

Predictors of death in cirrhosis include age, BSA, MELD

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(HealthDay)—For patients with cirrhosis, predictors of death include

age, body surface area (BSA), and Model for End-Stage Liver Disease (MELD), according to a study published online Sept. 13 in *Hepatology*.

Maurizio Cesari, M.D., Ph.D., from the University of Padova in Italy, and colleagues assessed left ventricular geometry, systo/diastolic function, and the main hemodynamic parameters in a series of [cirrhotic patients](#) without cardiovascular or pulmonary disease. A total of 115 patients were followed for at least six years after baseline evaluation.

The researchers found that 47 percent of patients died during follow-up. The risk of death was increased in association with age, BSA, MELD, mean arterial pressure, [heart rate](#), cardiac index, systemic vascular resistance index, and the ratio of transmitral Doppler early filling velocity to tissue Doppler early diastolic mitral annular velocity (E/e') in univariate analysis. Increased age and left atrial dimension and lower BSA were the strongest predictors of death in a multivariable model including important factors (but not MELD). The main predictors of death were MELD, age, and BSA when MELD was included in the analysis. Increased E/e' and heart rate, as well as reduced mean blood pressure, correlated with poor prognosis in analysis including only cardiovascular parameters.

"In a large cohort of cirrhotic [patients](#) and after a long follow-up MELD, age and BSA were the main predictors of [death](#)," the authors write.

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