

# Cardiovascular comorbidities more likely for adults with CHDs

February 12 2021

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Adults with congenital heart defects (CHDs) are more likely to report

cardiovascular comorbidities than those in the general population, according to research published in the Feb. 12 issue of the U.S. Centers for Disease Control and Prevention *Morbidity and Mortality Weekly Report*.

Using data from 1,482 respondents in the 2016 to 2019 Congenital Heart Survey to Recognize Outcomes, Needs, and Well-Being, Matthew E. Oster, M.D., from the CDC in Atlanta, and colleagues estimated the prevalence of comorbidities among adults with CHDs aged 20 to 38 years born in Arizona, Arkansas, and metropolitan Atlanta compared with the general population.

The researchers found that compared with adults in the [general population](#), those with CHDs, especially those with severe CHDs, were more likely to report cardiovascular comorbidities, including a history of congestive heart failure (4.3 versus 0.2 percent) and stroke (1.4 versus 0.3 percent). The likelihood of reporting current depressive symptoms was increased for adults with CHDs (15.1 versus 8.5 percent), but they were less likely to report previous diagnoses of depression (14.2 versus 22.6 percent), asthma (12.7 versus 16.9 percent), or rheumatologic disease (3.2 versus 8.0 percent). Adults whose CHD was considered severe and those with nonsevere CHDs had a similar prevalence of noncardiovascular comorbidities.

"These findings can inform providers, [policy makers](#), patients, and families of the expectations and needs of a growing population of adults with CHDs," the authors write.

**More information:** [Abstract/Full Text](#)

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Citation: Cardiovascular comorbidities more likely for adults with CHDs (2021, February 12)  
retrieved 2 May 2024 from

<https://medicalxpress.com/news/2021-02-cardiovascular-comorbidities-adults-chds.html>

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