

Birth Month of Victims of Rapid (=24 h.) and Sudden (=1 h.) Cardiac Deaths

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After a publication in the PNAS, USA, (2001) we published 3 studies related to birth months and morbidity of patients that can affect longevity. The aim of this study is to check two groups of cardiac deaths, consisting more than 50% of cardiovascular mortality in the industrial world to examine this paradigm. Patients, methods: patients suffering rapid (≤ 24 h) and SCD (≤ 1 h) at Lithuanian Medical Science University –a tertiary 3000 beds hospital, in years 2000-2010 were studied. 1239 rapid and 324 SCD were studied. Monthly, quarter, trimester, half year comparison of the mentioned victims population were studied. Results: It was a different birth month distribution of the studied patients. For rapid deaths (≤ 24 h) January (11.0%) and May (10.3%) dominated. In the SCD (≤ 1 h) group-April(13.3%) and January (10.5%). Minimal –November (5.6% -SCD;6.2% -RCD), December (5.2%- 6.1%). Born in I- II quarter, first trimester were significantly more often than in IV. Quarter (p I/IV=0.0023, p I/III 0.0074; pII/IV=0.047); Trimester:(P I/II =0.09 (trend), I/III =0.014; II/III, p=0.079 (trend)). In another study at the same location newborns number (n-286963) significant correlation between monthly newborn number and month of the year was not found. Possible environmental effects related to the different monthly birth distribution of the studied group is discussed. Conclusion: Victims of Sudden and Rapid Coronary Deaths are inequally distributed according to month of birth. January, March -May are most often. The numbers are higher for the first-second quarter, first trimester in comparison with the months at the end of the year. The lowest number of studied patients were born in November-December-October. This come in accord of birth months of American centigenarians (100-112 y.) found by colleagues from Chicago University. (L & N Gavrilov). Our findings support the paradigm- birth month is linked to longevity.