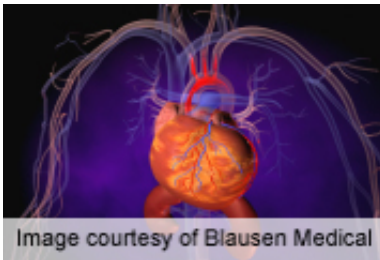


Fragility impacts quality of life in heart failure

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(HealthDay)—For patients with heart failure, fragility is associated with the perception of quality of life, according to a study published in the Dec. 1 issue of *The American Journal of Cardiology*.

Paloma Gastelurrutia, Ph.D., from the Germans Trias i Pujol Health Research Institute in Badalona, Spain, and colleagues examined whether fragility affects the perception of quality of [life](#) in outpatients with [heart failure](#). Quality of life was assessed for 1,405 outpatients with heart failure (27.8 percent women; [median age](#), 69 years) using the Minnesota Living with Heart Failure Questionnaire (MLWHFQ).

The researchers found that 44.2 percent of patients had fragility, defined as at least one abnormal evaluation, with the most prevalent component of fragility (31.2 percent) being a positive depression response on the abbreviated Geriatric Depression Scale. MLWHFQ score was strongly

correlated with the presence of fragility and fragility components (all associations $P < 0.001$). In both younger (

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