

Normal Ejection Fraction by Age Chart Handout

The table below are the ranges according to American Society of Echocardiography and the European Association of Cardiovascular Imaging, which are not specifically divided by age:

Range	Men	Women
Normal range	52-72%	54-74%
Mildly abnormal range	41-51%	41-53%
Moderately abnormal range	30-40%	30-40%
Severely abnormal range	<30%	<30%

However, ejection fraction tends to decrease modestly with increasing age. Refer to the table below for the average left ventricular and right ventricular ejection fraction of the population in Fiechter et al.'s research in 2013, with no divisions for gender. These values are within the normal range; going above or under them may indicate underlying issues that warrant further evaluation.

Age group	Average LVEF (%)	Average RVEF (%)
20-29 years	60.9 ± 3.2	54.1 ± 3.1
30-49 years	60.8 ± 5.7	57.6 ± 6.8
50-69 years	65.2 ± 7.0	60.9 ± 6.4
≥70 years	69.3 ± 8.7	60.2 ± 6.3

Fiechter, M., Fuchs, T. A., Gebhard, C., Stehli, J., Klaeser, B., Stähli, B. E., Manka, R., Manes, C., Tanner, F. C., Gaemperli, O., & Kaufmann, P. A. (2013). Age-related normal structural and functional ventricular values in cardiac function assessed by magnetic resonance. *BMC Medical Imaging*, 13(1). <https://doi.org/10.1186/1471-2342-13-6>

Kosaraju, A., Goyal, A., Grigorova, Y., & Makaryus, A. N. (2024). Left ventricular ejection fraction. In *StatPearls*. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK459131/>

Lang, R. M., Badano, L. P., Mor-Avi, V., Afilalo, J., Armstrong, A., Ernande, L., Flachskampf, F. A., Foster, E., Goldstein, S. A., Kuznetsova, T., Lancellotti, P., Muraru, D., Picard, M. H., Rietzschel, E. R., Rudski, L., Spencer, K. T., Tsang, W., & Voigt, J.-U. (2015). Recommendations for cardiac chamber quantification by echocardiography in adults: An update from the American Society of Echocardiography and the European Association of Cardiovascular Imaging. *Journal of the American Society of Echocardiography*, 28(1), 1-39.e14. <https://doi.org/10.1016/j.echo.2014.10.003>

Normal Ejection Fraction by Age Patient Chart

Patient information
Name: Jonathan Phillips
Age: 65
Gender: Male
Date: July 30, 2024
Ejection fraction measurement
Measurement method:
<input checked="" type="checkbox"/> Echocardiography
<input type="checkbox"/> Cardiac MRI
<input type="checkbox"/> Radionuclide ventriculography
Ejection fraction values:
Left ventricle: 64%
Right ventricle: 59%
Interpretation:
<input checked="" type="checkbox"/> Within normal range
<input type="checkbox"/> Mildly abnormal range
<input type="checkbox"/> Moderately abnormal range
<input type="checkbox"/> Severely abnormal range
Clinical context
Patient symptoms:
Experiencing mild shortness of breath during exertion, occasional fatigue, no significant fluid retention.
<i>Heart failure symptoms such as shortness of breath, fatigue, and fluid retention may indicate preserved ejection fraction or diastolic heart failure.</i>
Risk factors:
History of hypertension, borderline cholesterol levels, family history of cardiovascular disease.

Additional notes

Monitor blood pressure regularly, continue prescribed medication, follow up in 6 months.