

News & Comments

Numerous Health Conditions may be Associated with Height

Nirmal Kumar

You can stand out from the crowd but gaining those extra inches can be costly. Taller people are more likely to suffer from abnormal heartbeats, varicose veins, skin and bone infections, and peripheral neuropathy, in which nerves in the extremities are damaged. According to the study, the higher your predicted height as determined by your genetics, the lower your risk of coronary heart disease, but the higher your blood pressure and cholesterol.

Adult height is associated with many clinical traits. Height can be determined by genes we inherit from parents, but environmental factors like food, socioeconomic status, gender, and demographic location can affect height.

To determine this association between height and heart diseases, the team of scientists compared the height of more than 280,000 adults genetically and physically and found that height may be an unknown and unmodifiable risk factor for several common adult conditions.

These results confirm previous studies that suggest taller people are less likely to have cardiovascular problems such as hypertension, hyperlipidemia, and coronary heart disease, but are also more likely to have atrial fibrillations and varicose veins. Moreover, other risks include skin and bone infections, and nerve damage also known as peripheral neuropathy.

More studies are needed to strengthen study findings among other nationalities and a multitude of demographics.

KEYWORDS

Asthma, atrial fibrillation, body mass index, bone, cardiovascular disease, coronary heart disease, diabetes, genetic, genetics, genome, healthcare, heart, heart disease, hyperlipidemia, nerve, neuropathy, nutrition, peripheral neuropathy, skin, varicose veins, veterans affairs, blood pressure, health.

