

# Warning: The number of people aged 70 and older with heart failure will increase by 3 times by 2060

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Heart failure has been a dangerous disease, possibly due **to complications from coronary heart disease, hypertension, and diabetes** and it is now a common disease in the world, appearing more and more in people get older. - Ragnar Danielsan of University of Land Spitali Cardiology Hospital said in a statement.

According to the latest research published in the European Heart Association, the researchers randomly selected 5,706 older people and then conducted a research survey to classify by age and gender. Combined with the method of assessing heart failure rate in the elderly and predicting the number of elderly people at risk for heart failure in the future.



Heart failure is a clinical syndrome because blood pumped from the heart is not enough to meet the body's daily metabolic needs.(Image source: Internet.)

The results showed that the age of the survey was from 66-98 years, the average age was 77 years, of which 58% were men. At the age of 77, the risk of heart failure is 3.7%, of which older men are at risk of heart failure of

4.8%, women are 2.8%.

The proportion of people with heart failure increases with increasing age, up 1.9% for those who are 69 years of age or younger, in which people aged 80 and older are at risk of heart failure up to 6%.

In addition, the analysis also predicts that the number of elderly people aged 70-79 years and 80 years and older with heart failure will increase 2.3 times in 2040 and 3 times in 2060.

### **Huynh Dung ( According to Newkerala)**

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