

## BEHAVIORAL FACTORS WHICH POSE A HEALTH RISK. CASE STUDY.

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### Abstract

*One of the behavioral factors which pose a health risk is alcohol consumption, and specialty literature has described the close relationship between excess alcohol consumption and accidental deaths. This paper presents an individual deadly accident which occurred at home to a young, inebriated male person; death occurred because of insufficiently quick hemostatic intervention.*

**Key words:** health state, behavioral factors, alcohol abuse

### INTRODUCTION

Some of the factors that condition the general health of the population are related to behavioral issues that pose a health risk such as smoking, alcohol consumption, inadequate diet, drug addiction and lack of physical exercise. We can also add inadequate environmental conditions and a decreased socio-economic standard to the list. Alcohol abuse is an important determinant of a person's health state. It has been proven that there is a direct link between excess alcohol consumption and accidental deaths within households, work environments or traffic, and also suicides and aggressions on other people or the person's own body.

### MATERIAL AND METHOD

On the 15<sup>th</sup> of July 2012, The Bihor County Legal Medicine Service performed the autopsy of a 46 year old male. From the data collected from family, one could establish that during the night before his death, the person discussed returned home inebriated and had a verbal altercation with his wife during which he hit a glass door with his foot, causing an open wound at the level of his right ankle which started to bleed severely; after the occurrence, he refused help from his wife, but called for help after approximately 30 minutes, with his wife calling the emergency services at 112 and trying to aid him with hemostasis. The pre-hospitalization emergency file reveals that the man was found deceased through exsanguination in his own domicile, presenting an open wound on his right leg during clinical examination. During autopsy, at the external examination

of the body, we can note the following signs of violence: at the anterior surface of the right calf, 1/3 distal, discontinuously excoriated plaque with dimensions 1/0,6 cm, brownish-red in color; right ankle, at the level of the medial malleolus and also at a posterior level, lack of continuity disposed horizontally, of arched shape, upwards concavity, smooth edges with blood infiltrates, size of 7 cm and 0,6 cm dehiscence through which we can observe the subjacent areas which are blood infiltrated. (Photo 1, Photo 2); right leg, dorsal surface, medial position, discontinued ecchymosis with dimensions 11,5/2,5 cm and linear excoriation in certain spots.



The dissection of the adjacent anatomical planes was then undergone, in order to identify the sectioned anatomical elements. The lateral injury was widened and the subcutaneous cellular tissue was observed to be hematically infiltrated, along with a 2,8 cm sectioning of the crural fascia (Photo 3). The fascia was then separated and the sectioned blood vessels were identified as the posterior tibial veins and artery (Photo 4). Parts of the blood vessels were then harvested for histopathological examination and in order to pinpoint the vital character (histopathological confirmation was obtained).



During the complementary examinations which were undertaken on the harvested blood, an alcohol level of 1,95 grams/1000 was observed. It was concluded that death had been violent and due to consecutive external hemorrhage of a severe injury at the level of the right ankle, with the posterior tibial veins and artery being sectioned. The posttraumatic lesions observed on the victim, localized at the level of the right inferior member were produced through a hit against a rough body with edges and tips (fragment of broken glass – window) and were self-provoked.

#### CONCLUSIONS

Alcohol abuse is an important determining factor of a person's health state which can be influenced through intervention policies. Although there are no relevant indicators of the effects on alcohol on specific mortality, specialists agree that there is indeed a strong link between alcohol consumption and deaths due to home accidents. This paper supports the above-mentioned idea through the detailing of a rare case of accidental death in a home environment because of posterior artery and tibial vein sectioning due to self-provoked injuries. The sectioned vessels were of a medium caliber but were also numerous, and death occurred because of a lack of timely intervention through hemostasis.

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