Primary mitral regurgitation according to gender

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Introduction: Mitral regurgitation (MR) represents the second most common valvular heart disease¹. It is classified as primary (organic) and secondary (functional) MR, with secondary being more frequent². Degenerative valvular disease, rheumatic fever, infective endocarditis and mitral valve prolapse are most common causes of primary MR². On the other hand, secondary MR is usually result of ischemic heart disease or dilatative cardiomyopathy². The aim of our study was to investigate the incidence of primary MR according to gender.

Patients and Methods: Retrospective study was conducted to assess the relation between MR with other VHD. A total of 686 patients, with male predominance of 55%, were included in the study.

Results: Among all patients with MR 519 (75.6%) had primary MR. Degenerative valvular heart disease was the main cause of primary MR, counting for 474 patients (91.3%). Other causes of primary MR included mitral valve prolapse, rheumatic valvular heart disease, and other causes, with frequency of 19 (3.6%), 5 (1%), 21 (4.1%), respectively. According to gender distribution, 290 (55.9%) males and 229 (44.1%) females had primary MR. Degenerative mitral valve disease was the main cause of primary MR in both men and women (90.3 and 92.5%), while the least frequent was infective endocarditis among men and rheumatic heart disease among women.

Conclusion: Degenerative MR was most common cause of primary MR. Regardless of gender groups, with women slightly more affected.

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LITERATURE

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