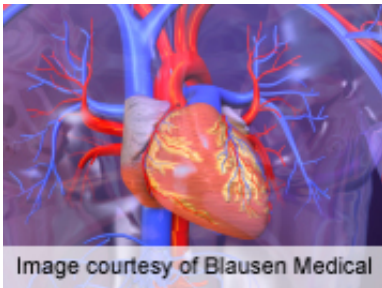


Resting heart rate predicts overall, cardiovascular mortality

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High resting heart rates seem to be predictive of increased risk for overall and cardiovascular disease mortality and shorter survival times, according to a study published in the Aug. 15 issue of *The American Journal of Cardiology*.

(HealthDay) -- High resting heart rates seem to be predictive of increased risk for overall and cardiovascular disease (CVD) mortality and shorter survival times, according to a study published in the Aug. 15 issue of *The American Journal of Cardiology*.

To examine the utility of resting [heart rate](#) as a predictor of overall and CVD mortality, Bríain ó Hartaigh, M.Phil., of the University of Birmingham in the United Kingdom, and colleagues conducted a prospective study involving 3,316 Caucasian patients who participated in the Ludwigshafen Risk and Cardiovascular Health study and underwent coronary angiography between 2001 to 2011.

The researchers found that patients with a resting heart rate of 84 or more beats per minute had a 1.2 and 1.4 year reduction in their survival time for overall and CVD mortality, respectively. After adjustment for various confounders, these patients had a significantly increased risk of overall and CVD mortality (hazard ratios, 1.39 and 1.38, respectively).

"In the present study, heart rate at rest, a familiar and easily accessible clinical parameter, was found to be an independent risk predictor for total and CVD [mortality](#)," the authors write. "Although these findings apply to patients at intermediate to high cardiovascular risk, they are nonetheless consistent with published data from a number of epidemiologic studies in general populations."

One author is employed by Synlab Services GmbH.

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