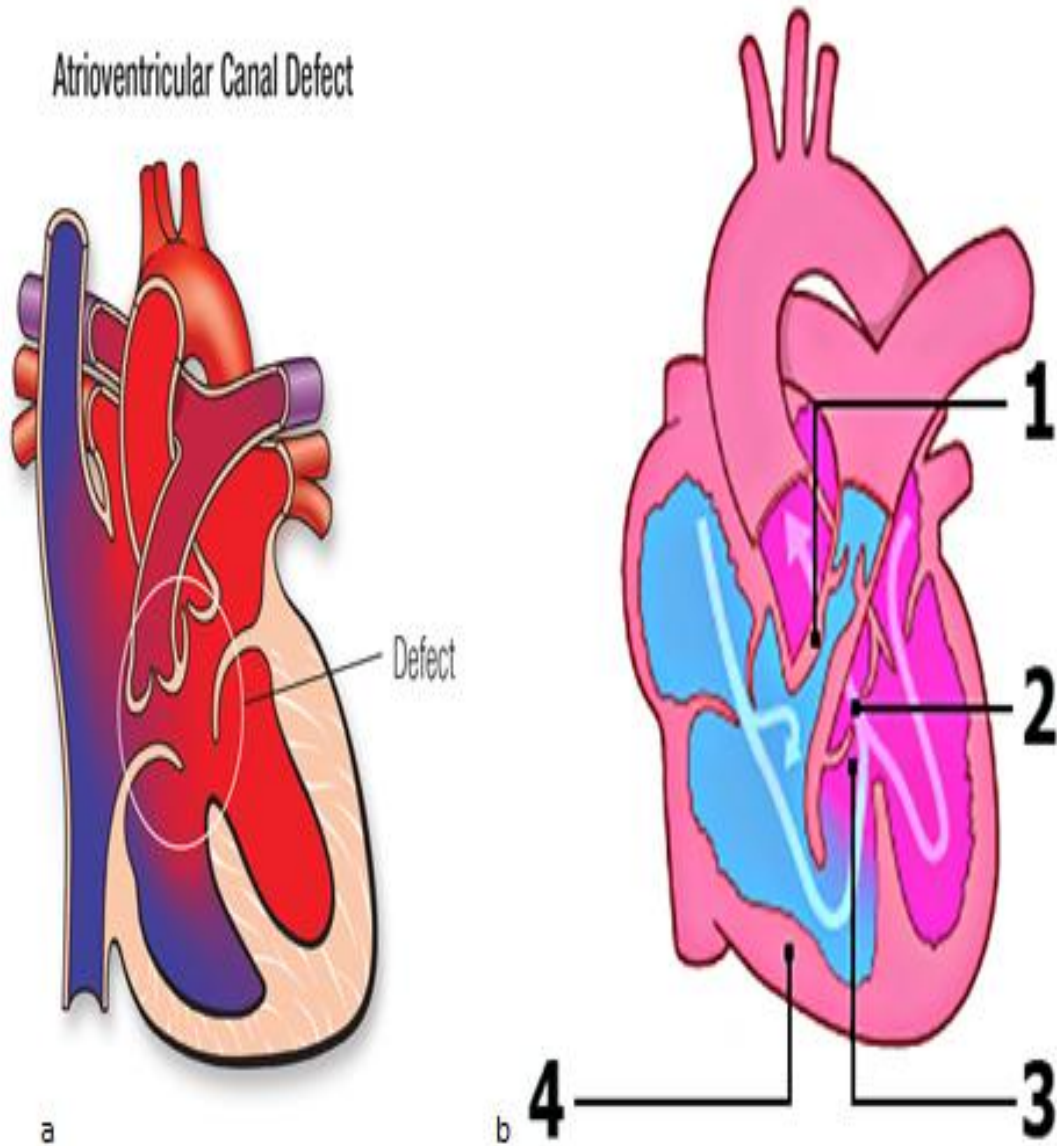


Figure 2. a. Atrioventricular canal defect, <https://www.heart.org/en/health-topics/congenital-heart-defects/about-congenital-heart-defects/complete-atrioventricular-canal-defect-cavc>; b. Tetralogy of Fallot(7).

MATERIALS and METHODS

Reviewing of the publications were conducted in accordance of that already described⁽¹¹⁾. Retrospective identification of available articles (which have been published)were done via applying search on Iraqi Academic Scientific Journals (from 1997 to 2017). The keywords of ‘congenital heart disease’ was used in the search. A review of all characterized articles were performed in an eligible manner by both authors. Comprehensive full text articles in English were enrolled, while those published locally in periodic journal were excluded as there they were difficult to access them . Data extraction from selected publications were done in an independent manner via specialized design including the title of the study, the date of publication, area of research, topic of research, number of cases enrolled, and major results. Data were then analyzed in SPSS, version 17 for further analysis.

RESULTS and DISCUSSION

Cardiac malformations represent the most frequent category of congenital anomalies. In spite of the recent progress in surgery and interventional strategies, these disorders still comprises as an essential contributor for morbidity and fatality^(1,5,12).

The current work analyzed the data of about 40 articles that was published in various Iraqi academic scientific journals .These articles have discussed the different issues of cardiac malformations in Iraq since 1997 till 2017.

In fact, most of these publications have focused on the clinical pattern of these disorders including age at diagnosis, sex distribution , percentages of subtypes ,and the frequency of the clinical presentation of these cases^(13,14).

It has been reported that most cases are diagnosed at infancy with difference in male to female predominance among subtypes of anomalies⁽¹³⁾.In a study of Al –Hamash there was a male predominance in VSD, TOF, aortic stenosis, D-transposition of the great arteries(D), and coarctation of the aorta. While, female predominance observed in atrio ventricular canal defect, ASD, PDA, and stenosis of pulmonary arteries⁽²⁾. A male predominance was shown in most of articles in Iraq^(13,15).

On the other hand, the VSD was the commonest category of these anomalies followed by tetralogy of Fallot (which is considered as the commonest cyanotic subtypes)^(5,15).The majority of cases were presented with respiratory tract infections , heart failure and cyanosis in cyanotic group of patients⁽²⁾., while the asymptomatic murmur is frequently encountered in the newborn of a study in Al-Diwaniyah city ⁽⁵⁾. The acyanotic type was more frequent than those accompanied with cyanosis as reported by many studies^(2,5). Chronic cardiac overload may lead to hypertrophy and heart failure⁽¹⁶⁾,while the congenital heart block was extremely rare⁽¹⁷⁾.

Regarding the prevalence of these anomalies a study was done at Al-Fallojah including examination and screening of newborn and children during a period of 5 years(2007-2011)using clinical examination ,2 dimensional echocardiography and color Doppler and sometimes cardiac catheterization. The overall prevalence of 19.7/1000 .Most of these cases were referred to echocardiography prior to age of one year and it has been noticed that there is an increasing in the prevalence with time as they reported that CHD are found in about 29.2 per 1000 live births in 2011 in comparison with 9.2 per 1000 live births in 2008⁽¹²⁾. ASD was the commonest lesion in that work , followed by VSD.

In fact, some articles studied the prevalence of congenital malformations in the specific society as there is no previous reports concerning with the overall prevalence in Iraq.

Another study from Basra Province has registered the highest incidence of CHD throughout analysis of data of patients with CHD which constitutes 57(40%)out of 1414 examined children retrospectively via echocardiography in Major centers during 24 months⁽¹⁴⁾. They reported that 42.8% of these children were ages less than one year ,while 35.2% of cases were aged between 1-4 years. This high incidence may be due to decades of Wars that affect people in Basra Province. VSD was the most common type and present in 247 patients (43.3%), The majority of them were suffered from membranous subtype followed muscular, and then supra cristal subtype. The second commonest congenital heart disease diagnosed by echocardiography was tetralogy of Fallot⁽¹⁸⁾.

Third study on the prevalence was from Mosul .Author reported that the prevalence was (6.1/1000 patients) .The commonest type was ASD (42%),followed by VSD which was detected in 30% of cases and followed by PDA .An association was found between family history, consanguinity and occurrence of CHD beside the correlation to the maternal risk factors such as mothers disease ,drug intake, obesity, smoking during pregnancy⁽¹²⁾.

The detection of CHD at early time is crucial to manage the patients properly beside the accurate clinical examination with high standard echocardiography .all these factors represented the considered a gold items in diagnosing of CHD. Two dimensions echocardiography is essentially used in these cases. The effective management of these cases needs establishing of specialized cardiac centers in our country to overcome the delay which may has an adverse effect on the diseases' outcome⁽⁵⁾, however ,a Pulse oximetry was used in some researches and it is considered a sensitive and specific way especially for the cyanotic type ⁽³⁾.

On the other hand, several works in Iraq tried to discuss the issue from other points of views as the nutritional status and feeding problems, the impact on the growth, and even the oral and dental health.

Wishel reported that cases of with CHD are suffered from difficult feeding, low birth weight , chronic diarrhea .In addition, half of cases taking medication for heart disease that leads to repeated vomiting, difficulty taking liquids and refusal of feeding or eating , while patients with CHD may presented with wasting , stunted growth or malnutrition ⁽¹⁸⁾ especially in cases of pulmonary hypertension ,and cyanosis.

In fact, as the CHD was a major contributor in the children' growth ,there is a need to manage these cases and correction of these anomalies by surgery or cardiac catheterization ^(19,20).

A study of Al-Rahim revealed that the most common type that can affect the growth is VSD(even in the moderate type) , as there is an increasing in the total body size or separately which lead to failure to thrive in these cases and that must be considered seriously ⁽²⁰⁾.In general ,the growth is influenced in all cyanotic CHD and a cyanotic CHD. In our country ,there is a delay in the surgery, so there is a crucial need for the providing of highly developed centers and medical counseling^(20,21,22).

Moreover, the reviewing of data from several articles in Iraqi academic journals revealed a concern with correlation of CHD with other congenital disorders. Salih reported high frequency of VSD , and even other types of CHD among cases with Down syndrome ^(23,24),while another work of Zain et al., showed that CHD was found in 28% of patients of esophageal atresia beside distal tracheoesophageal fistula. These

findings supported the concept that prenatal surveillance and counseling of cases with different anomalies is crucial to predict CHD^(6,25,26).

On the other hand, children with CHD are “at risk” from malnourishment and dental diseases, the focus must primarily be on the awareness of infective endocarditis, and oral hygiene instructions and they are needed to develop the preventive protocols⁽²⁷⁾. The high frequency of the high enamel defects was noticed in children with VSD compared to that in control⁽²⁸⁾.

Among all researches in Iraq there is only one study that focuses on the CHD at adulthood. Authors reported that Acyanotic types are more common than the cyanotic one, with female predominance. Usually the percutaneous intervention was successfully used as the first line approach, however, the surgical choice remains the gold standard method⁽⁴⁾.

An essential of a need for more researches on the treatment of CHD as the reports on this topic is scanty. A study of Ammar and Ataar was analyzed the trans atrial approach for total correction of TOF of 24 cases. They concluded that this approach is a feasible technique for total repair of TOF in adequate pulmonary annulus size with satisfactory late postoperative echocardiography performance⁽²⁹⁾.

The most frequent cause of congenital cyanotic heart disease is Tetralogy of Fallot. It constitutes around 7.5 % of all CHD in Iraq. It is the most common congenital lesion that is likely to result in survival to adulthood and encountered in adult after repair⁽²⁹⁾. Catheterization and angiography still considered (in most centers) as essential preoperative diagnostic step⁽³⁰⁾.

On the other hand, Mahbuba and Sharba concentrated on the Fontan's experience in Iraq⁽³¹⁾ in a study on cases suffering from complex congenital heart defect with common pathology that is the single ventricle. The Fontan surgery is now among the most frequent procedures conducted to manage complex congenital cardiac defects not amenable to biventricular repair. Authors concluded that there was lacking of therapeutic agents and equipmental support for the intensive care unit and theater of pediatric surgeons (cardiac) beside a deficient protocols for the training of these operations. They concluded also that the deficient diagnosis and paucity of equipments with un education of the family of patients lead to the slowness of their admission and follow up failure.

A study of Al-Suwayfee showed that Aortic root dilatation (ARD) must be taken in a serious manner in cases with TOF and in any condition that the surgical correction must be done beyond infantile period, increasing patient age and severe right ventricular outflow tract (RVOT) obstruction with pulmonary hypoplasia were positively related with the increasing risk of the occurrence of ARD⁽³²⁾.

Aorto pulmonary window is an uncommon congenital cardiac defect. Usually it is non-restrictive and the conventional treatment is surgery at an early age to overcome the developing of pulmonary vascular obstructive diseases. It is restrictive only in 10% of the cases and trans catheter closure was mentioned in case reports. They are commonly limited to these cases using Amplatzer duct occluder device⁽³³⁾.

Congenital heart disease is a global health problem affecting children at infancy and young age and with many risk factors revealed significantly many effects on its development as consanguinity, maternal risk factors during pregnancy, and positive family history. The proper regular antenatal care and counseling with supplementary treatment especially throughout the most vulnerable period of embryogenesis is vital to prevent occurrence of such malformation⁽¹²⁾.

A study of Aziz *et al.* reported that the raised level of ANP and BNP were frequent in plasma of cases with CHD and it is positively correlated with the function of their

ventricles ,however, the plasma level of BNP appears to be more efficient to ANP and considered as non-invasive cardiac markers to facilitate the diagnosis of different pattern of CHD⁽³⁴⁾.

Finally , CHD may leads to several complications .A study of Cardiac arrhythmias in ischemic heart disease via Holter monitoring showed a considerable number of these patients had CHD especially the cyanotic type⁽³³⁾. Moreover, several cases of patients who diagnosed with brain abscess had CHD^(35,36,37).

conclusion: There is a concern with the heart malformations and their impact on general health and community in Iraq, however ,there is still a need for more researches in future as this type of congenital disease comprises a continuous and raising problem on the medical, economic, and social facets. The findings of the different studies make a database for further studies that will highlight the etiology and ethnic disparity of CHD in this country and help to provide an improvement in health policies to improve of diagnostic and therapeutic facilities. The raised prevalence in Iraq require advance research & registration system to apply in Iraqi medical offices. The catastrophic successive wars imposed on Iraq undoubtedly have played some role in this problem, however, the overall pattern of CHD is similar to the finding in other countries.

According to our results of all reviewed Iraqi studies , there is a need for establishing a high standard centers with providing equipments for pediatric surgical operations.A well prepared staff is required for such type of operations. In addition , a well cooperation between the pediatricians and cardiac surgeons to achieve accurate diagnosis ,managements, and follow up is needed. As early as possible , chest radiograph and roentgenogram of the chest by an expert radiologist is indicated when there is any sign of post– natal respiratory distress^(38,39,40,41,42).

Moreover, there is a real need for the presence of complementary centers concerning with feeding ,oral health ,awareness inside a specialized cardiac disease hospitals in each government in Iraq to achieve satisfactory results to face these disorders⁽³⁶⁾.

Research highlight

Reviewing of the publications were conducted in accordance of that already described. Identification of available articles were done via applying search on Iraqi Academic Scientific Journals(IASJ) (from 1997 to 2017).

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UNDER PEER REVIEW