Arm circumference may be useful predictor of CVD survival

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(HealthDay)—Mid upper arm circumference (AC) is an independent

predictor of survival in older adults with cardiovascular disease (CVD), according to a study published in the Jan. 15 issue of *The American Journal of Cardiology*.

Kentaro Kamiya, P.T., Ph.D., from Kitasato University Hospital in Sagamihara, Japan, and colleagues compared the prognostic predictive capabilities of AC and calf circumference (CC) in 599 older patients (≥65 years) with CVD. Muscle function (MF) was measured using gait speed and grip strength.

Over a median of 1.63 years of follow up, 72 deaths occurred. The researchers found that high AC and high CC both were associated with better outcome; however, only AC, not CC, showed significant independent prognostic capability after adjusting for other prognostic factors (adjusted hazard ratio per SD increase, 0.56 [P = 0.023] and 0.91 [P = 0.696], respectively). Adding AC to MF, but not CC to MF, significantly increased the area under the curve on receiver operating characteristic curve (P = 0.005 and 0.188, respectively).

"A high AC, but not CC, was an independent predictor of survival and could be a readily available and simple metric for risk stratification in older patients with CVD," the authors write.

More information: Full Text (subscription or payment may be required)

predictor-cvd-survival.html