

The importance of early detection in heart failure: Screening at-risk cohorts

Raja Ezman Faridz Raja Shariff

Faculty of Medicine, Universiti Teknologi MARA, Jalan Hospital, 47000, Sungai Buloh, Selangor

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ABSTRACT

Management of heart failure has seen tremendous advancements, owing to efficacious therapies being developed over the past 2 decades. Alongside the 'fantastic four' pillars of treatment in heart failure with reduced ejection fraction, we now have an armamentarium to combat a, previously, elusive entity, i.e., heart failure with preserved ejection fraction. We have also witnessed a rise in various services developed to improve heart failure care. This includes clinics aimed at early implementation and rapid up-titration of guideline-directed medical therapies, supported by evidence from trials such as STRONG-HF suggesting that such approach being both efficacious and safe. However, a current unmet need in the field of heart failure revolves around early detecting and screening for the disease. Heart failure is commonly linked to various risk factors, an important one being that of diabetes mellitus. The unquestionable link between diabetes and heart failure development has even led to the European Society of Cardiology recently releasing a clinical consensus statement proposing a refined definition of diabetic myocardial disorder that goes beyond traditional school of thoughts solely surrounding coronary disease development. There is now growing evidence in the use of novel tools such as echocardiography and natriuretic peptides in early screening efforts, which allows for prompt risk stratification and cardio-kidney-metabolic treatment. There is also growing evidence for personalised, targeted therapies which can potentially be utilized to directly prevent the development of heart failure, which are now currently being tested in phase 3 and 4 studies, all in the name of stemming the disease!

Keywords: Heart Failure, Diabetes, Preventive Cardiology, Cardio-Kidney-Metabolic Syndrome, Cardiology