

Incidence of myocardial infarction and cerebrovascular disease in the Seychelles

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Cardiovascular diseases were attributable for as much as 39.5% of all deaths registered in the Seychelles in 1989. Hypertensive disease, ischemic heart disease and cerebrovascular disease accounted for respectively 8.4, 8.0 and 5.9% of all deaths.

As a complement of a survey of cardiovascular risk factors carried out in 1989, the actual incidence of all fatal and non fatal cases of myocardial infarction (MI) and cerebrovascular disease (CVD) was determined within the whole Seychellois population aged 30–69 for the year 1989. Registration of cases was made retrospectively ('cold pursuit').

Hospital discharges' books, mortality statistics and post mortem records were used as the sources of information. Whenever medical notes were found, ascertainment of diagnosis was made by reviewing them, using definite criteria ('cold pursuit').

MI was considered for patients having either a definite post mortem or at least two of the following three criteria found in the medical notes: acute chest pain of more than 20 minutes or having required morphine analgia, typical pattern of myocardial infarction on ECG as reviewed by a physician or blood creatine-kinase level more than twice normal.

CVD was considered for patients having either a definite post-mortem or when there was evidence for an acute, non-traumatic event, without apparent non-vascular origin, lasting for more than 24 hours.

In both cases, new events were taken as those occurring after 28 days of a similar episode. Fatal cases were counted only when occurring within 28 days after onset of the disease.

Cases of MI and CVD for which medical notes could not be found were also registered, thus without ascertainment of the diagnosis. 7 cases of MI and 7 cases of CVD were registered without ascertainment of diagnosis could be done because of unavailability of medical notes. Thus, ascertainment of diagnosis was made in 24 (77%) out of 31 registered MI cases and 46 (87%) out of the 53 registered CVD.

The incidence (per 100,000) in the age group 30–69 for fatal MI was 118 for males and 75 for females. For non-fatal MI the incidence was 85 and 53 respectively.

The incidence (per 100,000) in the age group 30–69 for fatal CVD was 139 for males and 74 for females. For non-fatal CVD the incidence was 267 and 85 respectively.

These figures suggest high rates of cardiovascular diseases in the Seychelles.