

Low body-mass index with abdominal obesity is associated with worse heart failure outcomes in Asian

September 24 2019



Having a lower body-mass index (BMI), but also with having a higher waist-to-height ratio (WHtR), is associated with worse outcomes among Asian patients with heart failure, according to a study published September 24 in the open-access journal *PLOS Medicine* by Carolyn Lam of the National Heart Centre Singapore, and colleagues. Credit: Pexels, Pixabay

Having a lower body-mass index (BMI), but also having a higher waist-to-height ratio (WHtR), is associated with worse outcomes among Asian patients with heart failure, according to a study published September 24 in the open-access journal *PLOS Medicine* by Carolyn Lam of the National Heart Centre Singapore, and colleagues. As noted by the authors, the combined use of BMI and abdominal measures could potentially inform heart failure management better, especially among the particularly vulnerable patients with low BMI and high WHtR in Asia.

Among [heart failure patients](#), Asian patients are more likely to be lean (have a low BMI,

Citation: Low body-mass index with abdominal obesity is associated with worse heart failure outcomes in Asian (2019, September 24) retrieved 23 April 2024 from <https://medicalxpress.com/news/2019-09-body-mass-index-abdominal-obesity-worse.html>

<p>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.</p>
--