

# Low body-mass index with abdominal obesity is associated with worse heart failure outcomes in Asian

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Having a lower body-mass index (BMI), but also with having a higher waist-to-height ratio (WHtR), is associated with worse outcomes among Asian patients with heart failure, according to a study published September 24 in the open-access journal *PLOS Medicine* by Carolyn Lam of the National Heart Centre Singapore, and colleagues. Credit: Pexels, Pixabay

Having a lower body-mass index (BMI), but also having a higher waist-to-height ratio (WHtR), is associated with worse outcomes among Asian patients with heart failure, according to a study published September 24 in the open-access journal *PLOS Medicine* by Carolyn Lam of the National Heart Centre Singapore, and colleagues. As noted by the authors, the combined use of BMI and abdominal measures could potentially inform heart failure management better, especially among the particularly vulnerable patients with low BMI and high WHtR in Asia.

Among [heart failure patients](#), Asian patients are more likely to be lean (have a low BMI,

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