

**CHANGING PATTERNS OF HEART DISEASE COMPLICATING
PREGNANCY IN THE UNIVERSITY
OBST & GYNAE UNIT, COLOMBO.**

FP 7

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OBJECTIVE : TO STUDY THE CHANGES IN THE PATTERN OF HEART DISEASE IN PREGNANCY OVER THE PAST FOUR DECADES IN A SRI LANKAN CENTRE.

METHOD : The data of pregnant mothers with heart disease attending the University Obst & Gynae Unit from '93-'97 were analyzed prospectively.

Echocardiography was performed on all subjects; cardiac and Obstetric complications and pregnancy outcome were recorded.

The data was compared with that published from the same clinical department over the past four decades.

RESULTS : In the decades '50s-'60s and '70s the incidence was less than 1% while it was 2.01% and 2.5% in the '80s and '90s respectively. MVP has been recognized from the '80s and caused a decline in the prevalence of rheumatic heart disease from 74% in '70s to 51% in the '80s. Rheumatic heart disease however showed an independant decline throughout the study period. Maternal deaths were absent in the '60s and '70s while in the '80s it has been 1.7% and 1.3% in the last two decades. This is due to a higher rate of pregnancy in women with very serious heart disease.

CONCLUSIONS : Future programs should include screening in adolescence and premarital and pre-pregnancy counselling.