



The Medical **Bulletin**

Clinical Clue

To Predict Mortality, You Need a Leg to Stand On

Storks everywhere, rejoice. A new study shows that the ability to stand on one leg for at least 10 seconds is strongly linked to the risk of death over the next 7 years.

According to the findings, people in middle age and older who couldn't perform the 10-second standing test were nearly four times as likely to die of any cause — heart attacks, strokes, cancer, and more — in the coming years than those who could, well, stand the test of time.

Claudio Gil Araújo, MD, PhD, research director of the Exercise Medicine Clinic-CLINIMEX in Rio de Janeiro, Brazil, who led the study, called the results “awesome!”

"As a physician who has worked with cardiac patients for over four decades, I was very impressed in finding out that, for those between 51 and 75 years of age, it is riskier for survival to not complete the 10-second one-leg standing test than to have been diagnosed as having coronary artery disease or in being hypertensive" or having abnormal cholesterol, Araújo told Medscape Medical News.

The findings appear today in the British Journal of Sports Medicine.

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