

# Sex differences in quality of life and clinical outcomes in patients with heart failure

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Heart failure is generally associated with poor quality of life. Limited data are available that characterize health-related quality of life (HRQL) in Chinese patients with heart failure.

The authors of a new article published in *Cardiovascular Innovations and Applications* used the Minnesota Living with Heart Failure Questionnaire (MLHFQ) to record [quality of life](#) in 4,082 [patients](#) with [heart failure](#) from China who were followed up over 12 months in the Heart Failure Registry of Patient Outcomes (HERO) study. Baseline HRQL and differences in quality of life between women and men with heart failure were compared. Multivariable Cox regression with adjustment for variables was used to assess the association between MLHFQ summary

At baseline, the mean MLHFQ in the overall population was  $42.9 \pm 19.57$ ; the scores for physical and emotional domains were  $22.0 \pm 8.69$  and  $8.66 \pm 6.08$ , respectively. Women had a higher (poorer) MLHFQ summary score ( $44.27 \pm 19.13$ ) than men ( $41.63 \pm 19.90$ ) (P

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