

# Chronic CAD/Stable Ischemic Heart Disease

## WEIGHT LOSS PREDICTS MORTALITY INDEPENDENT OF BASELINE BODY MASS INDEX AMONG PATIENTS WITH CORONARY HEART DISEASE

Poster Contributions

Poster Sessions, Expo North

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**Background:** There exists an unresolved paradox in relation to obesity and improved prognosis in cardiovascular disease. We examined the association between weight changes and survival among patients with established coronary artery disease.

**Methods:** This cohort study included 5,021 Danish patients (mean age 65 ( $\pm$  12) years) with coronary artery disease from 2000-2011. Information about weight changes >6 months was based on anesthesiology records and records at the time of coronary angiography. Weight change was stratified into 3 groups (no change, weight loss, weight gain) and further divided into four subgroups according to baseline body mass index (BMI).

**Results:** During the 12 years of follow up, 581 (11.6%) patients died. The adjusted Cox regression analysis showed that overweight and obese patients without weight change had lower mortality (hazard ratio (HR) 0.68; 95% CI 0.48-0.97 and HR 0.62; 95% CI 0.37-1.02) compared with a reference group of normal weight patients without weight change, while weight loss patients had increased mortality independent of (BMI) group (Fig.1).

**Conclusions:** Overweight and obese patients with coronary artery disease with stable weight had improved survival compared with normal weight patients, but weight loss was associated with higher mortality independent of body mass index. Increased focus on weight changes in patients with coronary artery disease is warranted.

Figure 1 Association between BMI-weight change and risk of all-cause death

