

Vascular malformations contribute to lower quality of life

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(HealthDay)—Patients with vascular malformations (VAMs) have

increased pain and psychosocial distress, compared with the general U.S. population, according to a review published online March 21 in *JAMA Dermatology*.

Henry L. Nguyen, M.D., from the Mayo Clinic in Rochester, Minn., and colleagues conducted a systematic literature review to identify studies that used validated tools to compare the health-related quality of life (HRQoL) of persons with VAMs with the general U.S. population.

The researchers identified 11 studies representing 692 patients with VAMs, but only six studies (320 patients) were included in the meta-analysis. Compared to the general U.S. population, those with VAMs had lower 36-Item Short-Form Health Survey scores for bodily pain (P = 0.02) and [mental health](#) (P = 0.03).

"Pain and psychological morbidity are associated with poorer HRQoL and may serve as indicators for quality of life," the authors write.

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