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National registry and DNA-bank of adults with congenital heart disease



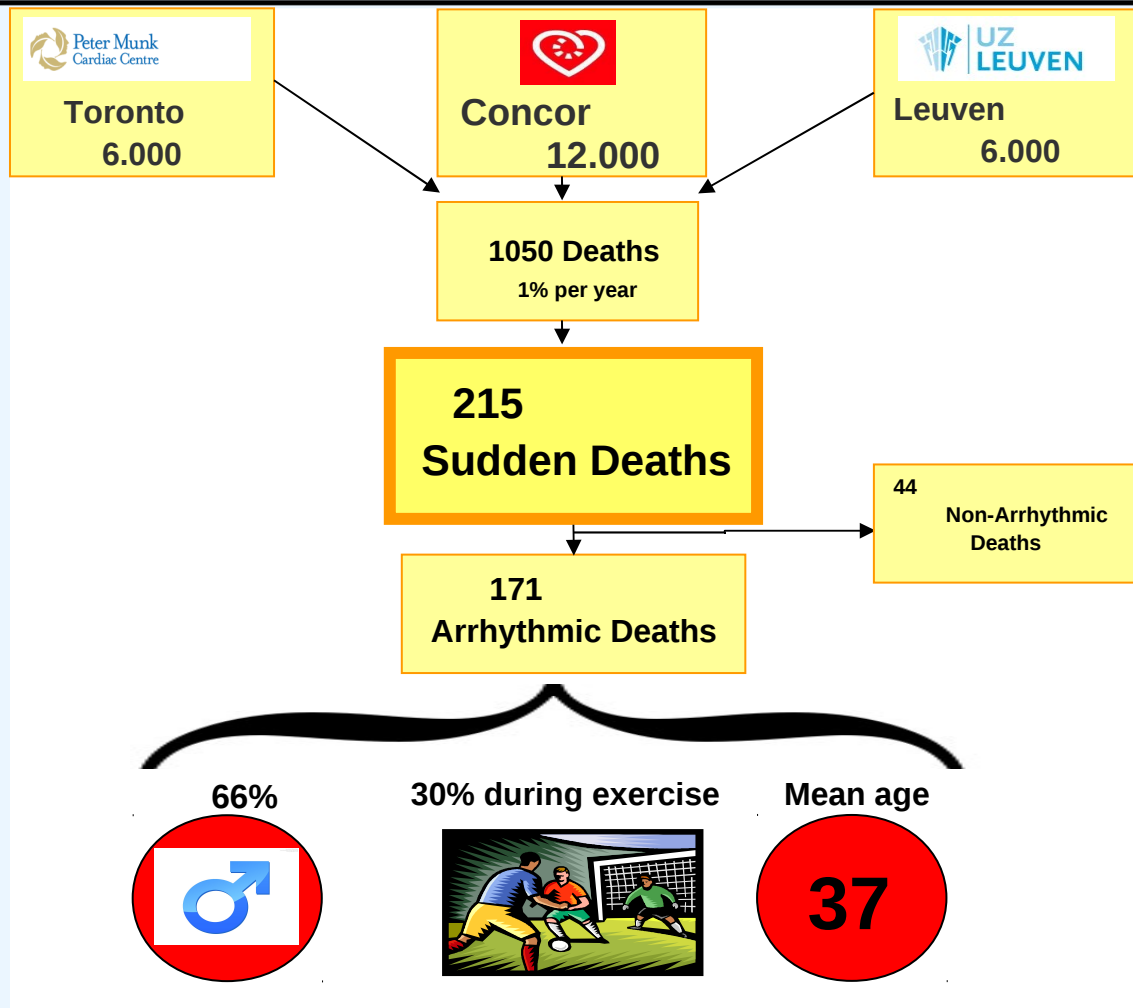
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**Number of patients included:
12.272**

Background

Little is known about the etiology of sudden death in adults with congenital heart disease (CHD). From three databases with a total population of 24.000 adults with CHD, 215 sudden deaths were identified during a mean follow up of 6 years. Mean age of death was 37 years, 66% was male and 30% of the patients died during exercise.



Conclusion

Sudden cardiac death (SCD) occurs in 20% of mortality in adults with CHD. The overall incidence of SCD is 0.2% per year and during exercise 0.04% per year. So, SCD during exercise is rare. Exercise could be encouraged in adults with CHD.