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The Influence of Various Factors on Stented and Shunted Patients

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Abstract: ***Cardiovascular system diseases are one of the main causes of mortality in the world: (for no other reasons that number of people does not die daily). According to 2016 data, 17.9 million people died because of cardiovascular system diseases.[1] Surgical types of treatment of cardiovascular diseases are aortocoronary stenting and coronary artery by pass surgery.***

Keywords: Cardiovascular, Stented, Schunted

1. Introduction

Coronary artery bypass is a type of open surgical intervention, which restores the blood flow in coronary arteries, bypassing the narrowed section of the vessel by the help of shunt.[2]

Coronarystenting is a closed surgical intervention, which allows to restore the blood flow in coronary arteries through the stent insertion in the narrowed section of the vessel.[2]

Coronary stent is an intravenous prosthesis designed to restore the margin diameter of the affected vessel. It has a mesh structure and is made of high quality inert metal alloy. The stents are bare-metal stents and drug-eluting stents.[3]

The presented open and closed surgical interventions are indicated for the following diseases: Ischemic heart disease, angina pectoris of 3-4th functional classes, unstable angina, 50 % and more occlusion of the left coronary artery, myocardial infarction, atherosclerosis, etc.[3]

Our study aims at discovering the impact of nutritional and physical factors on human organism after stenting and shunting.

The study was carried out in hospital conditions, by query method. 50 patients were examined-stented or shunted in 2010-2019 in "Erebuni" Medical Center. The survey was conducted through a questionnaire. Patients of different sexes, aged from 20-60 years and older were examined. Based on the survey results, statistically reliable data were not found related to physical activity (χ^2according to Pearson = 3/ degree of freedom = 1) (Table 1).

Table 1: Physical activity after Coronary stent/ Coronary artery bypass surgery

		Physical activity after Coronary stent/Coronary artery bypass surgery		
		limited mobility	unlimited mobility	total
How is your physical activity	limited	6	9	15
	unlimited	6	29	35
total		12	38	50

The highest percentage of the requested (20%) is in Armavir and Kotayk regions, whereas according to the Statistical Yearbook of RA "Health and healthcare", Armavir region is in III place in heart disease and Kotayk region is in the VI place.[4] (Table 2)

Table 2: Provinces

ArmenianProvinces		
	Percent %	Absolute number
Erevan	14.0	33286
Aragatsotn	2.0	2032
Ararat	8.0	5456
Armavir	20.0	6667
Gegharkunik	16.0	5589
Lori	14.0	6827
Kotayk	20.0	5048
Shirak	2.0	4588
VayocZor	2.0	1564
Tavush	2.0	2936
Syuniq	0	2425
Total	100	76418

To all of the respondents drug-eluting stents were installed. According to the research data, statistically reliable association between the usage of fried meat and heart rhythm disorders was found (χ2 by Pearson = 6.64). (Table 3)

Table 3: Heart rhythm disorders after coronary artery bypass surgery

Heart rhythm disorders after coronary artery bypass surgery		
	Number	Percent
Yes	9	18.0
No	41	82.0
Total	50	100.0

According to the survey, 40% of people with heart rhythm disorder eat cooked meat daily, 18% weekly and 18% a monthly. 14% of the responders used sugar every day and

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26% do not use it. About 18% of the researchers used milk at least once a week, and 21% do not use it.

Based on research data, we can conclude that besides fried meat, no other food has negative impact on heart rhythm. There is a slight improvement in physical activity, although there has also been deterioration in physical activity, but there has been no deterioration of physical activity in the majority.

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