The Prevalence and Risk Factors of Chronic Heart Failure in Mongolian Population

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Background: The prevalence of heart failure in Mongolia was unknown. Thus, we aimed to define the prevalence of heart failure and to identify significant risk factors for heart failure among Mongolian adults.

Methods: This population-based study included individuals 20 and above year from 7 provinces and 6 districts of capital city of Mongolia. The prevalence of heart failure was based on European Society of Cardiology diagnostic criteria.

Results: In total, 3480 participants were included and of which, 1345 (38.6%) were males and 41.0 year (IQR 30-54 years). The overall prevalence of heart failure was 4.94%. Patients with heart failure had significantly higher body mass index, heart rate, oxygen saturation, respiratory rate, systolic and diastolic blood pressure than patients without heart failure. In logistic regression analysis, hypertension (OR 4.855, 95% CI 3.127–7.538), previous myocardial infarction (OR 5.117, 95% CI 3.040–9.350) and valvular heart disease (OR 3.872, 95% CI 2.112-7.099) were significantly correlate with heart failure.

Conclusion: This is the first report on the prevalence of heart failure in Mongolian population. Among cardiovascular diseases, hypertension, old myocardial infarction and valvular heart disease were identified as the three foremost risk factors in the development of heart failure.

Biography

Pagmadulam Sukhbaatar is currently working in the department of Cardiology at Mongolian National University of Medical Sciences in Mongolia. He has over 50 publications that have been cited over 25 times, in local and international Journals.

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