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Myocardial infarction: prognosis and quality of life in elderly patients

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Background & Aim: To analyze the survival and quality of life at 6 and 12 months after discharge of patients.

Materials and Methods: Design: retrospective study Subjects: Patients >75 years old with myocardial infarction in 2015.

Methods: We measured gender, age, if our patients have experienced a cardiac event in the first 6 and 12 months.

Results: The sample consisted of 94 patients (p), 46 men. Average age 79.8a years (men) and 80.06 years (women). At 6 months they had re-entered 14 p, 8 coronary event, 2 for stroke, 1 for lower limb ischemia, 1 due to heart failure, 1 for bradyarrhythmia that required permanent pacemaker and 1 non-cardiac cause. In the first 6 months died 12 p, cardiogenic shock (6 p), multiorgan failure (2p), arrhythmia (2p), sepsis (1p) and cancer (1p). Half Karnofsky Index: 87.2. Between 6 and 12 months were readmitted 8 p, 2 and 6 heart failure by coronary events. 10 patients died, 5 of cardiogenic shock, 2 for neoplasia, 1 stroke, 1 and 1 multiorgan failure due to arrhythmia. GEL Karnofsky index average was 76.6. Found as predictors of mortality at 6 months, female gender ($p = 0.38$, OR 6.44 (1.11-37.42) and left ventricular dysfunction ($p = 0.039$, OR 6.45 (1.1-37.7) and 12 months: females with OR 3.67 (1.01-13.46, $p = 0.049$).

Conclusions: The survival of elderly patients with myocardial infarction in the short term is high.