IMPACT OF LIVING ALONE ON THE LONG-TERM OUTCOMES OF STEMI

Poster Contributions
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Authors: Mikihito Toda, Kenji Wagatsuma, Hideo Amano, Toho University Omori Medical Center, Tokyo, Japan

Background: A recent survey showed that more than 30% of households in Japan are single households; this was the largest group among households by family type. In addition, heart disease accounted for 15.9% of all deaths, and this is increasingly annually. The aim is to study the impact of lifestyle (living alone) on long-term outcomes of patients who underwent PCI for acute myocardial infarction.

Methods: Subjects were 488 patients with ST elevation Myocardial Infarction who underwent PCI from 2003 to 2008. Patients were classified into those who lived alone (L group n=182) and those who did not live alone (NL group n=306) and were compared for lifestyle at time of onset (age, occupation, time period of onset, behavior at time of onset, history of dietary therapy or exercise therapy), clinical characteristics, and lesion characteristics. The two groups were compared for mortality rate within 30 days and MACE (cardiac death, non-fatal cardiac infarction, TLR) at 1 year. The two groups were compared for MACE, MACCE, and all-cause mortality rates in the long-term at 3 years as well.

Results: 66.8% had a history of smoking, and the occupation of worker (indoors, light work) was the highest at 16.7%. In QCA, there was no difference between the L group and NL group in late loss as well (L: 1.08 mm vs. NL: 0.96 mm). Mortality within 30 days was significantly higher in the L group compared to the NL group (14.1% vs. 6.8%; p<0.05), and this was also higher at 1 year in the L group (25.1% vs. 17.9%; p<0.05). At 3 years, MACE (34.8% vs. 21.8%; p<0.01), MACCE (38.1% vs. 23.3%; p<0.01), and all-cause mortality (42.7% vs. 24.9%; p<0.01) were all significantly higher in the L group compared to the NL group. When multivariate analysis was used to study associations within the L group, female gender (OR, 0.51; 95% CI, 0.27 to 0.91, p<0.05) and small stature (OR, 0.93; 95% CI, 0.88 to 0.98, p<0.05) were found to be factors influencing MACE.

Conclusions: It could be considered that living alone affects the long-term prognosis of patients with acute myocardial infarction. Being a female patient with small stature was surmised to be a prognostic factor having a notable association with outcome.