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### **Gender Differences among Heart Failure Patients**

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**Background** - The effects of BMI, ankle-brachial index (ABI), and abdominal circumference (AC) on the prognosis of heart failure patients are controversial. Our purpose was to examine the possibility that gender difference could explain the conflicting results on BMI and heart failure outcome.

**Methods** - 86 heart failure patients (46 females and 40 males) were enrolled to the study. Their BMI, ABI, AC, ejection fraction, and NYHA class were evaluated. **Results** - No gender difference was observed: age (73.9 years  $\pm$  14.3 [men] vs. 77.1 years  $\pm$  10.1 [women] [p=NS]), ejection fraction (53.3%  $\pm$  13.7 [men] vs. 56%  $\pm$  13.4 [women] [p=NS]), NYHA class (2.4  $\pm$  0.9 [men] vs. 2.4  $\pm$  1.0 [women] [p=NS]), ABI (0.9  $\pm$  0.2 [men] vs. 0.9  $\pm$  0.2 [women] [p=NS]), AC (105.1cm  $\pm$  21.9 [men] vs. 108.8cm  $\pm$  24.1 [women] [p=NS]).

**Conclusions** - No difference in age, cardiac, metabolic, or vascular parameters between genders could explain the controversies and the "weight paradox" of heart failure patients.