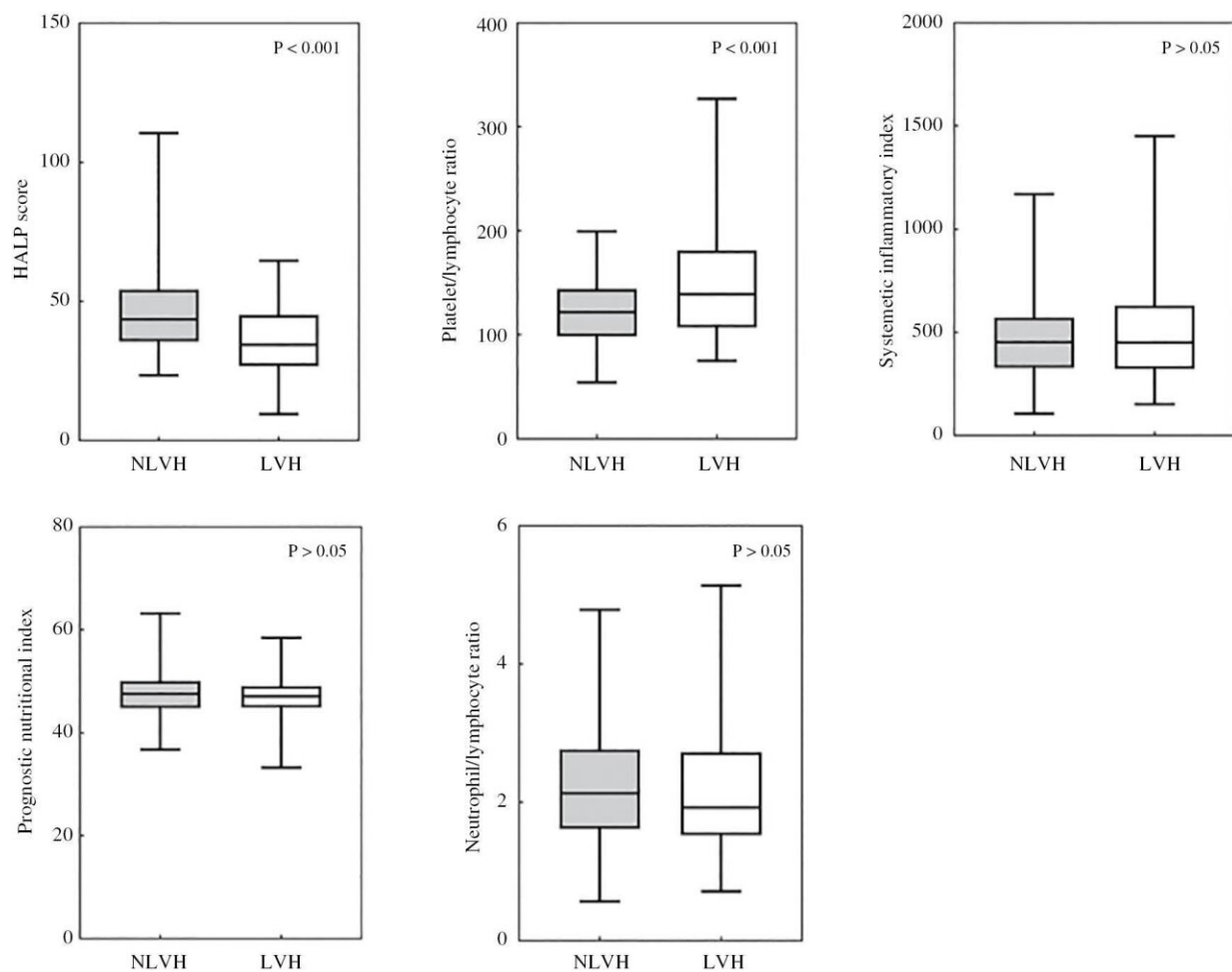


Correlation between the HALP Score and left ventricular hypertrophy in older patients with hypertension

November 7 2023



Comparison of the HALP Score, PLR, SII, PNI, and NLR between Groups. The HALP Scores were higher in patients with NLVH than LVH, and the PLR was lower in patients with NLVH (P Cardiovascular Innovations and Applications

(2023). DOI: 10.15212/CVIA.2023.0068

Hypertension and left ventricular hypertrophy (LVH) have emerged as significant risk factors for cardiovascular events and all-cause mortality. Inflammation and nutrition play critical roles in the development of hypertension and damage to target organs. The HALP Score, which assesses levels of hemoglobin, albumin, lymphocytes, and platelets, is an index closely associated with inflammation and nutrition, and has been demonstrated to be particularly effective in the older population.

The objective of a [new study](#) by researchers in China was to examine the correlation between the HALP Score and LVH in older patients with hypertension. The study is published in the journal *Cardiovascular Innovations and Applications*.

Data from 234 patients with a mean age of 72 years, including [clinical data](#), were collected and retrospectively analyzed and also routine blood, liver function, [kidney function](#), and cardiac ultrasound parameters. All patients were categorized into a non-left [ventricular hypertrophy](#) (NLVH) group (n = 131) or an LVH group (n = 103). The association between the HALP Score and LVH was investigated, and potential influencing factors were considered.

The LVH group had a significantly lower HALP Score than the NLVH group. Logistic regression analysis revealed that a lower HALP Score and female sex were independent factors associated with LVH in older patients with hypertension (OR = 0.944, 9.962, 95% CI: 0.910–0.979, 3.866–24.300, P = 0.002,

Citation: Correlation between the HALP Score and left ventricular hypertrophy in older patients

with hypertension (2023, November 7) retrieved 28 April 2024 from
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