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论著

先天性心脏病环境影响因素的病例对照研究

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摘要：

目的：探讨环境因素与先天性心脏病的关系。方法：采用以医院为基础的1∶2病例对照研究，对先天性心脏病患儿和正常儿母亲(123名病例和246名对照)进行问卷调查。采用卡方检验和logistic回归分析，筛选先天性心脏病相关的环境影响因素。结果：多因素logistic回归模型分析结果表明：孕妇职业危险因素接触史（OR=4.10）、孕妇孕前患慢性病史（OR=5.95）、孕妇异常生育史（OR=6.27）、孕早期感冒（OR=2.07）等增加胎儿患先天性心脏病的风险，而孕早期经常吃肉鱼虾蛋类（OR=0.18）、孕期补充维生素和微量元素(OR=0.35)、孕早期经常喝豆奶与牛奶(OR=0.23)等可以减少胎儿患先天性心脏病的风险。结论：先天性心脏病的发生与多种环境因素有关，应加强环境因素的干预，以减少先天性心脏病的发生。

关键词： 先天性心脏病；环境因素；病例对照研究

Case-control study on environmental factors in congenital heart disease

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Abstract:

ObjectiveTo explore the relation between environmental factors and the occurrence of congenital heart disease (CHD). MethodsA hospital-based case-control study was conducted. Mothers of 123 patients with congenital heart disease and 246 normal newborns were interviewed with standardized questionnaires. Chi-square test and logistic regression models were performed to analyze the influencing factors. ResultsAs shown in multivariable logistic model，gravida with occupational exposure（OR=4.10），or gravida with chronic diseases during progestational pregnancy（OR=5.95）, gravida with abnormal childbearing history（OR=6.27）, and gravida catching a cold in the early stage of pregnancy （OR=2.07）would increase the risk of CHD. On the contrary, eating meat, egg （OR＝0.18）and milk （OR＝0.23）, and taking multivitamin and microelement （OR＝0.35）during the pregnancy reduced the risk of CHD. ConclusionThe risk of the offspring developing CHD is associated with gravida’s exposure to many environmental factors during pregnancy. It is time to strengthen the intervention measures to reduce the occurrence of CHD.

Keywords: congenital heart disease；environmental factor；case-control study

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