Myocardial Infarction as a Risk Factor of Developing Heart Failure.
The Tromsø Study

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Master Thesis in Medicine, MED-3950. 2018
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#heartfailure #myocardialinfarction #Tromsostudy
#genderdifferences
Introduction

- **Aims:** Investigate how MI affects the risk of subsequent HF in both genders, in different age groups and whether education has an impact on the risk of HF.
- **Heart failure (HF)** is a clinical syndrome.
- **Coronary heart disease** and hypertension are the major causes of HF.
- **Prevalence** 1-2%. > 10% among >70 years.
- **Myocardial infarction (MI)** as a risk factor for HF.

References:


Material and method

- Prospective cohort study
- The Tromsø study – «Tromsø 4»
  - 1994-95
  - 25-97 years
  - Results from physical examinations, non-fasting blood samples and self-reported health and lifestyle habits
- Linked to the Discharge Diagnosis Registry at UNN
  - 428 (ICD-9) and I50 (ICD-10)
- Cox proportional hazard regression to estimate hazard ratios (HRs)
  - MI main exposure variable
  - Age, systolic blood pressure, body mass index, total cholesterol, triglycerides, HDL, smoking, education, physical activity and alcohol
Results

• Subjects with HF were older than subjects without HF.
• Higher percentage of men and women with HF had suffered a MI before than those without HF.
• The majority of subjects with HF had the lowest level of education.
• Myocardial infarction was a significant predictor for HF in both genders.
• Increasing age was a significant predictor for HF in both genders.
• The highest level of education had no significant effect on risk of HF.
Conclusion

• MI is a known risk factor for developing HF, and we confirmed this finding.