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Gender related differences in outcomes in patients with cardiac resynchronization therapy.

Nevzorov, R[1]; Haim, M[1]; Mostov, S[2]; Kazum, S[1]; Hasdai, D[1]; Strasberg, B[1]; Kusniec, J[1]; Porter, A[1]

[1]Rabin Medical Center, Beilinson Hospital, Petah Tikva, Israel; [2]Hebrow University , Jerusalem, Jerusalem, Israel

Background: There is only limited data available about a gender related differences in outcomes in patients with cardiac resynchronization therapy (CRT). The purpose of the study was to assess the gender related difference in patients with CRT.

Methods: A retrospective cohort analysis of 124 consecutive patients older than 18 that were implanted CRT during hospitalization between 1/ January 2005 and 1/ January 2008. Two groups were compared: male and female patients. The primary outcome was one-year mortality. The secondary end-points were readmission and complication rate after pacemaker implantation.

Results: There were 97 men and 27 women with CRT. Overall one-year mortality rate in the male group was 20% vs 3.8% in the female group, P=0.07. We did not find statistically significant difference in the readmission rate (51.7% vs 48 %, P=0.9) and the rate of complications (6.2% vs 14.8% % , P=0.2) between the two groups. Male patients were implanted more CRT-D compared to women (48.5% vs 22.2%, P=0.027) and had a significantly higher ischemic cardiomyopathy rate (80.9% vs 30.8%, p<0.001).

Conclusions: In our study we did not find statistically significant differences in one-year mortality, readmission and complication rates between male and female groups. Although there was a trend toward higher mortality rates in men and higher complication rate in women. Male patients were implanted more CRT-D than women, that may reflect a higher ischemic cardiomyopathy rate in this group.