

Vitamin D deficiency linked to increased heart failure risk in older adults

August 18 2017

A recent study found an elevated risk of heart failure in more than half of older individuals, and this risk was significantly associated with vitamin D deficiency. Specifically, vitamin D deficiency was linked with a 12.2-times increased risk of heart failure.

The study, which involved an analysis of the medical records of 137 individuals in Brazil aged 60 years and older, also revealed increased [heart failure](#) risks in men, obese individuals, and those with heart arrhythmias.

The findings are published in *ESC Heart Failure*.

More information: Catarina Magalhães Porto et al, Association between vitamin D deficiency and heart failure risk in the elderly, *ESC Heart Failure* (2017). [DOI: 10.1002/ehf2.12198](https://doi.org/10.1002/ehf2.12198)

Provided by Wiley

Citation: Vitamin D deficiency linked to increased heart failure risk in older adults (2017, August 18) retrieved 18 April 2024 from <https://medicalxpress.com/news/2017-08-vitamin-d-deficiency-linked-heart.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is

provided for information purposes only.