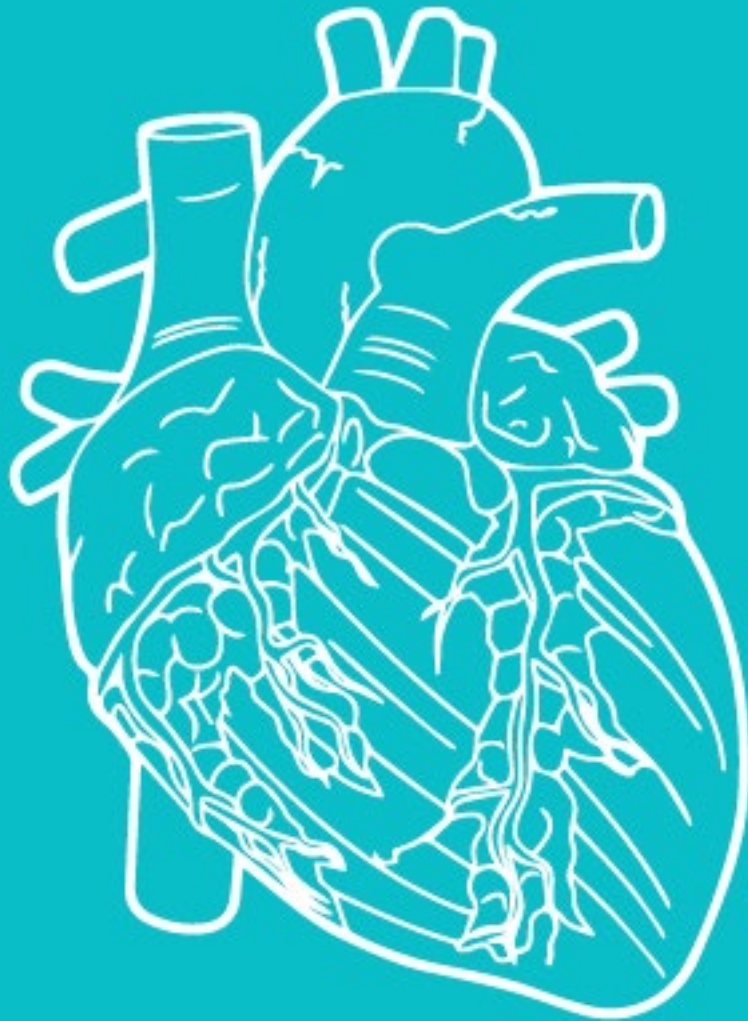




Medizinische Hochschule
Hannover

Herz-, Thorax-, Transplantations-
und Gefäßchirurgie

Wie geht's weiter nach der Operation?

Dr. med. Florian Helms



Inhalt

1. Im Krankenhaus

- Was erwartet mich auf der Intensivstation?
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Im Krankenhaus – Was erwartet mich auf der Intensivstation?



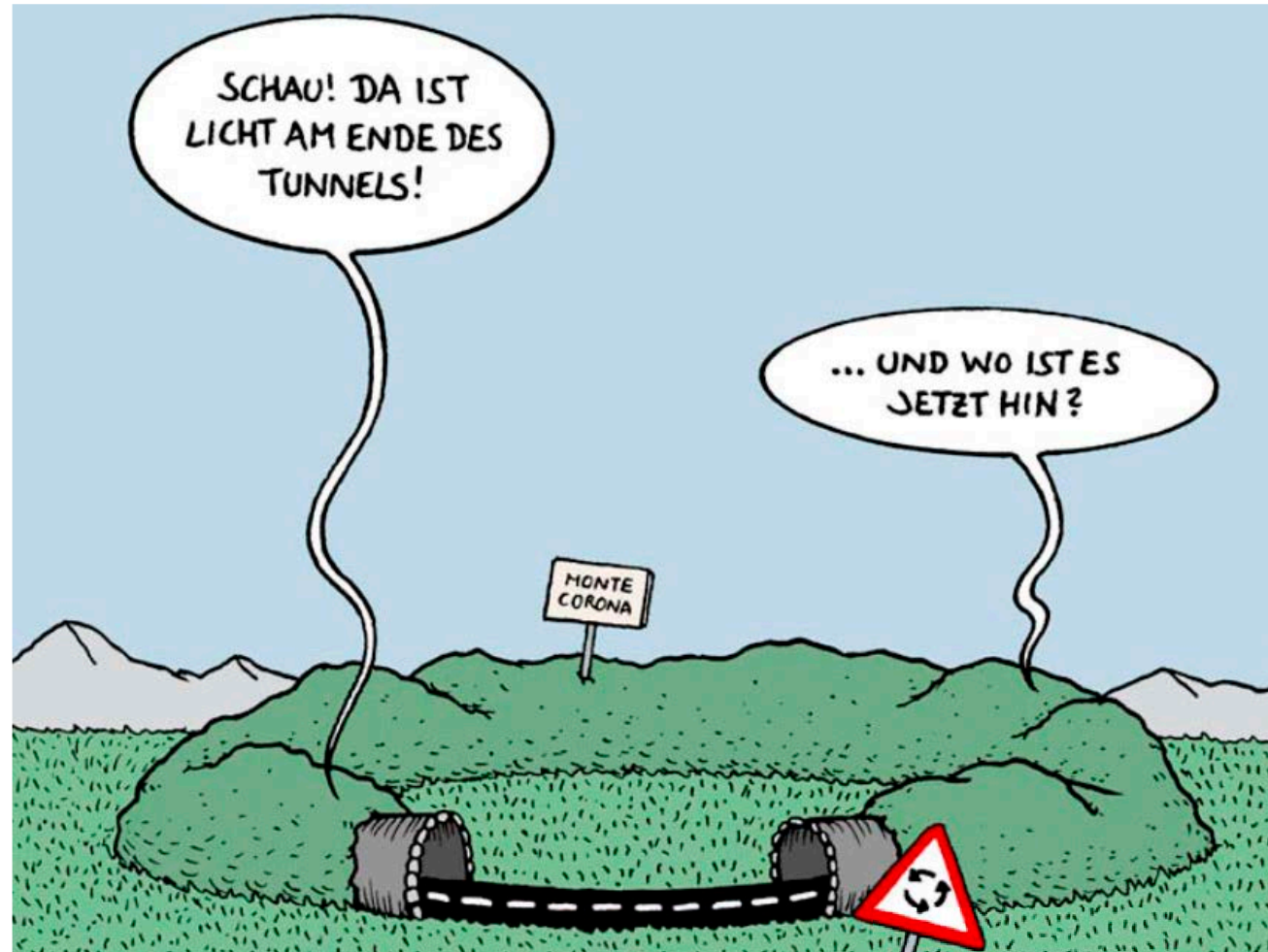
Im Krankenhaus – Was erwartet mich auf der Normalstation



Im Krankenhaus – Was erwartet mich in der Reha?



Krankenhaus und Reha überstanden – Wie geht's weiter?



Wer sind meine Ansprechpartner? Wer kümmert sich langfristig?



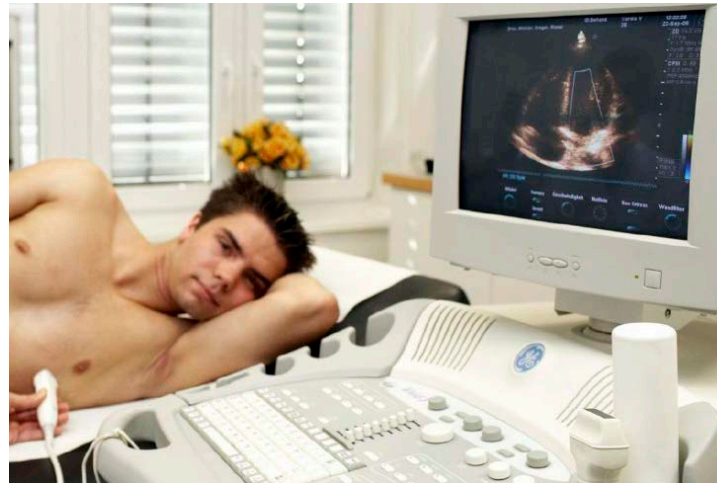
Aortenteam



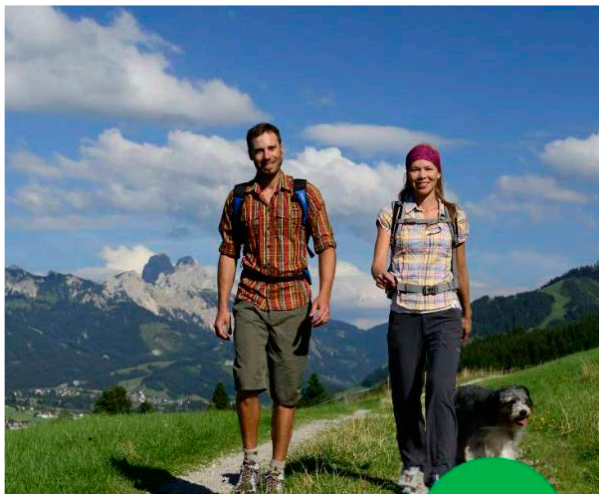
Kardiologe / Hausarzt



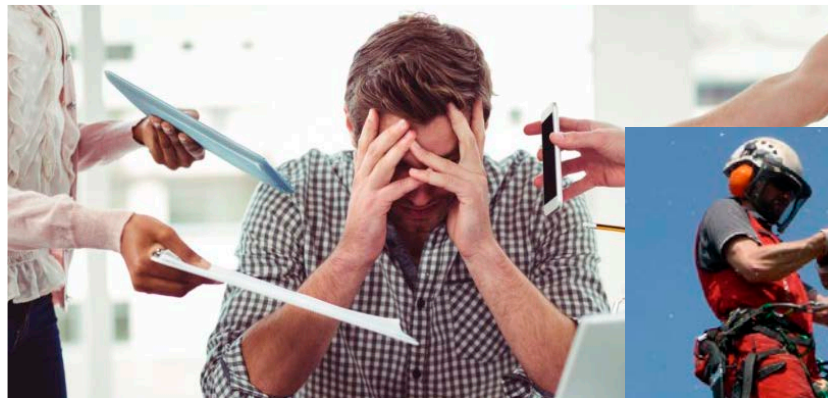
Radiologe



Wie bleibe ich nach der OP langfristig fit?



Was darf ich / was darf ich nicht nach der OP?



Wie schaut's mit der Psyche aus?



„PTBS“

DIE Aortis

Wie schaut's mit der Psyche aus?

Circulation: Cardiovascular Quality and Outcomes

Volume 12, Issue 10, October 2019

<https://doi.org/10.1161/CIRCOUTCOMES.118.005342>



ORIGINAL ARTICLE

Dog Ownership and Survival After a Major Cardiovascular Event

A Register-Based Prospective Study

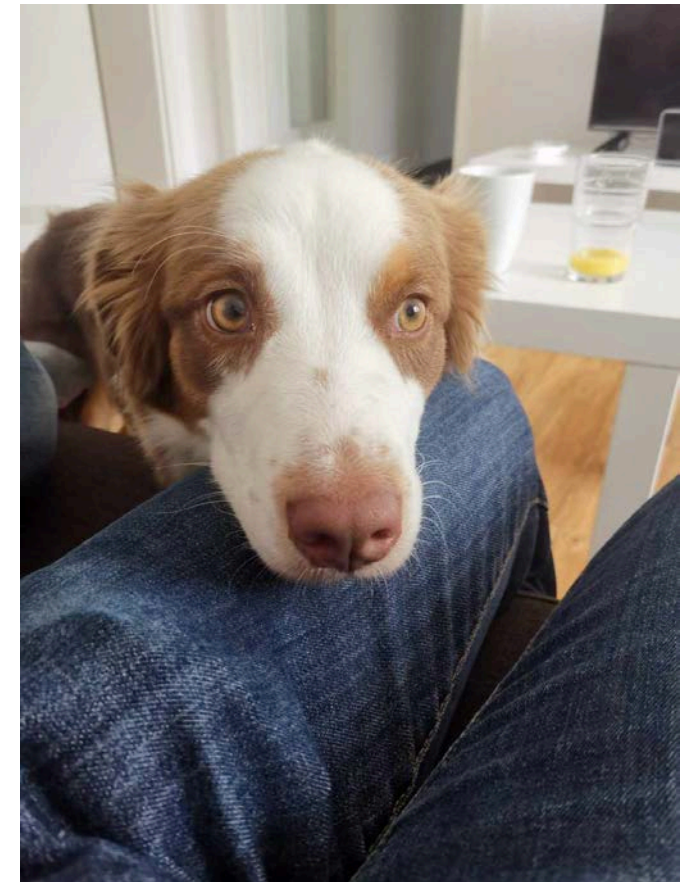
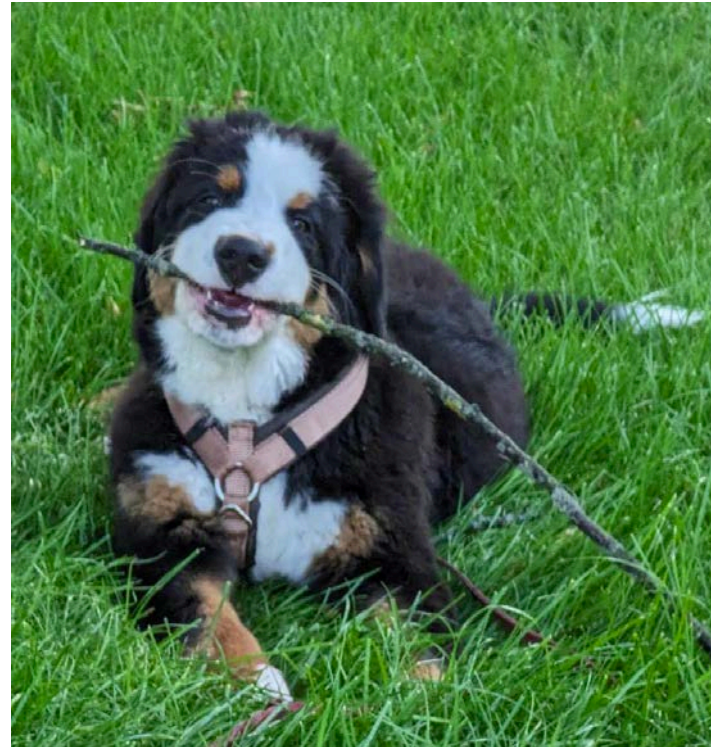
See Editorial by [Kazi](#)

Mwenya Mubanga, MD, PhD, Liisa Byberg, PhD, Agneta Egenvall, VMD, PhD, Erik Ingelsson, MD, PhD, and Tove Fall, VMD, PhD

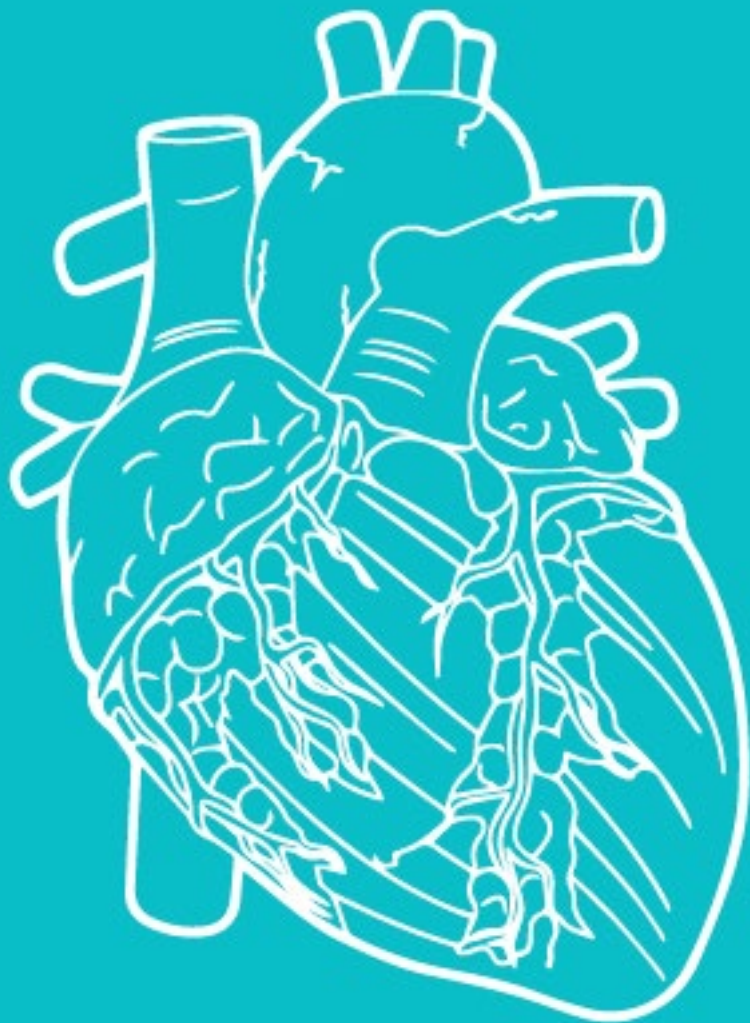
Background: Dog ownership is associated with increased physical activity levels and increased social support, both of which could improve the outcome after a major cardiovascular event. Dog ownership may be particularly important in single-occupancy households where ownership provides substitutive companionship and motivation for physical activity.

Methods and Results: We used the Swedish National Patient Register to identify all patients aged 40 to 85 presenting with an acute myocardial infarction (n=181 696; 5.7% dog ownership) or ischemic stroke (n=154 617; 4.8% dog ownership) between January 1, 2001 and December 31, 2012. Individual information was linked across registers for cause of death, sociodemographic, and dog ownership data. We evaluated all-cause mortality and risk of recurrent hospitalization for the same cause until December 31, 2012. Models were adjusted for socioeconomic, health, and demographic factors at study inclusion such as age, marital status, the presence of children in the home, area of residence, and income, as well as all registered comorbidities and hospitalization for cardiovascular disease in the past 5 years. Dog owners had a lower risk of death after hospitalization for acute myocardial infarction during the full follow-up period of 804 137 person-years, with an adjusted hazard ratio (HR) of 0.67 (95% CI, 0.61 to 0.75) for those who lived alone, and HR of 0.85 (95% CI, 0.80 to 0.90) for those living with a partner or a child. Similarly, after an ischemic stroke, dog owners were at lower risk of death during the full follow-up of 638 219 person-years adjusted HR of 0.73 (95% CI, 0.66 to 0.80) for those who lived alone and HR of 0.88 (95% CI, 0.83 to 0.93) for those living with a partner or a child. We further found an association of dog ownership with reduced risk of hospitalization for recurrent myocardial infarction (HR, 0.93; 95% CI, 0.87 to 0.99).

Conclusions: We found evidence of an association of dog ownership with a better outcome after a major cardiovascular event. Although our models are adjusted for many potential confounders, there are also unmeasured confounders such as smoking that prevent us from drawing conclusions regarding a possible causal effect.



Conclusions: We found evidence of an association of **dog ownership** with a **better outcome** after a **major cardiovascular event**. Although our models are adjusted for many potential confounders, there are also unmeasured confounders such as smoking that prevent us from drawing conclusions regarding a possible causal effect.



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Vielen Dank für Ihre Aufmerksamkeit!

Dr. med. Florian Helms



ab

12:00 Uhr

- Imbiss
- Persönlicher Austausch mit dem Aortenteam der Herz-, Thorax-, Transplantations- und Gefäßchirurgie Hannover
- Demonstration von Herz- Lungen Maschine
- Demonstration von Gefäßprothesen
- Selbsthilfegruppe „Aortis“

