

# Weight gain worsens post-discharge prognosis in acute HF

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readmission, after risk adjustment (odds ratio, 1.16). Increasing body weight correlated with a higher risk of 180-day mortality among the subset of patients experiencing >1-kg increase in body weight after discharge (hazard ratio, 1.16).

"A substantial number of patients experienced minimal weight loss or frank [weight gain](#) in the context of an AHF trial, and increasing body weight in this subset of patients was independently associated with a worse post-discharge prognosis," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry.

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(HealthDay)—For patients with acute heart failure (AHF) who experience minimal weight loss or weight gain, increasing body weight is associated with worse post-discharge prognosis, according to research published in the Jan. 1 issue of *JACC: Heart Failure*.

Andrew P. Ambrosy, M.D., from the Duke University Medical Center in Durham, N.C., and colleagues conducted a post-hoc analysis of the Acute Study of Clinical Effectiveness of Nesiritide and Decompensated Heart Failure trial to examine [body weight](#) changes during and after hospitalization for AHF. Data were included for 4,172 patients with complete body weight data.

The researchers found that the median change in body weight was  $\pm 1.0$  and  $\pm 2.3$  kg at 24 hours and by discharge/day 10, respectively. For patients showing weight loss  $\geq 1$  kg or weight gain during hospitalization, increasing body weight during hospitalization correlated with an increase per kg in the odds of 30-day mortality or [heart failure](#)

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