

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

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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)

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