Influence of aging and chronic heart failure on temporal dispersion of myocardial repolarization

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Background and purpose: QT and Tpeak-Tend (Te) intervals are associated with sudden cardiac death in patients with chronic heart failure (CHF). We studied age-dependent influence on short-term temporal dispersion of these two variables in patients with postischemic CHF.

Method: We grouped 75 CHF and 53 healthy control subjects into three age subsets: ≤50 years, >50 years and ≤65 years, and >65 years. We then calculated the following indices: QT and Te variability index (QTVI and TeVI), the ratio between the short-term variability (STV) of QT or Te, and the STV of resting rate (RR) (QT/RR STV and Te/RR STV).

Results: In all different age subgroups, patients with CHF showed a higher level of QTVI than age-matched control subjects (≤50 years: P < 0.0001; >50 years and ≤65 years: P < 0.05; >65 years: P < 0.05). Patients with CHF ≤50 years old also had all repolarization variability indices higher than normal age-matched controls (TeVI, P < 0.05; QT/RR STV, P < 0.05; Te/RR STV, P < 0.05), whereas we did not find any difference between the two older classes of subjects. Both QTVI (r²: 0.178, P < 0.05) and TeVI (r²: 0.433, P < 0.001) were positively related to age in normal subjects, even if the first correlation was weaker than the second one.

Conclusion: Our data showed that QTVI could be used in all ages to evaluate repolarization temporal liability, whereas the other indices are deeply influenced by age. Probably, the age-dependent increase in QTVI was more influenced by a reduction of RR variability reported in older normal subjects.

Keywords: aging, QT variability, heart rate variability, chronic heart failure, sudden death

Introduction
Malignant ventricular arrhythmias are common complications of chronic heart failure (CHF) induced by myocardial infarction. Senescence¹–² and CHF³–⁴ strongly influence the cardiovascular autonomic control and myocardial repolarization phase.⁵–⁹ Indeed, both these conditions are able to increase α-adrenoreceptor-mediated peripheral resistance¹ and to reduce β-adrenergic adrenoreceptor¹⁰ and baroreflex function,¹⁰,¹¹ with a consistent decrease of heart rate variability.¹²–¹⁶ The increase of temporal dispersion of the repolarization ventricular phase¹⁷–⁵ and the reduction of heart rate variability²⁵–²⁷ are risk factors for ventricular malignant arrhythmias and sudden cardiac death (SCD) and non-SCD. Aging²⁸–³⁰ and CHF¹¹ are clear pathogenetic factors able to induce ventricular arrhythmogenesis. Neurohumoral activation,⁵,⁶,¹² electroanatomical remodeling,³³,³⁴ chronic inflammatory condition,³⁵ and endothelial dysfunction³⁶–³⁹ are well-recognized causes of ventricular arrhythmia in patients with CHF. Elderly patients with CHF show higher proneness for the malignant ventricular arrhythmias because these subjects have lower levels of functional reserve capable of...
resisting arrhythmogenesis. Although the influence of CHF and aging on ventricular arrhythmias is well known, the underlying pathogenic mechanisms are not yet completely understood. Particularly, the impact of aging on markers of repolarization’s temporal dispersion during CHF has not been clarified. In a recent large community-based study, an increased risk of SCD has been found related to a prolonged T\textsubscript{peak} - T\textsubscript{end} interval (Te).\textsuperscript{6} In addition, in patients with CHF and SCD, a higher temporal dispersion was reported.\textsuperscript{3}

All in all, we analyzed QT interval (from Q to end T wave electrocardiogram [ECG]) variability index (QTVI) and short-term variability (STV) of QT in CHF subjects with different ages, in order to individuate a possible age-dependent influence on these markers. Finally, we calculated the same indices of variability on the last part of the T wave (considering the peak and end of the T wave) to observe a peculiar age-related effect on this important part of repolarization.

**Methods**

**Study subjects**

For this study we selected 75 outpatients (63 men and 12 woman) who had stable CHF secondary to ischemic dilated cardiomyopathy, and 53 healthy control subjects (41 men and 12 women). We defined clinically stable patients as those who had not been hospitalized or had their therapy adjusted or had experienced any other acute coronary artery or noncoronary event during the past 3 months. All participants had undergone revascularization either cutaneously or by aortocoronary bypass at least 3 months before the study. None of the patients had malignancy, primary valve disease, atrial fibrillation, premature complexes (one premature complex per minute was permitted), or other arrhythmias likely to interfere with heart rate and QT analysis. None of the patients was New York Heart Association class IV. Before the study, none of the subjects had a documented history of cardiac arrest, ventricular tachycardia, or fibrillation. We suggested that all patients with ejection fraction \(< 35\%\) underwent an implantable cardioverter/defibrillator device.

To detect possible statistical differences related to age we divided each of the two study groups into three age subsets: \(\leq 50\) years, \(> 50\) years and \(\leq 65\) years, and \(> 65\) years.

**Study protocol and offline data analysis**

After a 10-minute rest lying down, each subject underwent a 5-minute, single ECG lead recording during controlled breathing (15 breaths per minute, 0.25 Hz). All digitized signal recordings were analyzed by a single physician (GP) blinded to the subjects’ circumstances.

We measured the following intervals from the respective time series of ECG recordings: resting rate (RR), QT (from the Q wave to the T wave end), and Te (from the T peak to T wave end). We therefore calculated mean and variance values of each of these intervals and then used the original formula proposed by Berger et al\textsuperscript{41} to calculate three different QT variability indices:

\[
\text{QTVI} = \log_{10}\left(\frac{\text{QT variance}}{(\text{QT mean})^2}\right)\left(\frac{\text{RR variance}}{(\text{RR mean})^2}\right)
\]

\[
\text{TeVI} = \log_{10}\left(\frac{\text{T\_peak variance}}{(\text{T\_mean})^2}\right)\left(\frac{\text{RR variance}}{(\text{RR mean})^2}\right)
\]

Software for data acquisition and storage and for spectral analysis were designed and produced by our research group and are described in detail elsewhere.\textsuperscript{7,9,42-45}

Finally, we used all ECG recordings to measure the STV of the aforementioned intervals. This variable was calculated following the standard method, namely by using the first 60 consecutive beats (STV\textsubscript{60}\textsuperscript{46,47}) and also by using the total number of beats in the whole 5-minute recording (STV\textsubscript{T}). The formula used was:

\[
\text{STV}_{60} = \sum [D_{n+1} - D_n] (60 \times \sqrt{2})
\]

\[
\text{STV}_T = \sum [D_{n+1} - D_n] (\text{total beats number} \times \sqrt{2})
\]

where D was the duration of RR or QTe, or Te interval. Consequently, we were able to obtain the following six STV indices: RR STV\textsubscript{60}, QT STV\textsubscript{60}, Te STV\textsubscript{60}, RR STV\textsubscript{T}, QTe STV\textsubscript{T}, and Te STV\textsubscript{T}.

Finally, we calculated the following ratio between the different STVs:

\[
\frac{\text{QT/RR}}{\text{STV}_{60}} = \frac{\text{QT STV}_{60}}{\text{RR STV}_{60}};
\]

\[
\frac{\text{Te/RR}}{\text{STV}_{60}} = \frac{\text{Te STV}_{60}}{\text{RR STV}_{60}};
\]

\[
\frac{\text{QT/RR}}{\text{STV}_T} = \frac{\text{QT STV}_T}{\text{RR STV}_T};
\]

\[
\frac{\text{Te/RR}}{\text{STV}_T} = \frac{\text{Te STV}_T}{\text{RR STV}_T}.
\]

Moreover, from the same 5-minute ECG segment, the corrected QT and Te intervals were obtained according to the formulas proposed by Bazett (QT/RR\textsuperscript{0.5}; QT; Te/RR\textsuperscript{0.5}), Friedericia (QT/RR\textsuperscript{0.5}; Te/RR\textsuperscript{0.33}), Lilly (QT/RR\textsuperscript{0.4}; T/RR\textsuperscript{0.4}), and Framingham (QT\textsubscript{+} \([0.154 \times (1000 - \text{RR})]\); Te+ \([0.154 \times (1000 - \text{RR})]\)).

**Statistical analysis**

Unless otherwise indicated, all data are expressed as means ± standard deviation. Data with skewed distribution are given as median and interquartile range (75th percentile–25th percentile).
Categorical variables were analyzed with the \( \chi^2 \) test. One-way analysis of variance and the Bonferroni test were used to compare data for the normally distributed variables. Kruskal–Wallis and Mann–Whitney tests were used to compare non-normally distributed variables (as evaluated by the Kolmogorov–Smirnov test). To detect possible statistical differences related to age, we divided each of the two study groups into three age subsets: \( \leq50 \) years, \( >50 \) years and \( \leq65 \) years, and \( \geq65 \) years.

Stepwise multiple regression analysis was used to determine possible relationships between the studied variables. \( P \)-values \( \leq0.05 \) were considered statistically significant. All data were evaluated with the database SPSS-PC+ (SPSS-PC+ Inc, Chicago, IL, USA).

### Results

We examined 128 subjects, 75 with CHF and 53 healthy controls. The clinical characteristics of subjects enrolled in the study are shown in Table 1.

Age, body mass index, and sex distribution did not differ significantly between the two groups, whereas heart rate, diastolic arterial pressure, left ventricular ejection fraction, and QT interval differed significantly (Table 1). Both subgroups had a similar mean intergroup age (Table 2).

The younger CHF group showed a reduction of RR variance in comparison with the age-matched healthy controls, whereas only the older CHF group reported a longer RR\(_{mean}\) than controls (Table 3). Only elderly subjects had a significantly larger QT\(_{mean}\) (\( P < 0.05 \)), QT variance (\( P < 0.05 \)), and Te\(_{mean}\) (\( P < 0.05 \)) than age-matched healthy controls. Furthermore, the middle-aged group showed a QT\(_{variance}\) (\( P < 0.05 \)) significantly higher than age-matched controls (Table 3). In all subsets, independently from age, the CHF group showed a significantly higher QTVI (\( P < 0.001 \)) than age-matched controls, but only the younger CHF group had all other QT variability values significantly higher (TeV\(_i\)) (\( P < 0.05 \), QT/RR STV\(_{60}\), Te/RR STV\(_{60}\), QT/RR STV\(_{1}\), QT/RR STV\(_{1}\)) in comparison with age-matched controls (Table 4). In the middle-aged and elderly CHF groups we did not find any differences for the other repolarization variables (Table 4).

We did not find any difference between the three CHF groups in respect of the RR and QT variables (Tables 3 and 4). RR\(_{variance}\) (\( P < 0.001 \)) was significantly higher in younger and middle-aged control subjects than older subjects (Table 3), and this variable was also significantly higher in younger controls compared with healthy middle-aged subjects. Te (\( P < 0.05 \)) was higher in younger and middle-aged control subjects than older subjects (Table 3). On the other hand, Te\(_{variance}\) (\( P < 0.05 \)) was higher in the two younger groups than the older normal subjects.

In the control group, all temporal dispersion variables (QTVI, TeV\(_i\), QT/RR STV\(_{60}\), Te/RR STV\(_{60}\), QT/RR STV\(_{1}\), Te/RR STV\(_{1}\)) were significantly lower in the younger group in comparison with the older subjects (\( P < 0.05 \)) (Table 4). QTVI, TeV\(_i\), QT/RR STV\(_{1}\), and Te/RR STV\(_{1}\) were lower in the middle-aged subjects than in the older ones. Only QTVI results were significantly lower in the younger control group compared with the middle-aged group (Table 4).

### Table 1 General characteristics of study sample

| Characteristics                  | Chronic heart failure | Healthy controls | \( P \) values |
|----------------------------------|-----------------------|------------------|---------------|
|                                  | \( N = 75 \)          | \( N = 53 \)     |               |
| Age, years                       | 64 ± 13               | 60 ± 15          | 0.452         |
| Male/female                      | 63/12                 | 41/12            | 0.275         |
| BMI, kg/m\(^2\)                  | 26 ± 4                | 26 ± 3           | 0.155         |
| HR, beats/min                    | 66 ± 11               | 68 ± 10          | 0.329         |
| Systolic blood pressure, mmHg    | 123 ± 26              | 122 ± 17         | 0.700         |
| Diastolic blood pressure, mmHg   | 66 ± 15               | 75 ± 11          | 0.002         |
| Left ventricular ejection fraction, % | 40 ± 10              | 57 ± 4           | 0.0001       |
| QT, ms                           | 375 ± 58              | 353 ± 26         | 0.007         |
| QT\(_{normal}\), ms              | 389 ± 51              | 372 ± 20         | 0.017         |
| QT\(_{end}, ms\)                 | 384 ± 51              | 366 ± 19         | 0.008         |
| QT\(_{rs}, ms\)                  | 386 ± 51              | 361 ± 19         | 0.011         |
| QT\(_{corrected}, ms\)           | 385 ± 51              | 368 ± 18         | 0.012         |
| NYHA class, I/II/III             | 10/46/19              | 0                | 0.0001       |
| Serum K, mmEq/L                  | 4.2                   | 4.1              | 0.842         |
| \( \beta \)-blockers             | 35                    | 0                | 0.0001       |
| Furosemide                       | 33                    | 0                | 0.0001       |
| ACEI/Sartans                     | 56                    | 5                | 0.0001       |
| Spironolactone                   | 22                    | 0                | 0.0001       |
| Digoxin                          | 13                    | 0                | 0.0001       |
| Amiodorone                       | 11                    | 0                | 0.017        |

**Note:** Data are expressed as means ± standard deviation.

**Abbreviations:** BMI, body mass index; HR, heart rate; NYHA, New York Heart Association; ACEI, angiotensin converting enzyme; ms, milliseconds; mmEq/L, milliequivalents per liter.

### Table 2 Mean age of subjects in the three age-subgroups

| Age subgroups | Chronic heart failure | Healthy controls | \( P \) values |
|---------------|-----------------------|------------------|---------------|
| \( \leq50 \) years | 46 ± 4               | 44 ± 3           | 0.371         |
| \( n = 19 \)     | \( n = 17 \)          |                  |               |
| \( >50 \leq65 \) years | 58 ± 3               | 57 ± 4           | 0.342         |
| \( n = 21 \)     | \( n = 18 \)          |                  |               |
| \( \geq65 \) years | 75 ± 6               | 77 ± 4           | 0.317         |
| \( n = 35 \)     | \( n = 18 \)          |                  |               |

**Note:** Data are expressed as means ± standard deviation.
Table 3 RR interval and QT dynamics data according to age and presence of chronic heart failure

Table 4 QT variability indices according to age and presence of chronic heart failure

Notes: Data are expressed as median and interquartile range (75th–25th). *P < 0.05 Group 1 vs Group 2; **P < 0.05 Group 1 vs Group 3; ***P < 0.05 Group 2 vs Group 3; ****P < 0.001 Group 2 vs Group 3.

Abbreviations: QTVI, QT variability index; TeVI, T wave variance, ms; RR mean or variance, waves interval; ms, milliseconds; QT interval mean or variance.
emphasized that CHF leads to a prolongation and dispersion of action potential duration that is quantitatively more pronounced in respect of pure aging. Specifically, functional downregulation of potassium current and an alteration in depolarizing sodium and calcium currents are responsible for electrical remodeling, with a consequent increase in QT temporal dispersion in CHF. Our data, besides confirming that QT variability-derived indices are significantly higher in patients with CHF compared with healthy controls, suggest that aging might represent a confounding factor for a number of them but not for QTVI. Initially, our data also suggested through which mechanisms QTVI remains a solid marker of myocardial repolarization lability despite aging. Indeed, in patients with CHF aged \( \leq 50 \) years, QTVI suffers because of extremely low RR variance values, whereas, considering those patients with CHF aged \( > 50 \) years, QTVI was much worse, as indicated by a marked increase in QT variance. Thus, it could be hypothesized that in relatively young patients with CHF, an increased QTVI might mirror a sinus node dysfunction due to a prevalent autonomic nervous system control derangement, whereas, with aging, QTVI mainly reflects an altered myocardial repolarization phase. A possible reason underlying a major role of sinus node dysfunction in worsening QTVI of young patients with CHF could be represented by the well-known age-related decline in heart rate variability.

Evidence indicates that an increased Te interval is related to SCD, and also recent research from our group showed an increased temporal dispersion of the last part of repolarization (TeVI) in patients with CHF and SCD, as well as in an animal model with pacing-induced heart failure (TeVI, Te/STVT). However, the pathophysiologic meaning of this ECG interval still remains controversial.
Some authors believe that Te is a reliable noninvasive marker of transmural repolarization gradient, whereas others affirm that this period reflects the total spatial ventricular repolarization dispersion.\textsuperscript{41,46,51} Notably, clinical and experimental evidence indicates that Te should be considered as a marker of $I_k$ function, especially during sympathetic activation.\textsuperscript{52,53} Indeed, an enhancement in $I_k$ was reported after a $\beta$-adrenergic stimulation, the latter leading to an elevation of intracellular cyclic adenosine monophosphate (cAMP) and an activation of protein kinase A.\textsuperscript{54} Supporting this datum, it was reported that subjects with concealed type 1 long QT reported a significant increase of Te interval during an infusion of epinephrine,\textsuperscript{55} again favoring a close link between adrenergic burst and $I_k$ activity. Our current data seem to identify a possible role of Te-derived indices only when considering those patients with CHF aged $\leq$50 years. However, a real comparison is impossible given the different population enrolled and the lack of a follow-up. A possible explanation, albeit merely speculative, could be that aging per se, due to a downregulation of $\beta$-adrenoreceptor expression and function, could affect Te-derived indices, leading to an age-related loss of their diagnostic utility in patients with CHF. Accordingly, we can hypothesize that, between all indices of myocardial repolarization dispersion, QTVI might remain the only one that could be used to point out an increased SCD risk regardless of patients’ age, whereas Te indices should be useful just in middle-aged patients.

**Conclusion**

Our data demonstrate a deep influence of age on the short-term variability of repolarization phases, and tend to suggest that only QTVI is able to characterize temporal myocardial repolarization lability in patients with CHF regardless of aging.
Disclosure

The authors report no conflicts of interest in this work.

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