

Age modifies impact of resting heart rate on death, CV events

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(HealthDay)—The effect of resting heart rate (RHR) on all-cause

mortality and cardiovascular events varies with age, according to a study published online Dec. 30 in the *Journal of the American Geriatrics Society*.

Kuibao Li, M.D., from Capital Medical University in Beijing, and colleagues conducted a [prospective cohort study](#) involving 6,209 individuals aged 40 years and older without [cardiovascular disease](#) at baseline. Participants were interviewed in 1991 using a standard questionnaire to obtain information on demographics, medical history, and [lifestyle risk factors](#). RHR was categorized according to quartiles.

The researchers found that 840 subjects died and 676 experienced a [cardiovascular event](#) during a mean follow-up of 8.3 years. In older participants (≥ 60 years), there was a significant association for higher RHR with all-cause mortality (P trend

"High RHR appears to be an independent determinant of all-cause mortality and cardiovascular events in older but not younger individuals," the authors write.

More information: [Full Text \(subscription or payment may be required\)](#)

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