CMHC
Cardiometabolic Health Congress

www.cardiometabolichealth.org

IMPORTANT CONSIDERATIONS ON HF RISK FACTORS & HF PRESENTATION IN WOMEN

IMPORTANT CONSIDERATIONS ON HF RISK FACTORS & HF PRESENTATION IN WOMEN

HEART FAILURE = **CLINICAL SYNDROME**

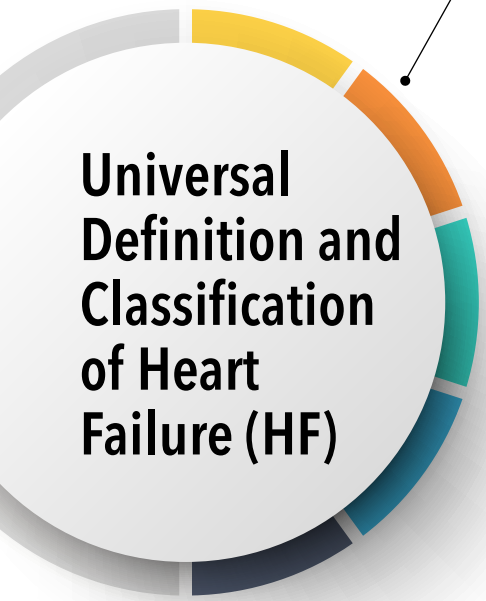
Symptoms and/or signs of HF caused by a structural and/or functional cardiac abnormality

CORROBORATED BY AT LEAST ONE OF THE FOLLOWING

Elevated natriuretic peptide levels

Objective evidence of cardiogenic pulmonary or systemic congestion

Bozkurt, Coates JCardFail 2021; Artwork courtesy of Vanessa Blumer, JCF FIT Editor



DEFINITION

HF is a clinical syndrome with current or prior

- Symptoms and or signs caused by a structural and/or functional cardiac

And corroborated by at least one of the following:

- Elevated natriuretic peptide levels
- Objective evidence of cardiogenic pulmonary or systemic congestion

STAGES

AT RISK (STAGE A)

Patients at risk for HF, but without current or prior symptoms or signs of HF and without structural cardiac changes or elevated biomarkers of heart disease

PRE-HF (STAGE B)

Patients without current or prior symptoms or signs of HF with evidence of one of the following:

- Structural Heart Disease
- Abnormal cardiac function
- Elevated natriuretic peptide or cardiac troponin levels

HF (STAGE C)

Patients with current or prior symptoms and/or signs of HF caused by a structural and/or functional cardiac abnormality

ADVANCED HF (STAGE D)

Severe symptoms and/or signs of HF at rest, recurrent hospitalizations despite GDMT, refractory or intolerant to GDMT, requiring advanced therapies transplantation, mechanical circulatory support, or palliative care

CLASSIFICATION BY EF

HF with reduced EF (HFrEF)

- HF with LVEF < 40%

HF with mildly reduced EF (HFmrEF)

- HF with LVEF 41-49%

HF with preserved EF (HFpEF)

- HF with LVEF > 50%

HF with improved EF (HFimpEF)

- HF with a baseline LVEF of < 40%, a 10-point increase from baseline LVEF, and a second measurement of LVEF of > 40%

Language matters!
The new universal definition offers opportunities for more precise communication and description with terms including **persistent HF** instead of "stable HF," and **HF in remission** rather than "recovered HF."

PREDISPOSITION
TRADITIONAL RISK FACTORS

Diabetes Mellitus
Hypertension
Obesity
Tobacco Use
Lifestyle
Social
Determinants of
Health

Sex Differences Risk Factors for Heart Failure

HYPERTENSION
MORE POTENT RISK FACTOR FOR HEART FAILURE IN WOMEN

3X vs 2X

DIABETES
MORE POTENT RISK FACTOR FOR HEART FAILURE IN WOMEN

5X vs 2X

OBESITY
HIGHER RISK FOR HEART FAILURE IN WOMEN

STRONGER RISK FACTOR FOR HFpEF

SMOKING
MORE POTENT RISK FACTOR FOR HEART FAILURE IN WOMEN VS MEN

Lala/Gulati JCardFail 2021

PREDISPOSITION
SEX-SPECIFIC RISK FACTORS

BREAST CANCER THERAPY
- Anthracycline/tyrosine kinase inhibitor-associated LV dysfunction (potentiated risk if both)
- Radiation

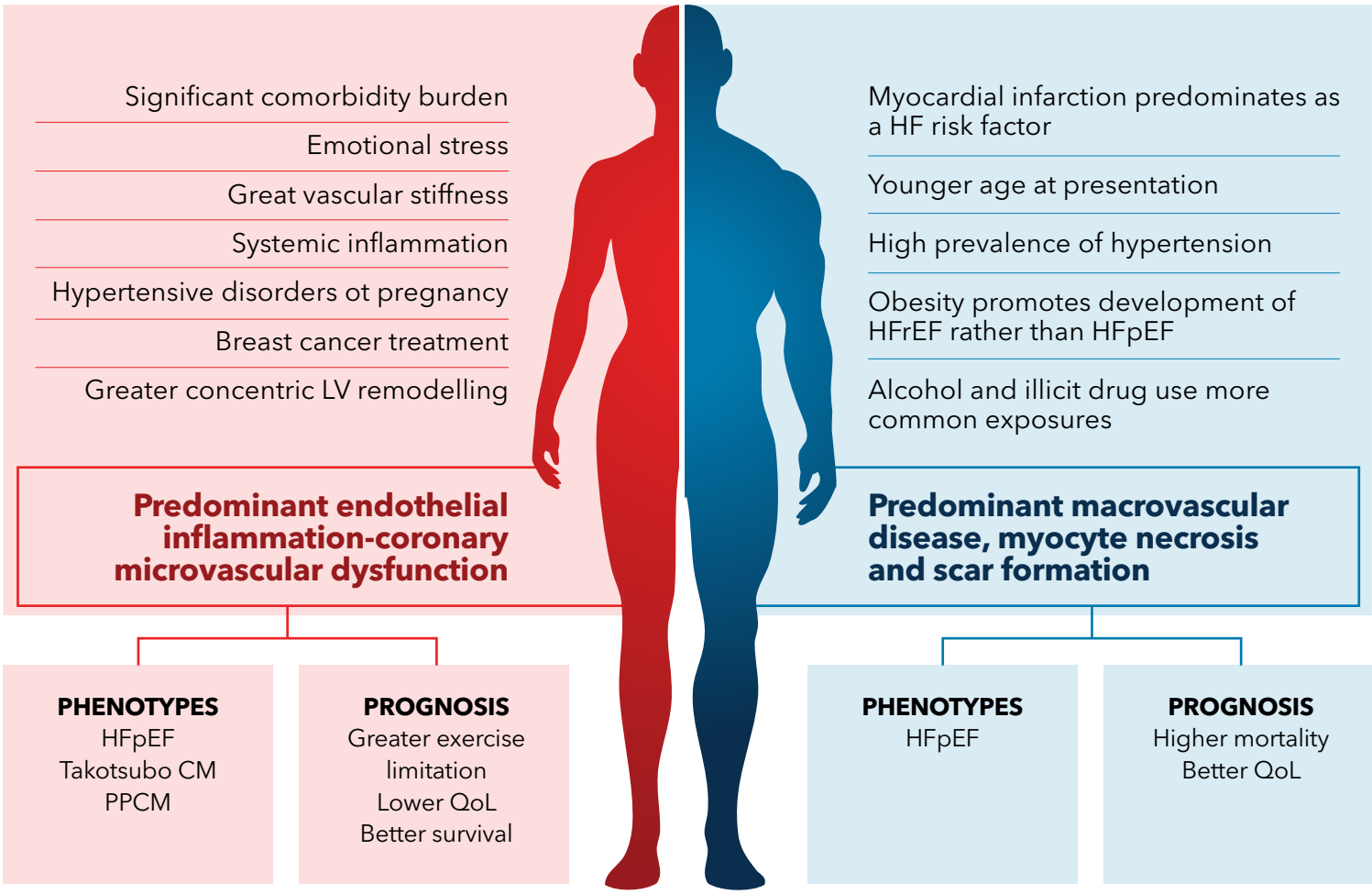
AUTOIMMUNE DISEASE
- ↑ Prevalence of SLE, RA, scleroderma in women
- ↑ Inflammation
- ↑ Innate immunity

PREGNANCY
Gestational HT, DM,
- Preeclampsia
- Eclampsia
- Peripartum cardiomyopathy

ACUTE CORONARY SYNDROME W/O CAD
Stress Cardiomyopathy
- Emotional > physical triggers
- Apical ballooning & LV dysfunction

Spontaneous Coronary Artery Dissection (?)

SEX DIFFERENCES IN HF
PRESENTATION & PROGNOSIS



Lam C, Circulation 2019