

Efficiency of cardiac symptoms mentioned by cardiac patients to diagnose cardiac disease (comparison of cardiac symptoms in two groups of cardiac and non-cardiac patients).

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Cardiac disease symptoms such as dyspnea, exertional dyspnea, PND and orthopnea are very valuable key points to diagnose cardiac disease, although diagnostic methods like echocardiography, electrocardiography, exercise test, holter monitoring, etc. have weakened the usefulness of cardiac symptoms in diagnosing cardiac disease.

This study has tried to investigate the cardiac disease symptoms in cardiac and non-cardiac patients and compare them in two groups to evaluate these symptoms as an important diagnostic index. In this study 3270 patients 40 to 60 years of age were randomly chosen from different rural clusters in Isfahan and were investigated concerning cardiac disease and any related signs and symptoms. Among this number of patients, only 348 suffered from cardiac disease and the rest had no cardiac disease. Both groups were asked questions regarding the symptoms of cardiac disease and the result data was analysed by EPI5. Then about 1190 samples with respiratory disease were omitted from each group and resulting data was reanalysed. Among 3270 samples referred to the center, 348 suffered from cardiac disease and 2922 were healthy. Dyspnea was seen in 128 patients (36.55%) in the first group and 367 (15.55%) in the second group. ($P < 0.0001$, odd's ratio=4.05, CI=3.15-5.219). Exertional dyspnea was seen in the first group in 105 samples (30.27%) and in the second group in 305 (10.43%) ($P < 0.0001$, odds ratio=3.71, CI=2.84-4.84) and fatigue in the first group was seen in 82 samples (23.56%) and in the second group in 235 (8.04%). ($P < 0.001$, odds ratio=3.52, CI=2.63-4.71). PND in first group was seen in 28 (8.04%), in the second group in 37 (1.26%) ($P < 0.0001$, odds ratio=6.86, CI=4-11.6) and orthopnea was seen in first group in 47 (13.5) and in the second group by 70 (2.39%) ($P < 0.000$, odds ratio=6.36, CI=4.24-9.54). After omission of pulmonary patients, similar results with a statistically significant difference were acquired.

Cardiac symptoms such as dyspnea, exertional dyspnea, fatigue, PND and orthopnea are valuable diagnostic key points which can be noticed as the best way of screening and diagnosis of cardiac disease in spite of new diagnostic method as echocardiography, electrocardiography, stress test and Holter monitoring. Among these valuable key points, PND and orthopnea seem more important.