Title

Cardiovascular health of nonagenarians in southern Italy: a cross-sectional, home-based pilot study of longevity.

Journal

Journal of cardiovascular medicine (Hagerstown, Md.), 21(2)

ISSN

1558-2027

Authors

Daniels, Lori B
Antonini, Paula
Marino, Rossella
et al.

Publication Date

2020-02-01

DOI

10.2459/jcm.0000000000000910

Peer reviewed

Journal of Cardiovascular Medicine. Publish Ahead of Print():, NOVEMBER 27, 2019
DOI: 10.2459/JCM.0000000000000910, PMID: 31789688
Issn Print: 1558-2027
Publication Date: November 27, 2019

Cardiovascular health of nonagenarians in southern Italy: a cross-sectional, home-based pilot study of longevity

Lori Daniels;Paula Antonini;Rossella Marino;Marianna Rizzo;Silvia Navarin;Serena Lucibello;Alan Maisel;Vincenzo Pizza;David Brenner;Dilip Jeste;Salvatore Di Somma;

+ Author Information

Abstract

Background

The Cilento region of southern Italy has a high prevalence of nonagenarians and centenarians. Few studies of the oldest old have included echocardiographic and/or electrocardiographic data, in a home-based setting.

Objectives

The objective of this pilot study was to delineate the key lifestyle, medical, echocardiographic, and electrocardiographic features of a sample of nonagenarians and centenarians and their younger cohabitants from Cilento, via a comprehensive, home-based cardiovascular assessment. The ultimate aim is to identify the cardiovascular profile and lifestyle factors associated with longevity.

Methods

Twenty-six nonagenarians and centenarians (mean age 94±3 years) and 48 younger cohabitants aged 50–75 years (mean 62±5) underwent a comprehensive cardiovascular evaluation in their homes.

Results

In contrast to their younger cohabitants, nonagenarians and centenarians did not smoke, had lower fasting glucose levels, and lower LDL cholesterol despite being half as likely to be taking statins, and showing similar adherence to a Mediterranean diet. Over half of nonagenarians and centenarians (15/26) remained autonomous with their activities of daily living. Prevalence of self-reported coronary artery disease and stroke among nonagenarians and centenarians was low (11.5%), though a significant number had atrial fibrillation (31%) or congestive heart failure (27%). Although 62% of nonagenarians and centenarians had at least moderate valvular disease on echocardiography, less than 25% of those affected reported dyspnea.

Conclusion

Nonagenarians and centenarians in the Cilento region had a healthy metabolic profile and a low prevalence of clinical cardiovascular disease. Even among nonagenarians and centenarians with structural heart abnormalities, report of symptoms is low. Larger studies in the Cilento population may help elucidate the mechanisms underlying cardiovascular health in the oldest old.

Related Topics

- Vascular Medicine
- Valve Disorders
- Stroke
- Heart Failure

Related Articles

O065 : Cross-sectional association between oral health and ideal cardiovascular health The Paris Prospective Study 3
Journal of Clinical Periodontology 2018; 45():29.

O065 : Cross-sectional association between oral health and ideal cardiovascular health The Paris Prospective Study 3
Journal of Clinical Periodontology 2018; 45():29.