

## Iskustvo jednog centra u liječenju venske tromboembolije kroz godinu dana: prospektivna opservacijska studija

### A single-center experience in treating venous thromboembolism: a prospective observational study in a one-year period

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Tromboembolijski incidenti predstavljaju važan javnozdravstveni problem i na trećem su mjestu od svih kardiovaskularnih bolesti u Europi.<sup>1-3</sup> U razdoblju od godinu dana u u Kliničkom bolničkom centru Osijek ukupno je hospitalizirano 193 bolesnika radi tromboembolijskog incidenta. Od ukupnog broja u 51,3% slučajeva dijagnosticirana je duboka venska tromboza, a u 48,7% plućna embolija. Prosječna dob oboljelih bila je 65,5 godina, 46,6% je bilo muškog spola, a 53,4% ženskog spola. U 8,8% bolesnika radilo se o recidivirajućom tromboembolijskom incidentu, 21,2% oboljelih imalo je dijagnosticiranu malignu bolest. Najčešći pridruženi komorbiditet je arterijska hipertenzija. Tijekom hospitalizacije oboljeli su liječeni s niskomolekularnim heparinom, a po otpustu nastavljeno je liječenje u 48,2% slučajeva sa direktnim oralnim antikoagulantima, u 26,9% varfarinom i u 23,3% sa niskomolekularnim heparinom. Cilj ovog registra je usporediti podatke iz kliničke prakse našeg centra s podacima objavljenih međunarodnih registara pošto tromboembolijski incidenti predstavljaju jedan od vodećih uzroka kardiovaskularnog mortaliteta. Postoje brojne sličnosti između naših podataka i objavljenih registara, ali i neke razlike. Budući da u Republici Hrvatskoj nema objektivnih podataka, odnosno nacionalnog registra, ovim radom želimo prikazati trenutnu situaciju o incidenciji, etiologiji liječenja i drugim osobitostima oboljelih i otvoriti pitanja o situaciji u drugim centrima i regijama.

Venous thromboembolism represents a significant public health issue – it is the third most common cardiovascular disease in Europe.<sup>1-3</sup> In University Hospital Centre Osijek we admitted a total of 193 patients for venous thromboembolism. We diagnosed deep vein thrombosis in 51.3% and pulmonary embolism in 48.7% of those patients. The average age of patients was 65.5 years, 46.6% were male and 53.4% were female. A recurrent venous thromboembolism was present in 8.8% of patients, and 21.2% had a previously diagnosed malignancy. The most common comorbidity was arterial hypertension. During the hospitalization patients were treated with low-molecular weight heparin. We discharged 48.2% of the patients on direct oral anticoagulants, 26.9% on warfarin and 23.3% on low-molecular weight heparin. Since venous thromboembolism is one of the leading causes of cardiovascular mortality, the aim of this study was to compare clinical practice data from our center with data from previously published international registries. After examining the results, we can conclude that there are many similarities and some differences between patients in our cohort and those from other registries. Since there is no objective data (national registry) available in Croatia, we wish to present the current clinical information about patients with venous thromboembolism in our center and explore questions about the situation in other centers and regions.

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#### LITERATURE

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