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# More comorbidity in female and depressed HF patients

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## Background

Comorbidities in patients with heartfailure (HF) increase mortality and healthcare usage. Also depression is associated with negative outcomes and is common in HF patients. Knowledge of differences in comorbidities between men and women and those with / without depression is limited.

## Purpose

The purpose of our study was to explore

- (1) differences in comorbidities between men and women with HF
- (2) differences in comorbidities between HF patients with and without depression.

## Methods

The prevalence of 15 comorbidities (and depression) was obtained by studying a database with 38,807 elderly participants from 41 research projects in the Netherlands, executed between 2010-2013.

## Results

Only HF patients were included in further analysis, n=7,009. The median age was 80 (range 52-102 years), and 56.5% was female.

## Comorbidities prevalence in men vs. women

- Depression was registered more often in women than men: 13.0% vs. 9.5%.
- Highest *prevalence* in women: urinary incontinence, osteoarthritis or rheumatoid arthritis, osteoporosis, hip fractures, other fractures, dizziness with falling, vision disorders, and anxiety/panic disorder.
- Highest *prevalence* in men: cancer and hearing disorders

## Prevalence and number of comorbidities in depressed vs. non-depressed

- The *median number* of comorbidities was higher in men and women with depression (see figure 1).
- The *prevalence* of almost all comorbidities was higher in men and women with depression (shown for women only, figure 2)

## Conclusions

In patients with HF:

1. Women have a higher prevalence of comorbidities
2. Patients with depression report a higher number of comorbidities than patients without depression.
3. Women with depression report a higher number of comorbidities than men with depression.

