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Co-editor for Eastern Europe, European Heart Journal

Vice-president, European Society of Cardiology (2020-2022)

President, Heart Failure Association of the ESC (2018-2020)

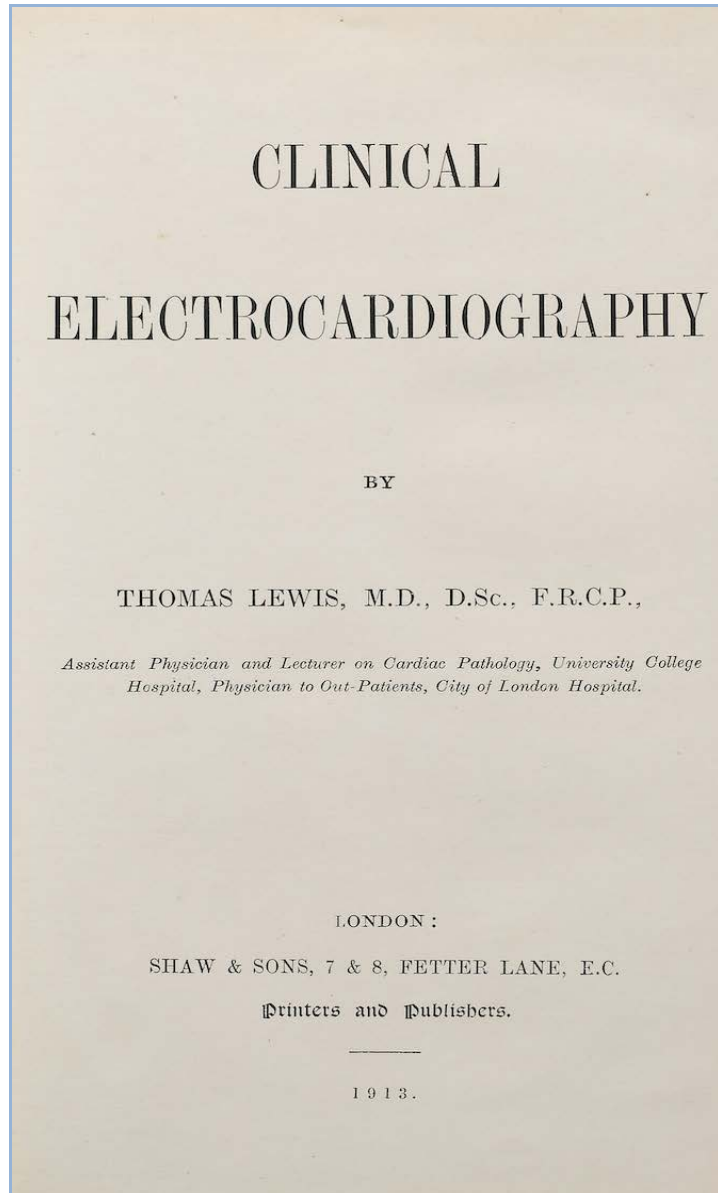
The golden four in the treatment of heart failure

Academician, Serbian Academy of Sciences and Arts

Professor of Cardiology, Belgrade University School of Medicine

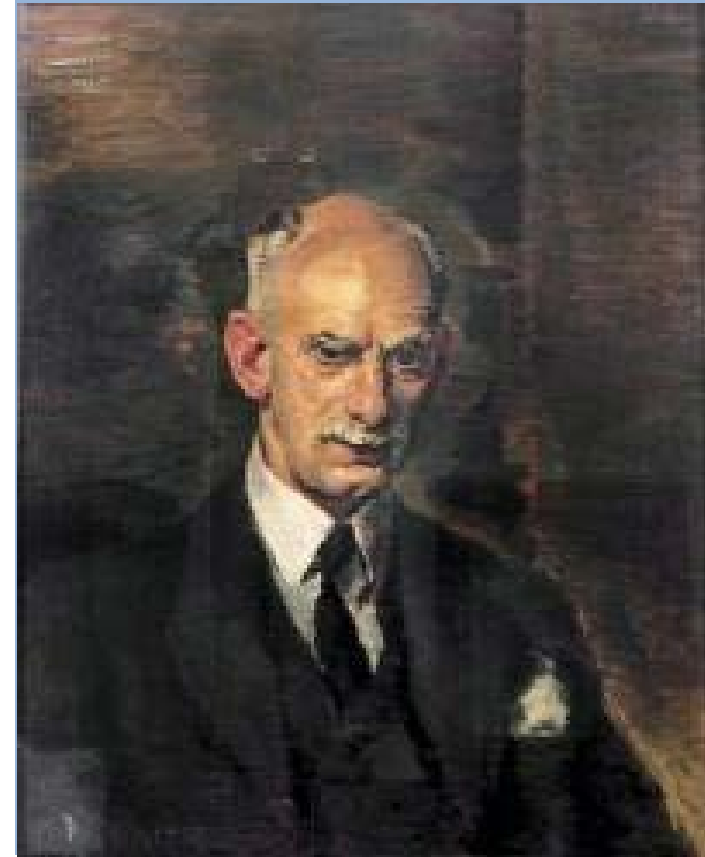
President, Heart failure Society of Serbia

Heart failure: The basics of clinical cardiology



**“Basic task of cardiologist is to know
diagnosis and treatment of heart failure”**

Sir Thomas Lewis 1913.



**“Heart failure is a major health threat of the 21st
century, it is frequent, deadly but preventable”**

Thomas Luscher, ESC President-elect 2023.

The Heart Failure Association Atlas: Heart Failure Epidemiology and Management Statistics 2019

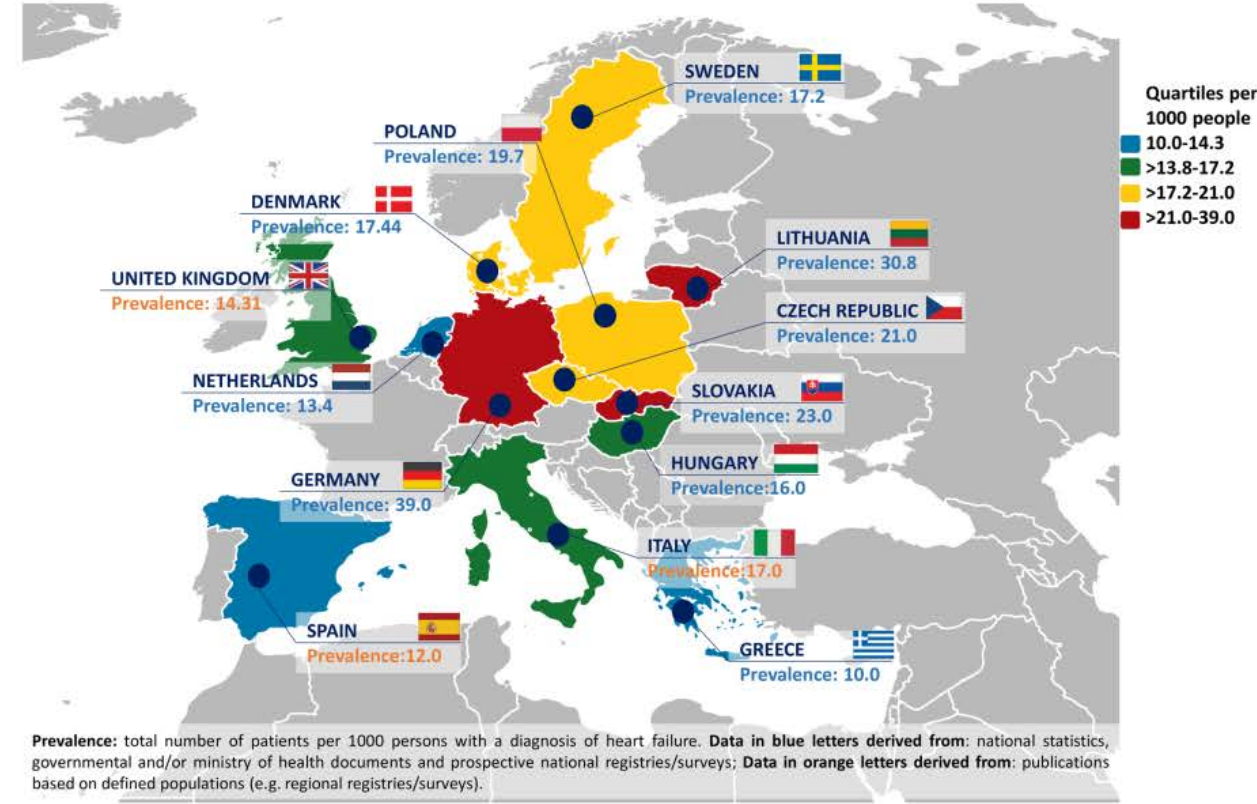
Petar M. Seferović^{1,2*}, Panagiotis Vardas^{3,4}, Ewa A. Jankowska⁵, Aldo P. Maggioni⁶, Adam Timmis⁷, Ivan Milinković^{1,8}, Marija Polovina^{1,8}, Chris P. Gale^{9,10,11}, Lars H. Lund¹², Yuri Lopatin¹³, Mitja Lainscak^{14,15}, Gianluigi Savarese¹², Radu Huculeci⁴, Dzianis Kazakiewicz⁴, and Andrew J.S. Coats¹⁶, in collaboration with the National Heart Failure Societies of the ESC member countries (see Appendix)

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Received 28 January 2021; revised 17 February 2021; accepted 23 February 2021



Incidence of heart failure per 1000 person-years (left), and prevalence of heart failure per 1000 persons (right)



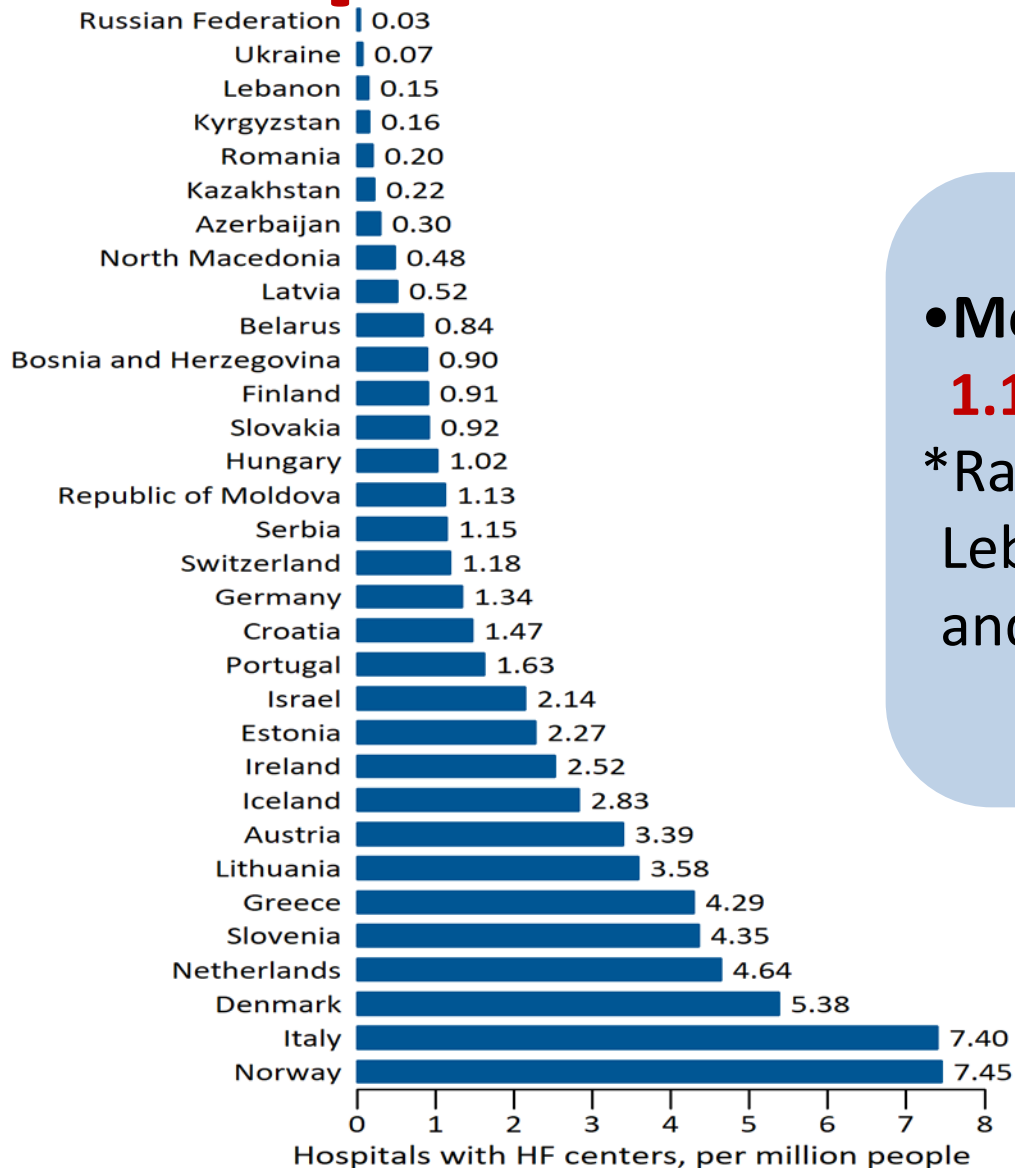
- **Median annual incidence of HF: 3.20 per 1000 person-years** (IQR 2.66–4.17)

- * Ranging from <2 in Italy, to ≥6 in Estonia and Germany

- **Median prevalence of HF: 17.20 per 1000 people** (IQR 14.30–21)

- * Ranging from ≤12 in Greece and Spain to >30 in Lithuania and Germany

Hospitals with dedicated HF centers



• Median number of HF centres:

1.16 per million people (IQR 0.51–2.97)

*Ranging from <0.50 in Russian Federation, Ukraine, Lebanon, Kyrgyzstan, Romania, Kazakhstan, Azerbaijan, and North Macedonia to >7 in Norway and Italy

Source: HFA Survey, 2018 or latest year
Data not available: Belgium, Bulgaria, Cyprus, Czech Republic, Poland, Republic of Georgia, Spain, Sweden, Turkey, United Kingdom.

Trilateral Cooperation Project

Starting date: Munich, March 22 nd, 2019



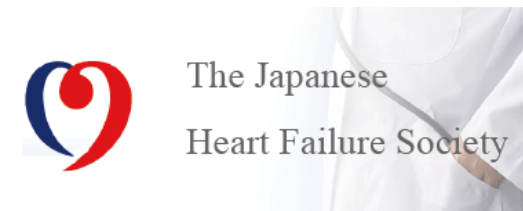
Petar M. Seferovic
President of HFA



Randall Starling
President of HFSA



Hiroyuki Tsutsui
President of JHFS



Universal definition and classification of heart failure: a report of the Heart Failure Society of America, Heart Failure Association of the European Society of Cardiology, Japanese Heart Failure Society and Writing Committee of the Universal Definition of Heart Failure

Endorsed by the Canadian Heart Failure Society, Heart Failure Association of India, Cardiac Society of Australia and New Zealand, and Chinese Heart Failure Association

Journal of Cardiac Failure Vol. 27 No. 4 2021

Consensus Statement

Universal Definition and Classification of Heart Failure

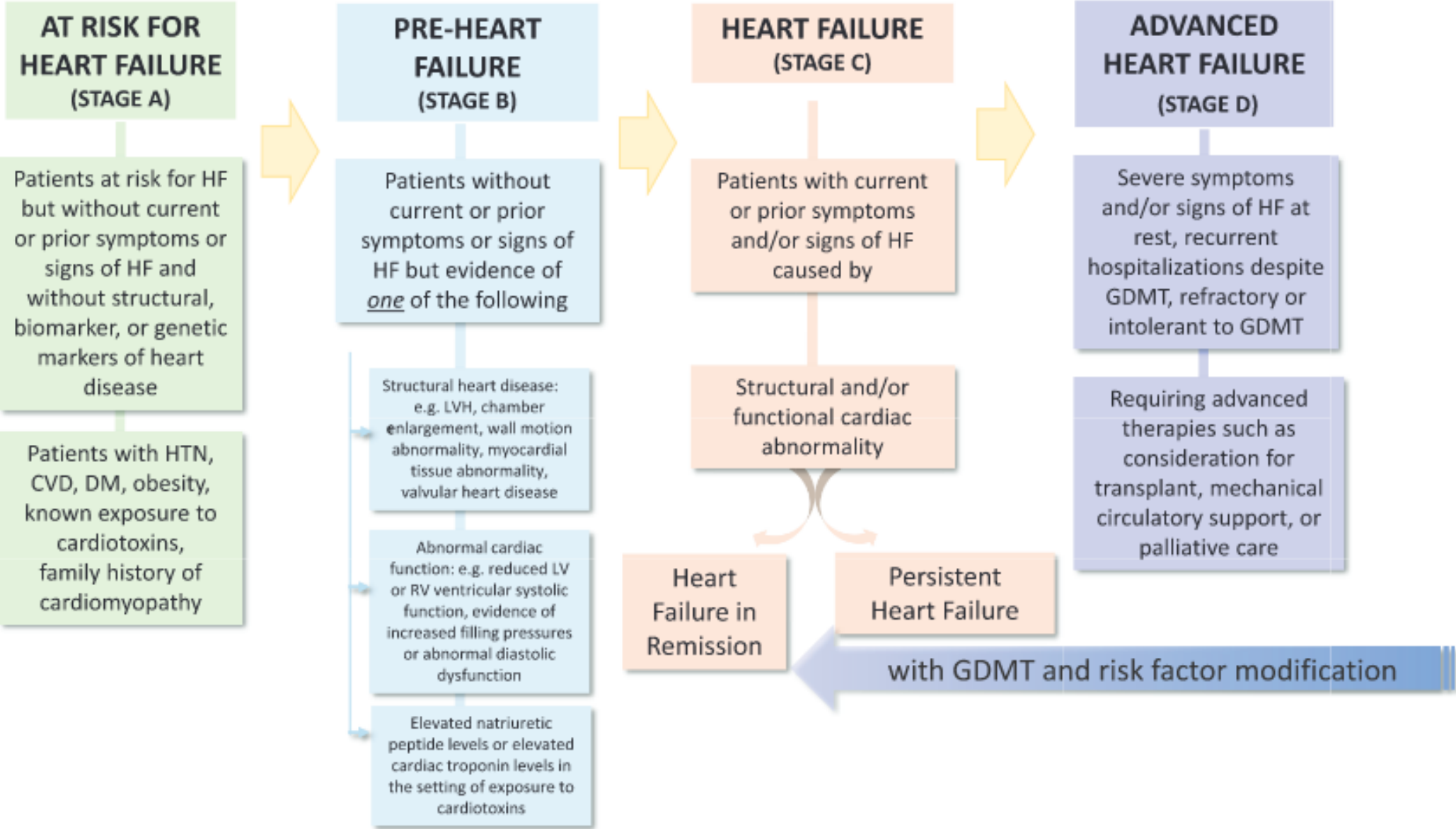
A Report of the Heart Failure Society of America, Heart Failure Association of the European Society of Cardiology, Japanese Heart Failure Society and Writing Committee of the Universal Definition of Heart Failure

Endorsed by Canadian Heart Failure Society, Heart Failure Association of India, the Cardiac Society of Australia and New Zealand, and the Chinese Heart Failure Association

BIYKEM BOZKURT, MD, PhD, Chair, ANDREW JS COATS, DM, DSC, Co-Chair, HIROYUKI TSUTSUI, MD, Co-Chair, MAGDY ABDELHAMID, MD, STAMATIS ADAMOPOULOS, MD, NANCY ALBERT, PhD, CCNS, CHF, CCRN, NE-BC, STEFAN D. ANKER, MD, PhD, JOHN ATHERTON, MBBS, PhD, MICHAEL BEOHM, MD, JAVED BUTLER, MD, MPH, MBA, MARK H. DRAZNER, MD, MSc, G. MICHAEL FELKER, MD, MHS, GERASIMOS FILIPPATOS, MD, GREGG C. FONAROW, MD, MONA FIUZAT, PharmD, JUAN ESTEBAN GOMEZ-MESA, MD, PAUL HEIDENREICH, MD, TERUHIKO IMAMURA, MD, PhD, JAMES JANUZZI, MD, EWA A. JANKOWSKA, MD, PhD, PRATEETI KHAZANIE, MD, MPH, KOICHIRO KINUGAWA, MD, PhD, CAROLYN S.P.LAM, MBBS, FRCP, PhD, YUYA MATSUE, MD, PhD, MARCO METRA, MD, TOMOHITO OHTANI, MD, PhD, MASSIMO FRANCESCO PIEPOLI, MD, PhD, PIOTR PONIKOWSKI, MD, PhD, GIUSEPPE M.C. ROSANO, MD, PhD, YASUSHI SAKATA, MD, PhD, PETAR SEFEROVIC, MD, PhD, RANDALL C. STARLING, MD, MPH, JOHN R. TEERLINK, MD, ORLY VARDENY, PharmD, MS, KAZUHIRO YAMAMOTO, MD, PhD, CLYDE YANCY, MD, MSc, JIAN ZHANG, MD, PhD, AND SHELLEY ZIEROTH, MD

European Journal of Heart Failure (2021)23, 352–380; Journal of Cardiac Failure (2021)27(4) 387-413

Stages in the development and progression of heart failure



Management of HFrEF by phenotype

FOR ALL WITHOUT CONTRAINDICATIONS/INTOLERANCE TO REDUCE MORTALITY

BB

ACEI/ARNI

MRA

SGLT2i

FOR SELECTED SUBGROUPS TO REDUCE HF HOSPITALIZATION/MORTALITY

ARNI/ACEI intolerance

Congestion

Atrial fibrillation

SR,
HR > 70 bpm

Iron deficiency

Black race

SR, LBBB ≥150 ms

SR, LBBB 130-149 ms /nonLBBB ≥150 ms

Ischemic/Not

ARB

Diuretics

Anticoagulation

Ivabradine

Fe-carboximaltose

H-ISDN

CRT-P/D

CRT

CRT-P/D

Digoxine

PVI

SAVR/TAVI

Aortic stenosis

Mitral regurgitation

TEE MV Repair

FOR SELECTED ADVANCED HF TO REDUCE HF HOSPITALIZATION/MORTALITY

Heart transplantation

MCS as BTT/BTC

Long term MCS as DT

FOR ALL TO REDUCE HF HOSPITALIZATION AND IMPROVE QoL

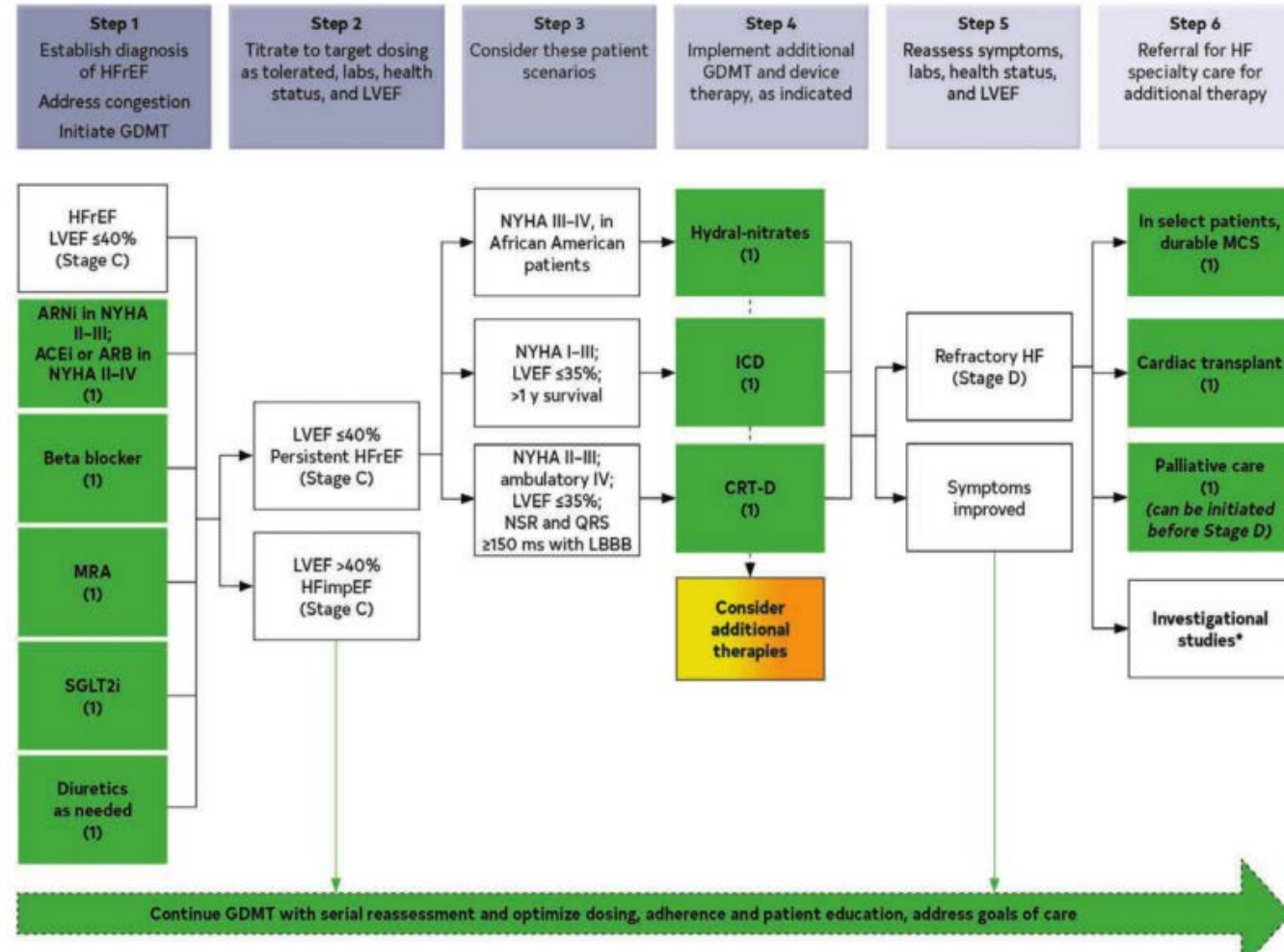
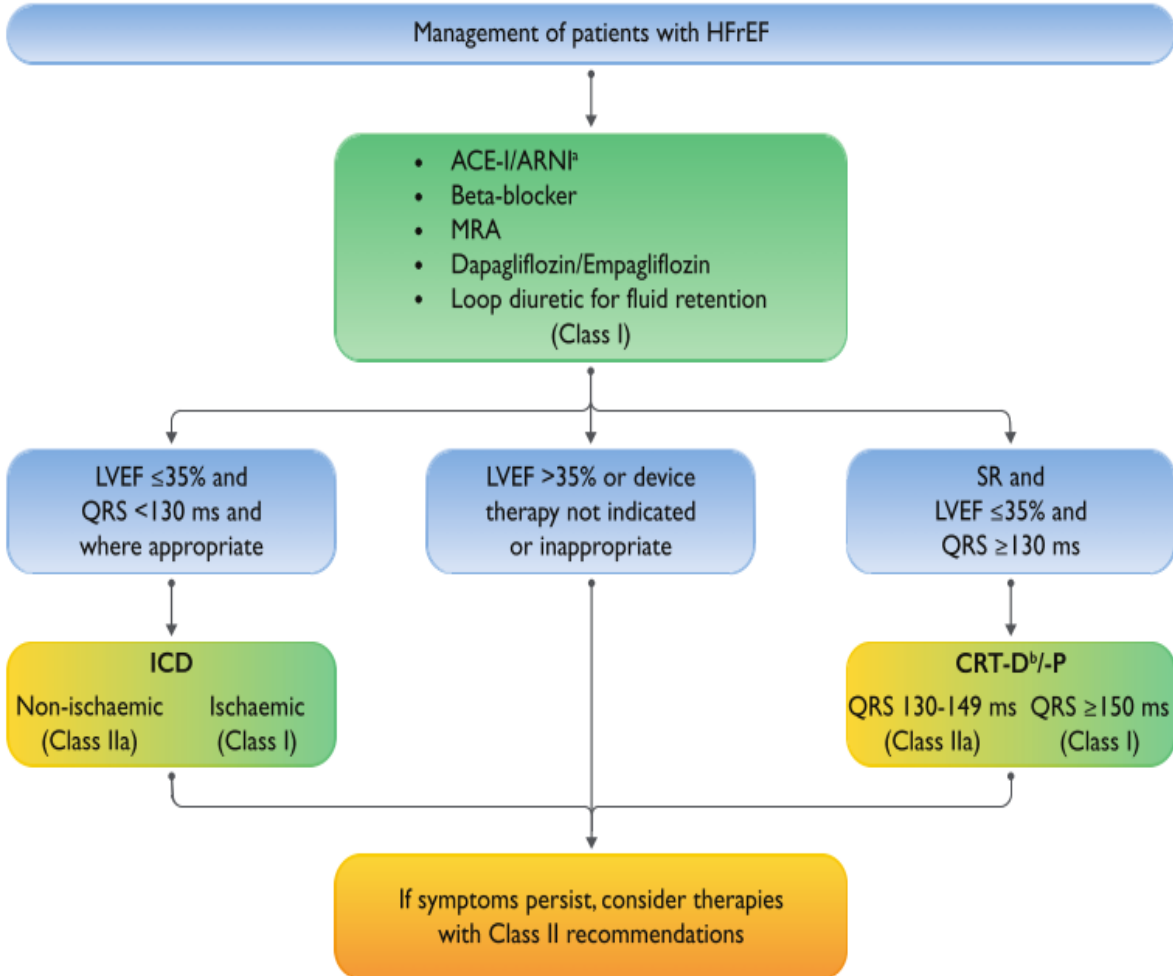
Exercise rehabilitation

Multy-professional disease management

2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure

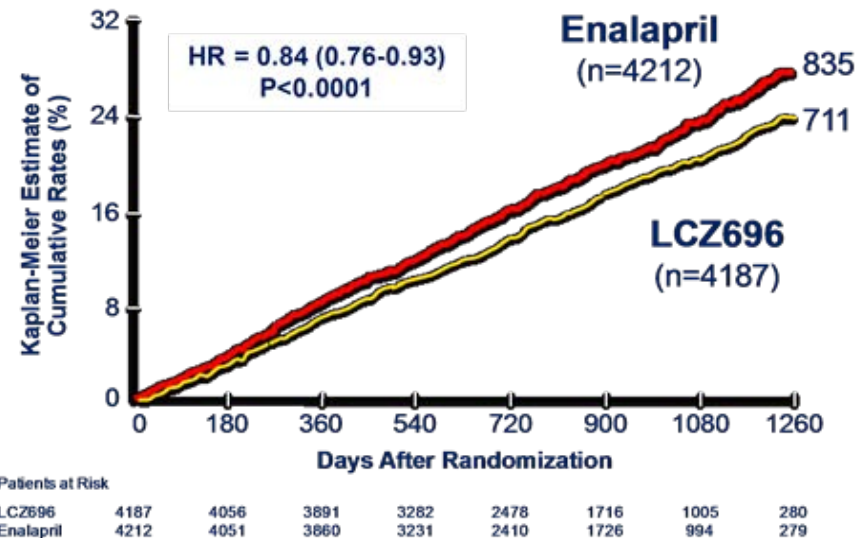
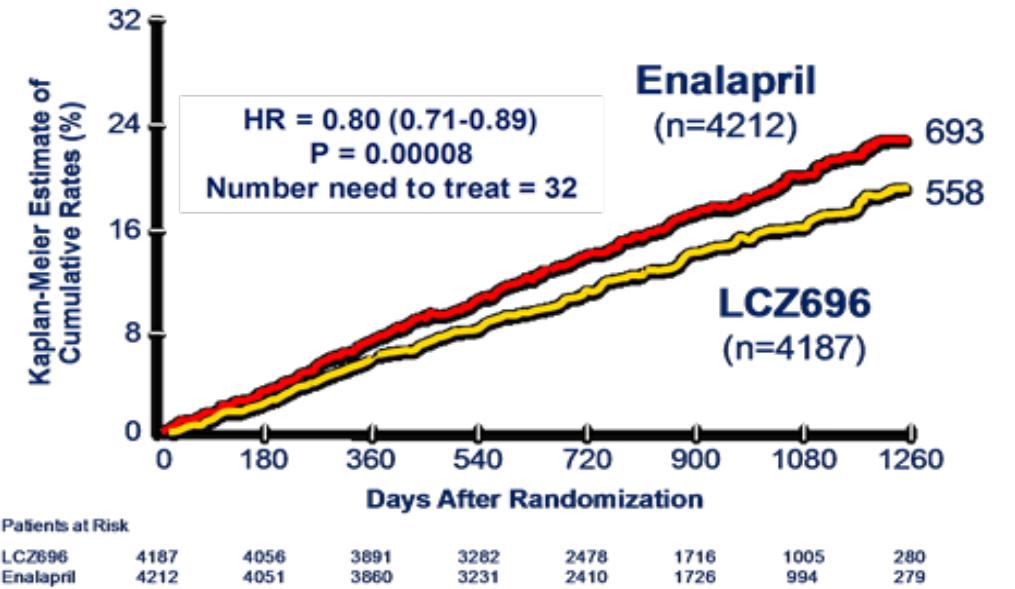
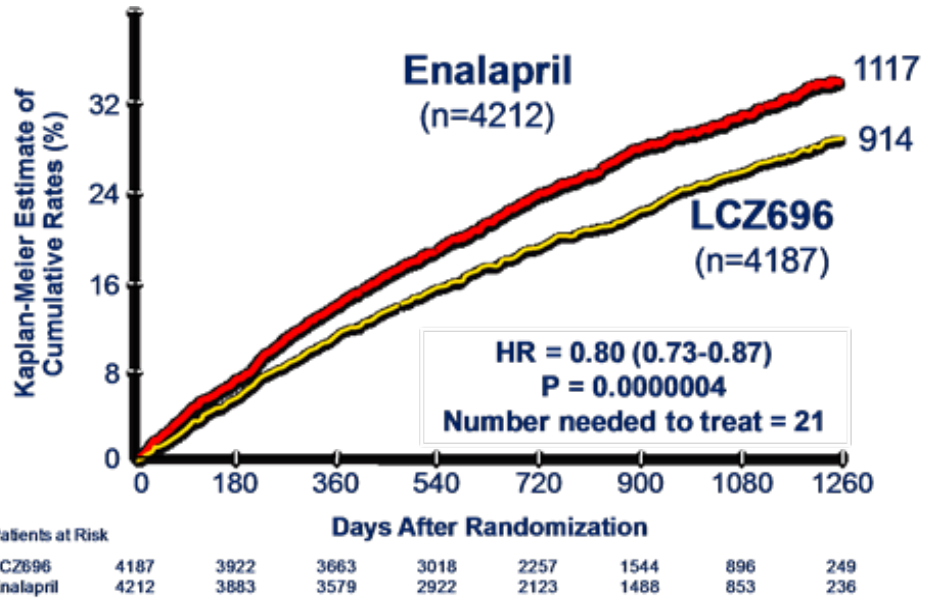
CLINICAL PRACTICE GUIDELINE: FULL TEXT

2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure



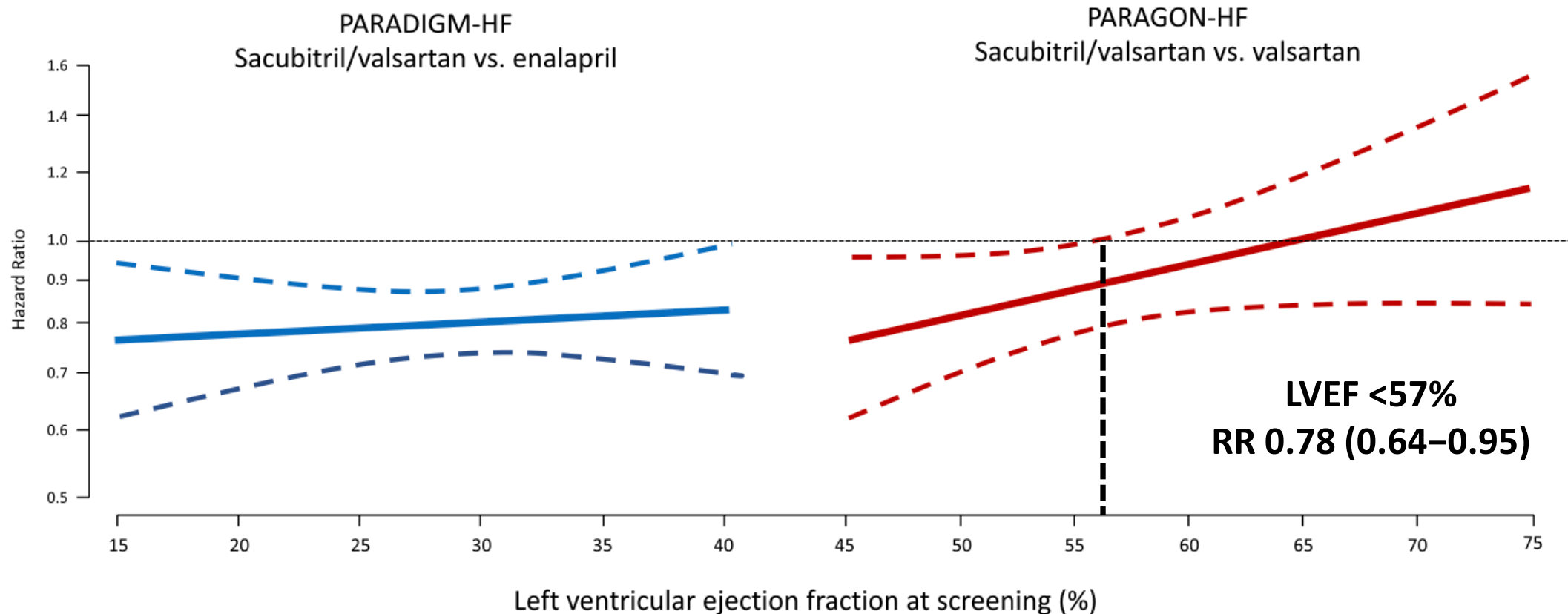
PARADIGM-HF Primary Results

Significant Reduction in Primary Endpoints (CV death or heart failure hospitalization), CV Death and All-Cause Mortality



Switching from ACEi/ARB to sacubitril/valsartan

Benefits of sacubitril/valsartan in “lower than normal” LVEF

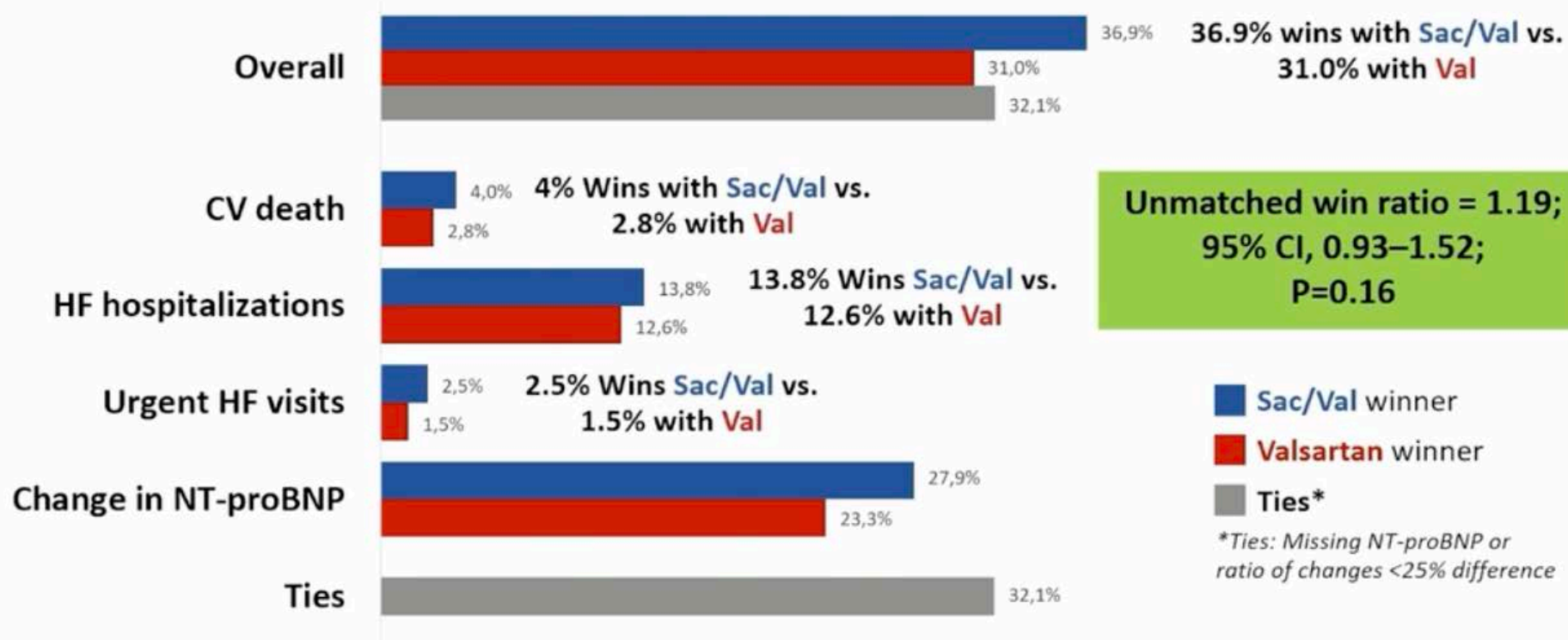


Sacubitril/valsartan may be a preferred treatment option compared to either ACEi or ARBs in patients with LVEF <57%



Secondary Outcome

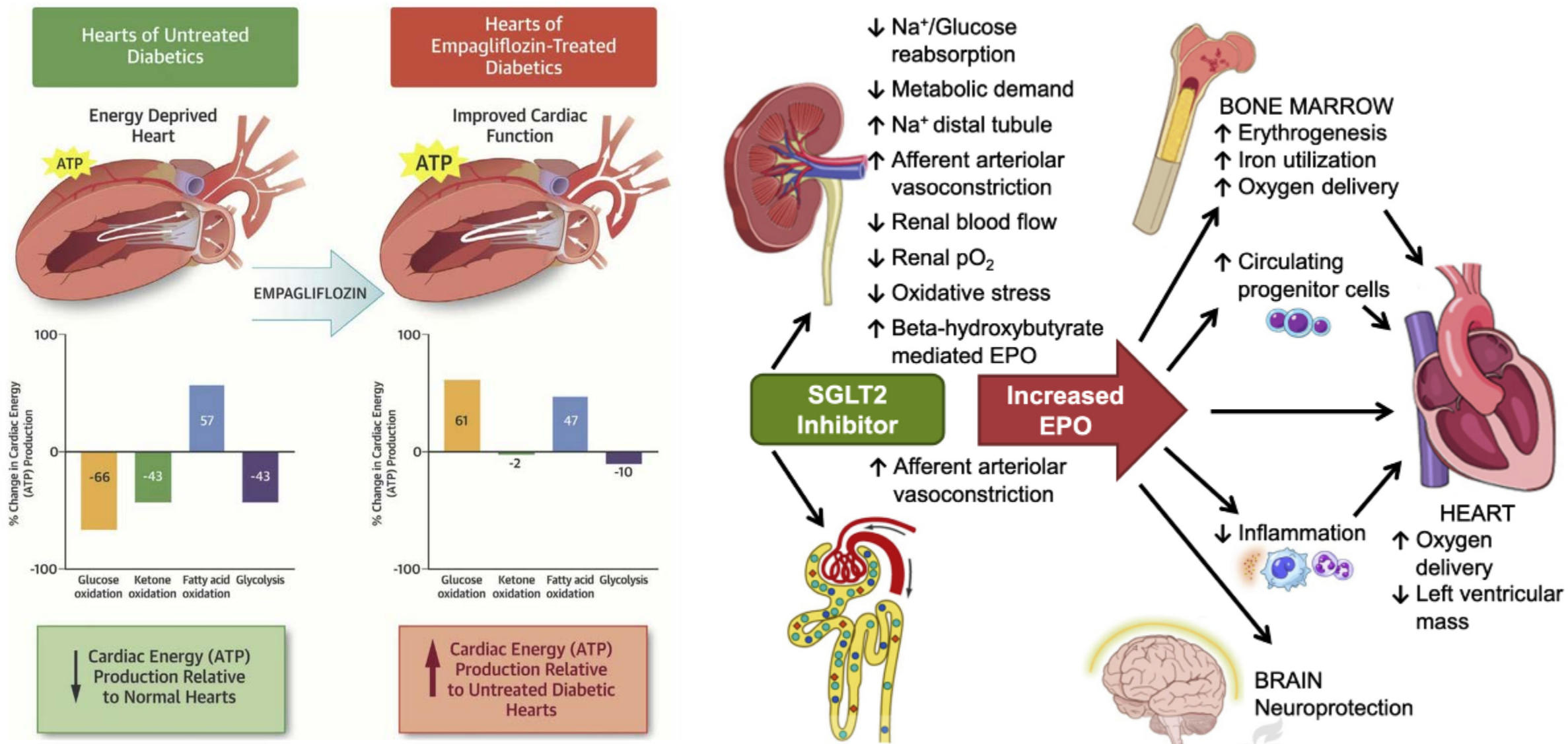
Hierarchical composite of a) time to CV death,
b) HF hospitalizations, c) urgent HF visits, and d) change in NT-proBNP



HFmrEF/HFpEF
(LVEF >40%)
And recent
worsening HF
event
N=466

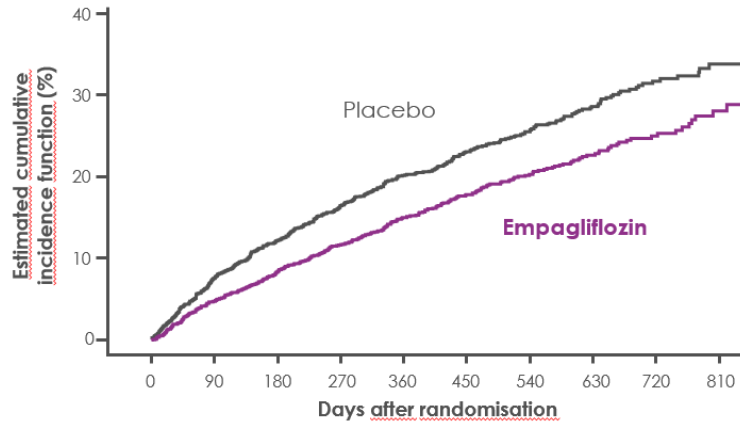
SGLT2 inhibition

Mechanisms of the cardio-/nephroprotective effects



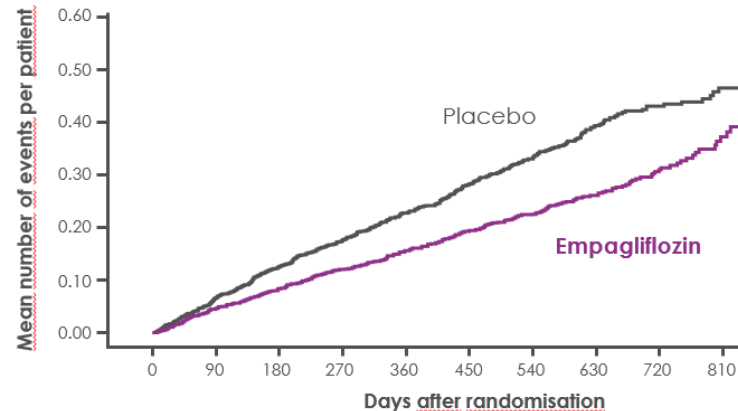
EMPEROR Reduced

Primary endpoint: First adjudicated CV death or HF hospitalisation



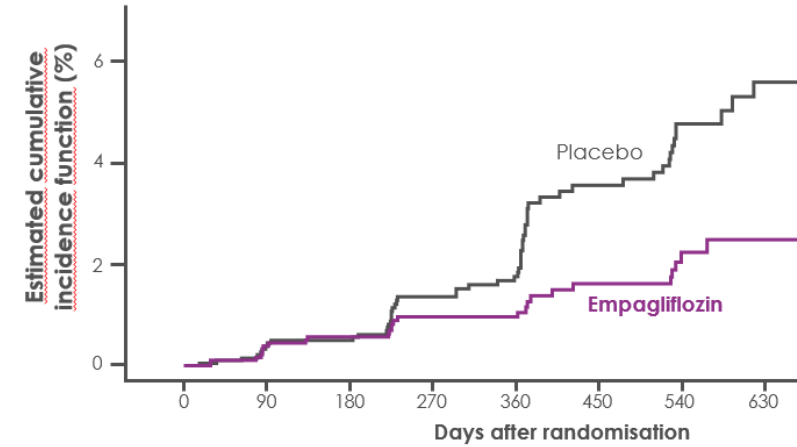
Patients at risk		0	90	180	270	360	450	540	630	720	810
Placebo		1867	1715	1612	1345	1108	854	611	410	224	109
Empagliflozin		1863	1763	1677	1424	1172	909	645	423	231	101

Key secondary: Adjudicated total HF hospitalisations (first and recurrent)



Patients at risk		0	90	180	270	360	450	540	630	720	810
Placebo		1867	1820	1762	1526	1285	1017	732	497	275	135
Empagliflozin		1863	1826	1768	1532	1283	1008	732	495	272	118

Composite renal endpoint (ESKD or sustained profound decrease in eGFR)



Patients at risk		0	90	180	270	360	450	540	630
Placebo		1867	1592	1501	1136	1058	681	357	259
Empagliflozin		1863	1599	1532	1155	1062	687	391	276

**RRR
25%**

**ARR
5.2%**

NNT = 19

HR 0.75
(95% CI 0.65, 0.86)
p<0.001

**RRR
30%**

HR 0.70
(95% CI 0.58, 0.85)
p<0.001

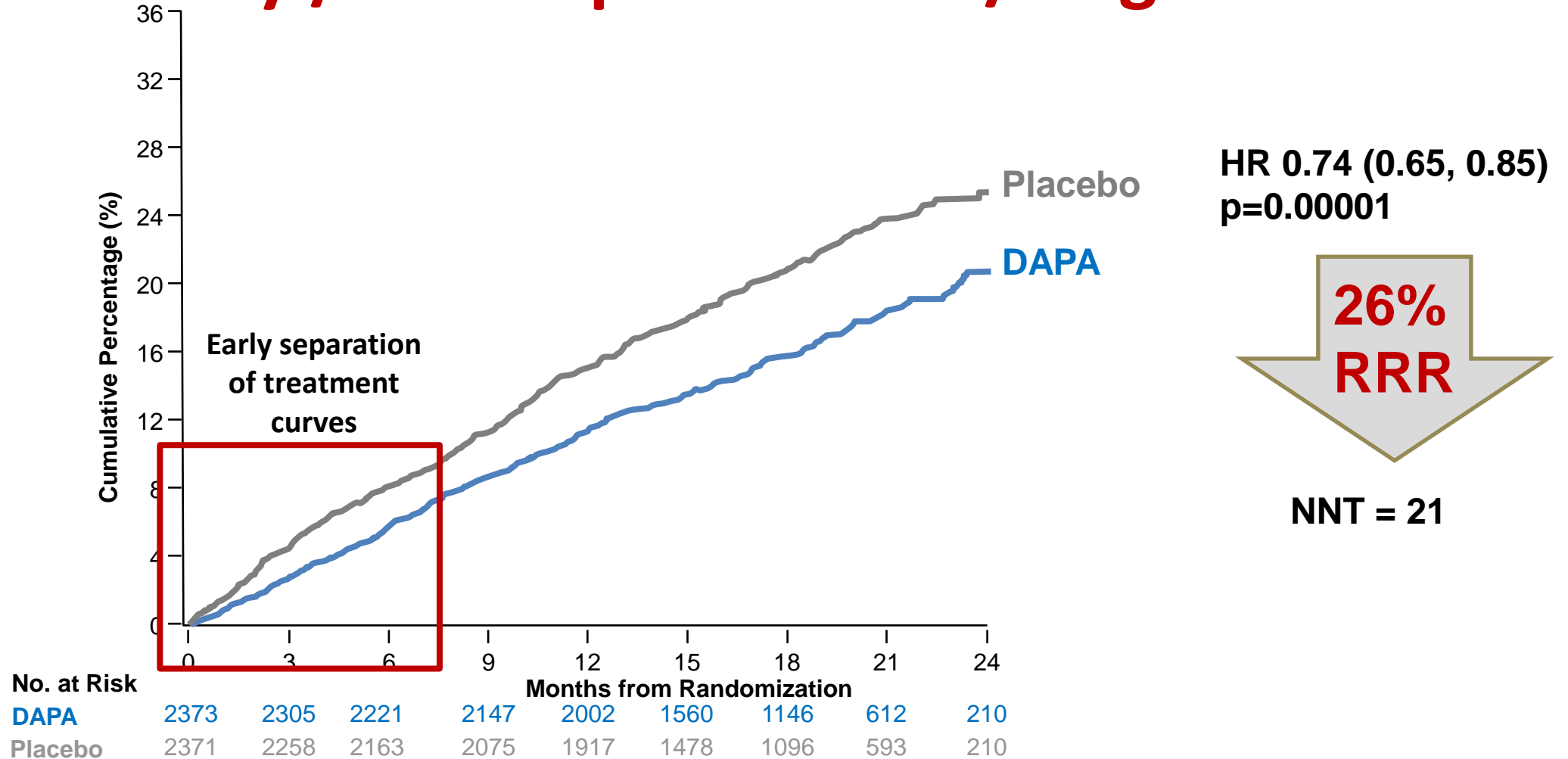
**RRR
50%**

**ARR
1.5%**

HR 0.50
(95% CI 0.32, 0.77)

DAPA-HF: primary composite outcome

CV mortality / HF hospitalisation / Urgent HF visit



DAPA = dapagliflozin; HF = heart failure; hHF = hospitalization for heart failure; HR = hazard ratio; NNT = number needed to treat.

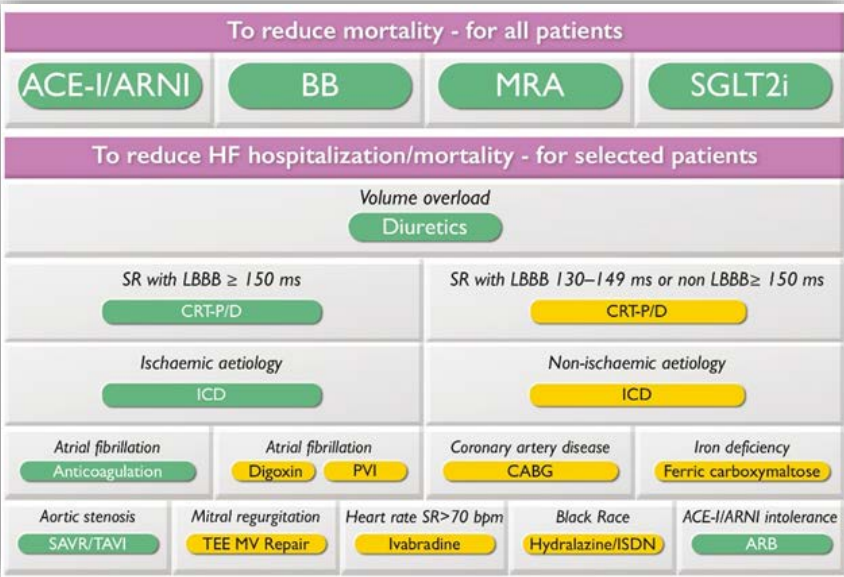
1. McMurray J. Presentation at: European Society of Cardiology Congress. September 1, 2019; Paris, France.



Manuel Jimenez Prieto: Martin Charcot visits a patient, 1897

2021 ESC/HFA Guidelines for heart failure

New strategies for medical treatment



- **Quarduple**, instead of triple, basic medical treatment

- **Simultaneous**, instead of sequential, introduction of the drugs

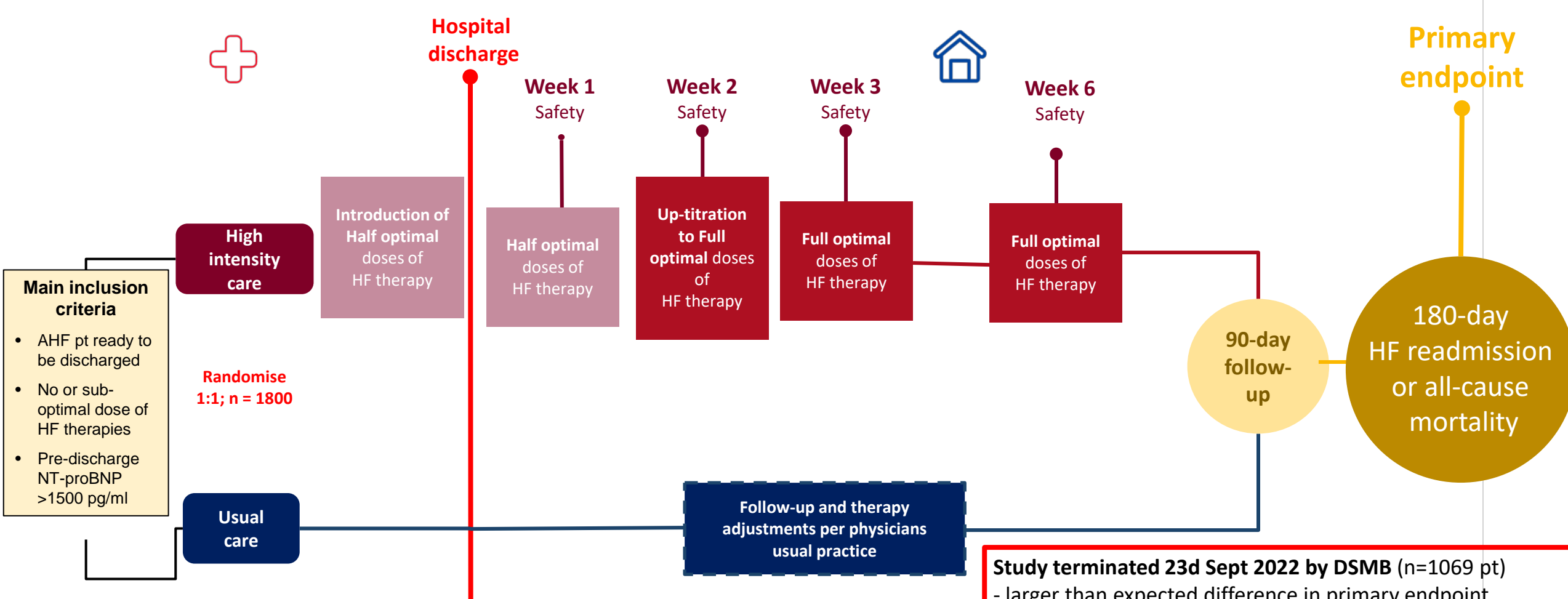
- **Patients profiling** (Strategic phenotyping)



Patient profiling in heart failure



STRONG-HF – Study Design

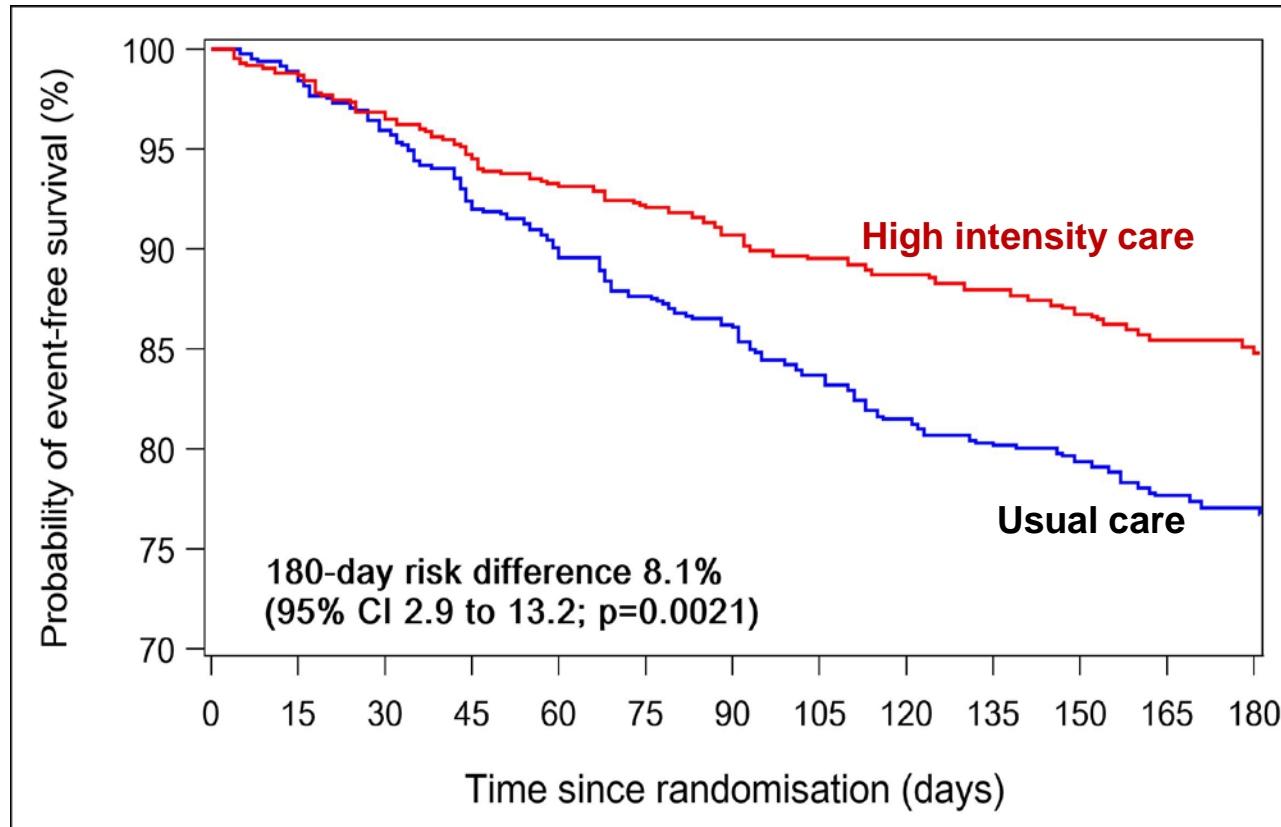


Study terminated 23d Sept 2022 by DSMB (n=1069 pt)
 - larger than expected difference in primary endpoint
 - unethical to keep patients in usual care

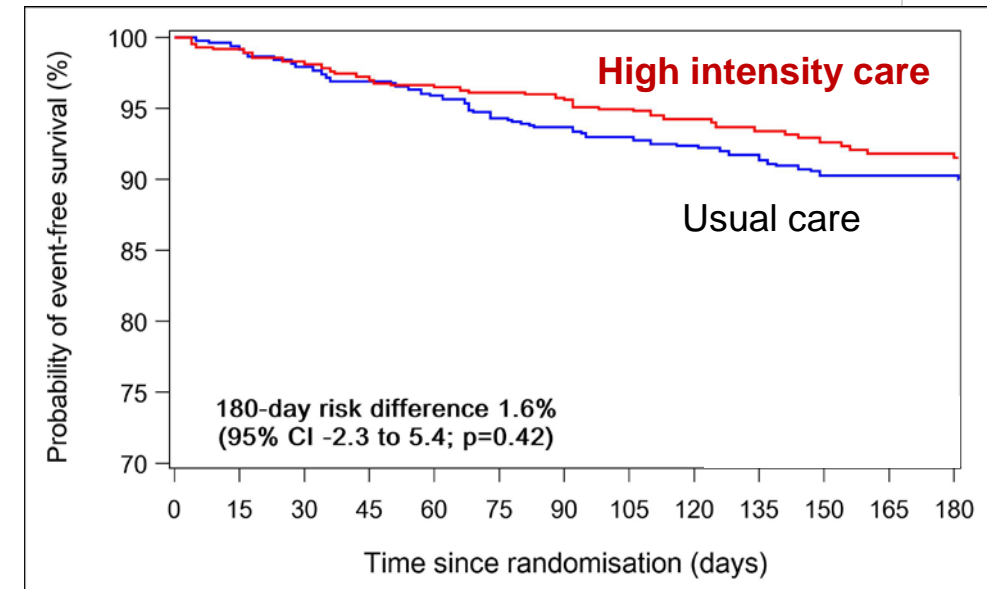
HF therapy: combining ACEi/ARB/ARNi & BB & MRA
Safety = clinical exam & biology (NT-proBNP, K, Creat, hemoglobin)

STRONG-HF: Primary Endpoint

Primary endpoint: 180-Day Readmission for HF or All-Cause Death

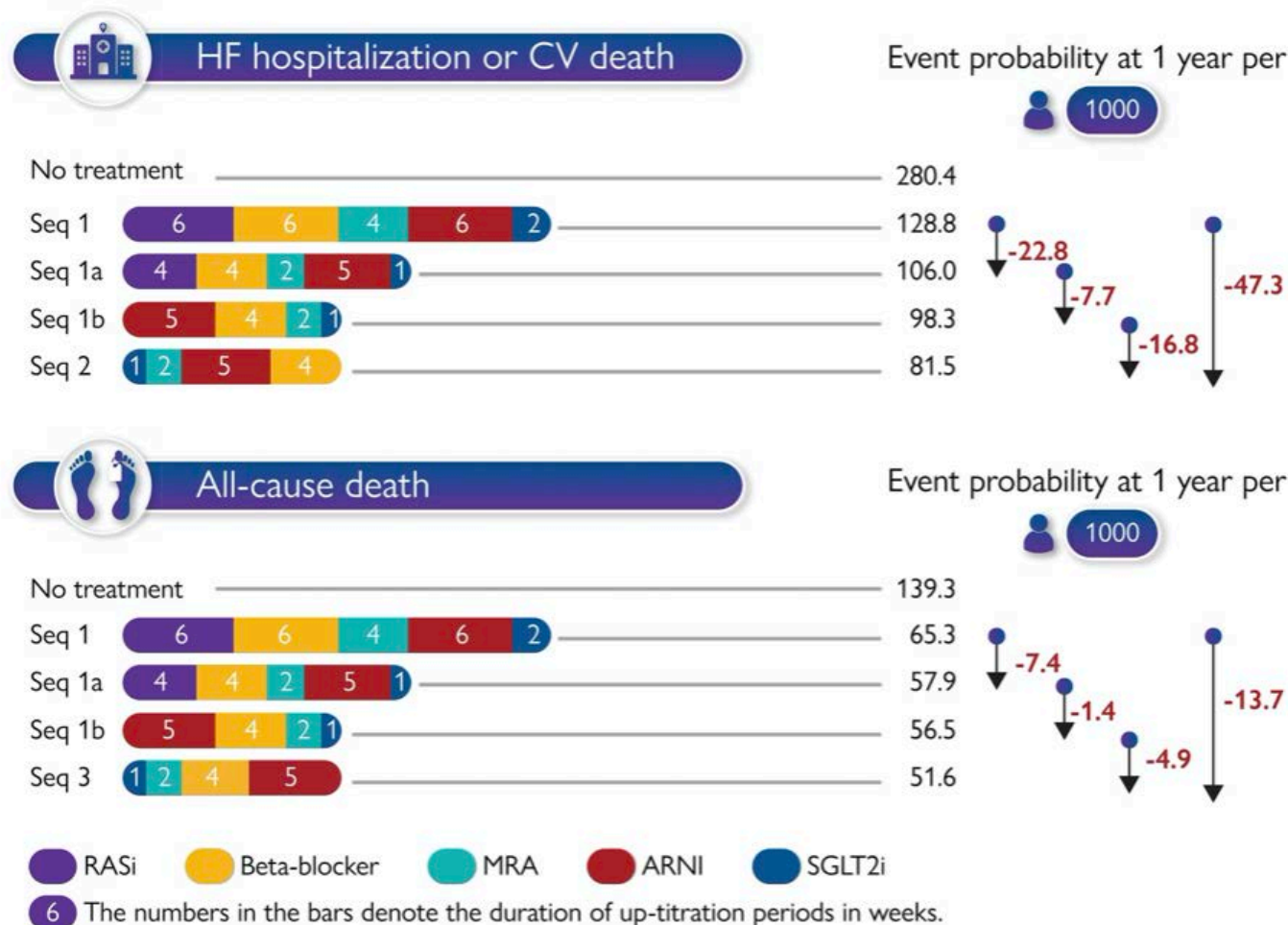


180-Day All-Cause Death



Article highlight:

Accelerated up-titration and optimized ordering can prevent at least 14 deaths and 47 HF hospitalisations/CV deaths per 1000 treated HFrEF patients over the first 12 months.



2023 Focused Update of the 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure



PRE-HOSPITAL PHASE

- Timely institution of I.V. diuretics.
- Transfer to ED



ADMISSION PHASE EMERGENCY DEPARTMENT

- Disposition decisions: ICU/CCU, hospital ward, early discharge.

COACH



INHOSPITAL AND PRE-DISCHARGE PHASE

- Decongestion

**ADVOR
CLOROTIC
EMPULSE**

- Early initiation and optimisation of GDMT.



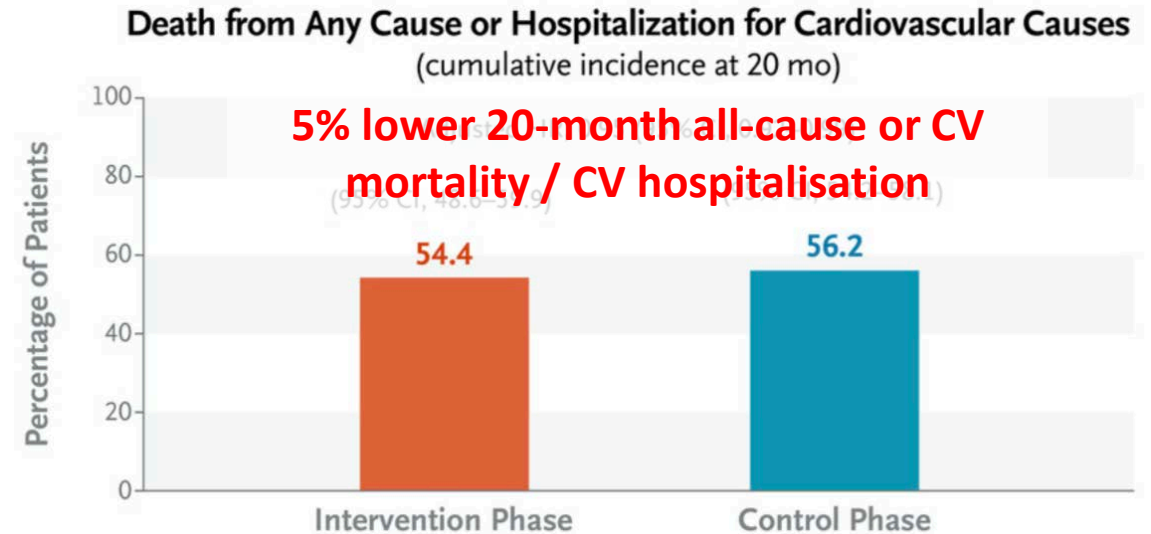
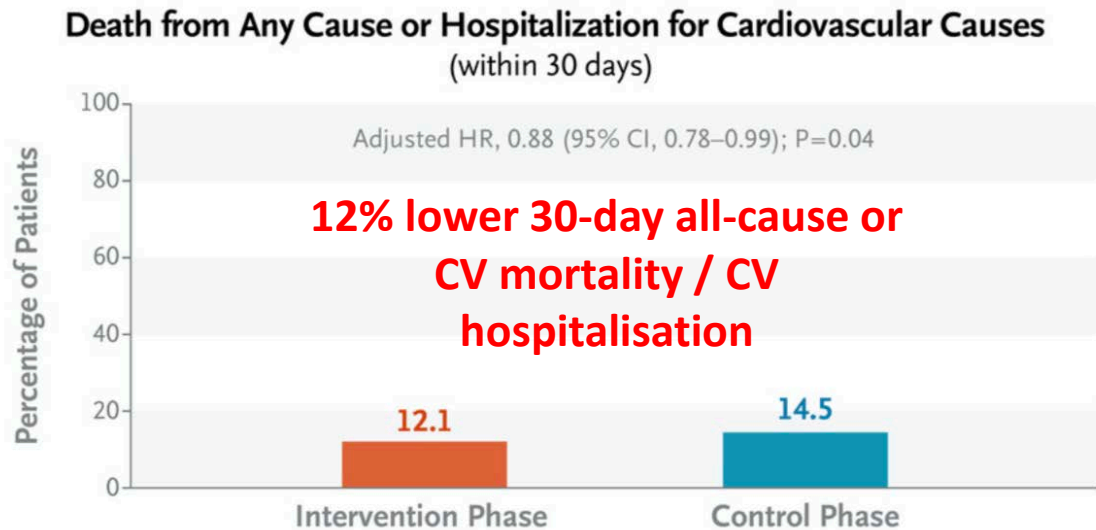
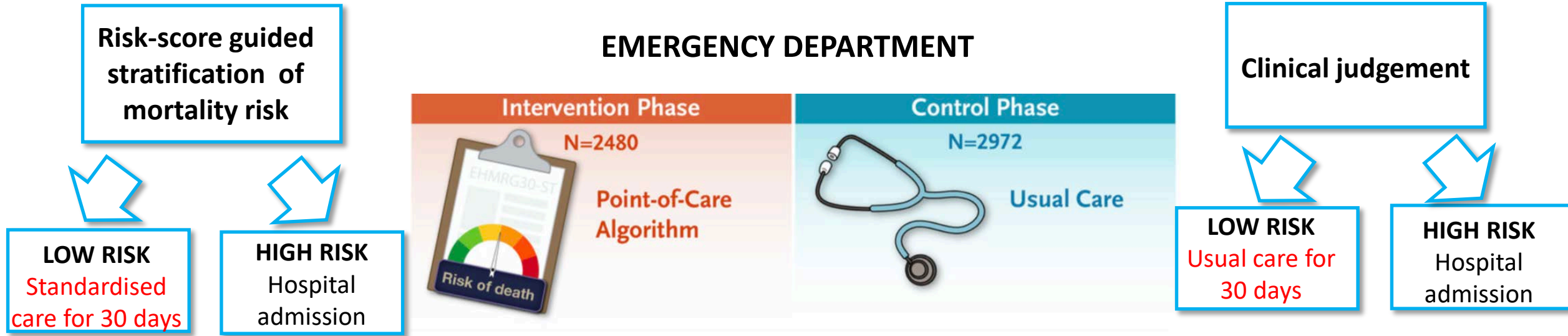
POSTDISCHARGE PHASE

- Early follow-up (2 weeks post-discharge)
- GDMT optimisation

STRONG-HF

Admission phase

COACH trial: intervention vs standard care



CLINICAL RESEARCH

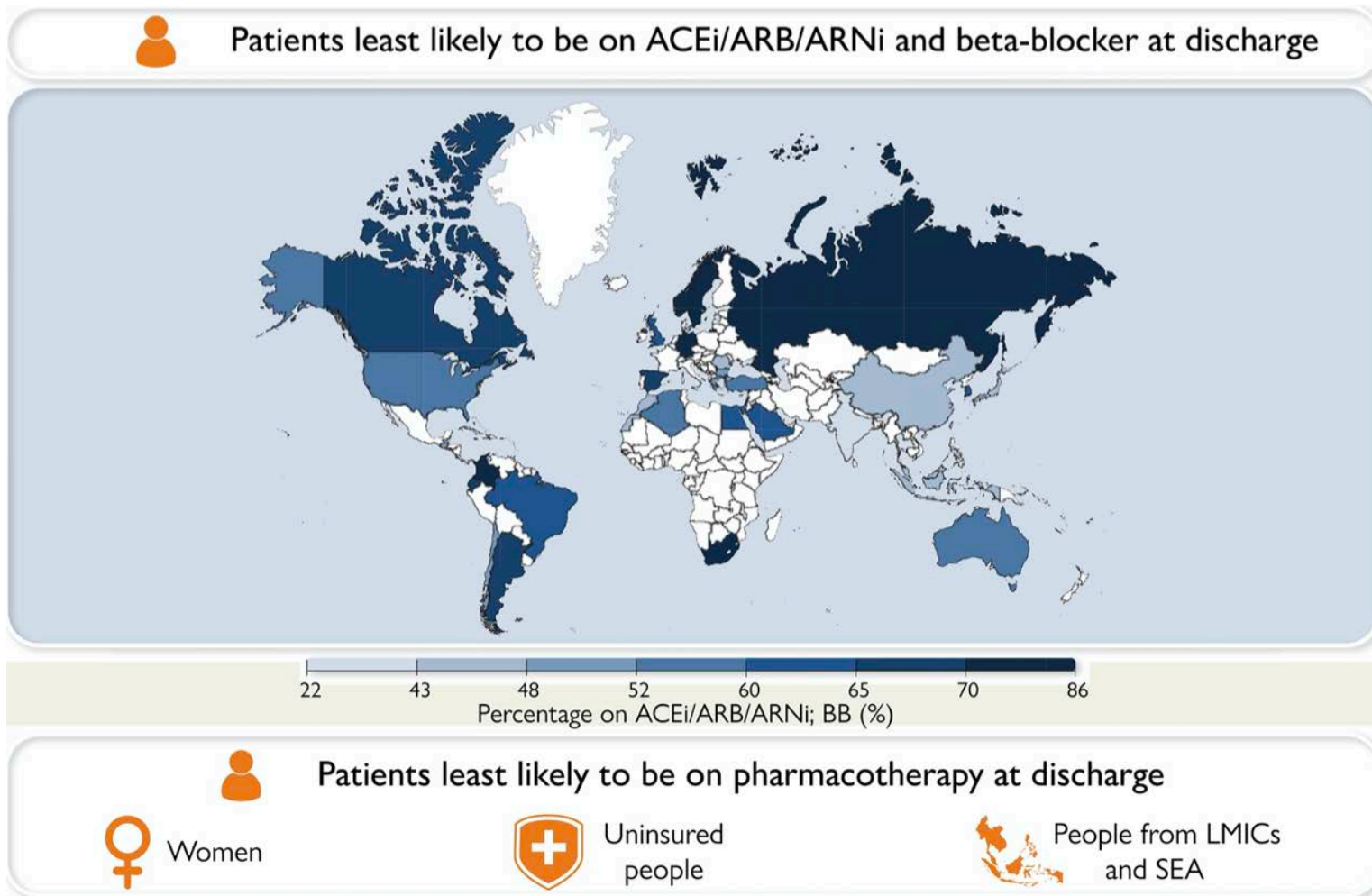
Global disparities in prescription of guideline-recommended drugs for heart failure with reduced ejection fraction [Get access >](#)

Jasper Tromp and others

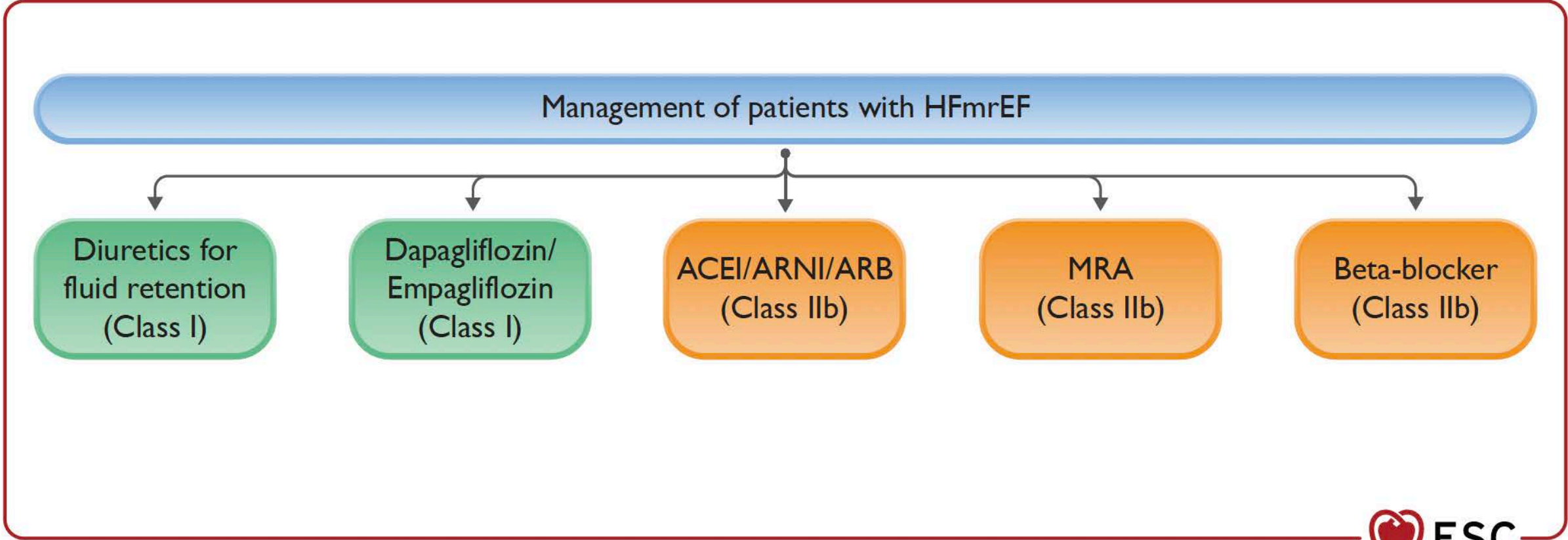
European Heart Journal, Volume 43, Issue 23, 14 June 2022, Pages 2224–2234,

Article highlight:

REPORT-HF study: Only ~37% of patients with HFrEF were discharged with at least 3 HF medications. Patients in LMICs were less likely to receive GDMT at target doses.



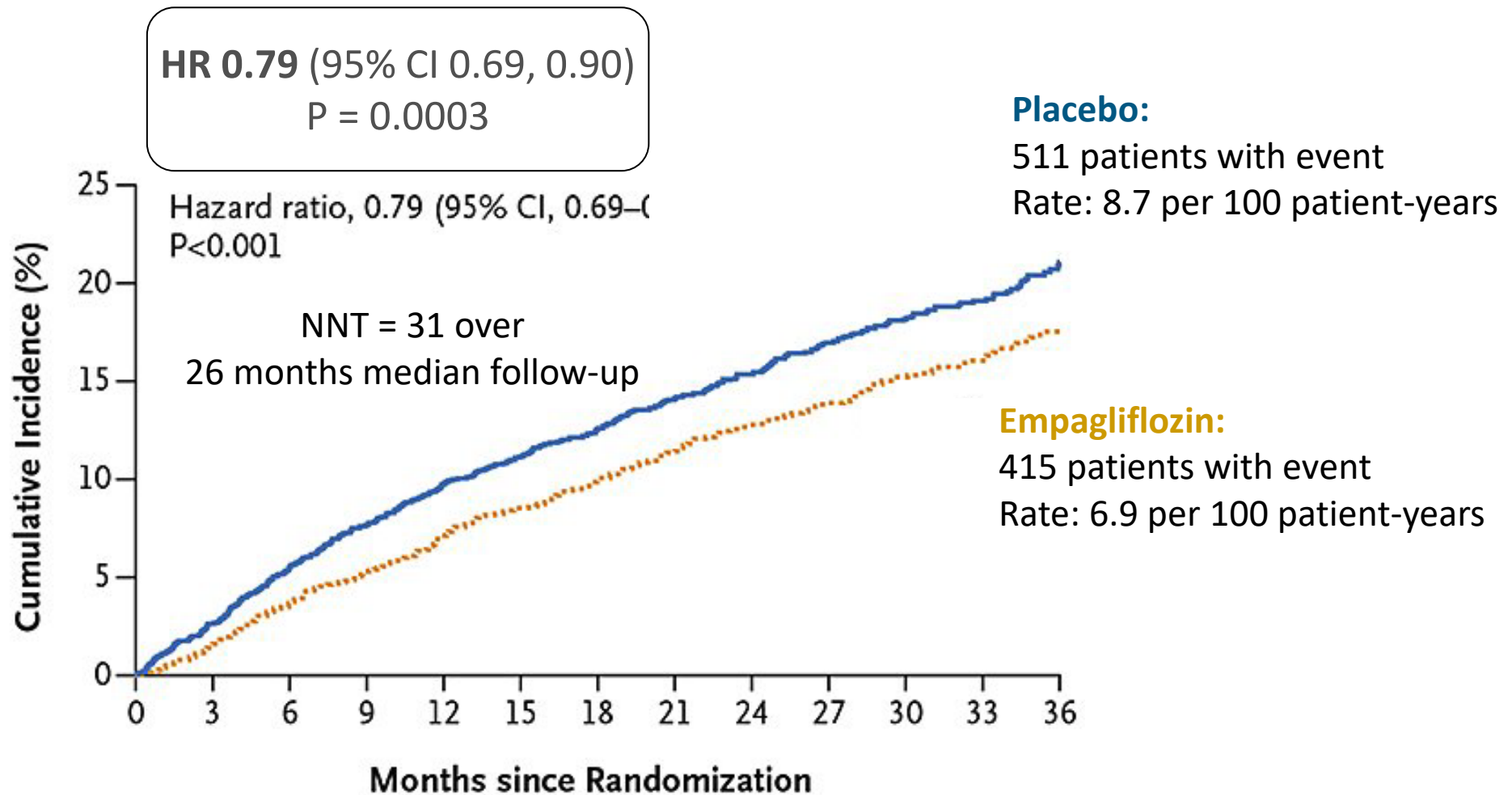
2023 Focused Update of the 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure



EMPEROR-Preserved: Results

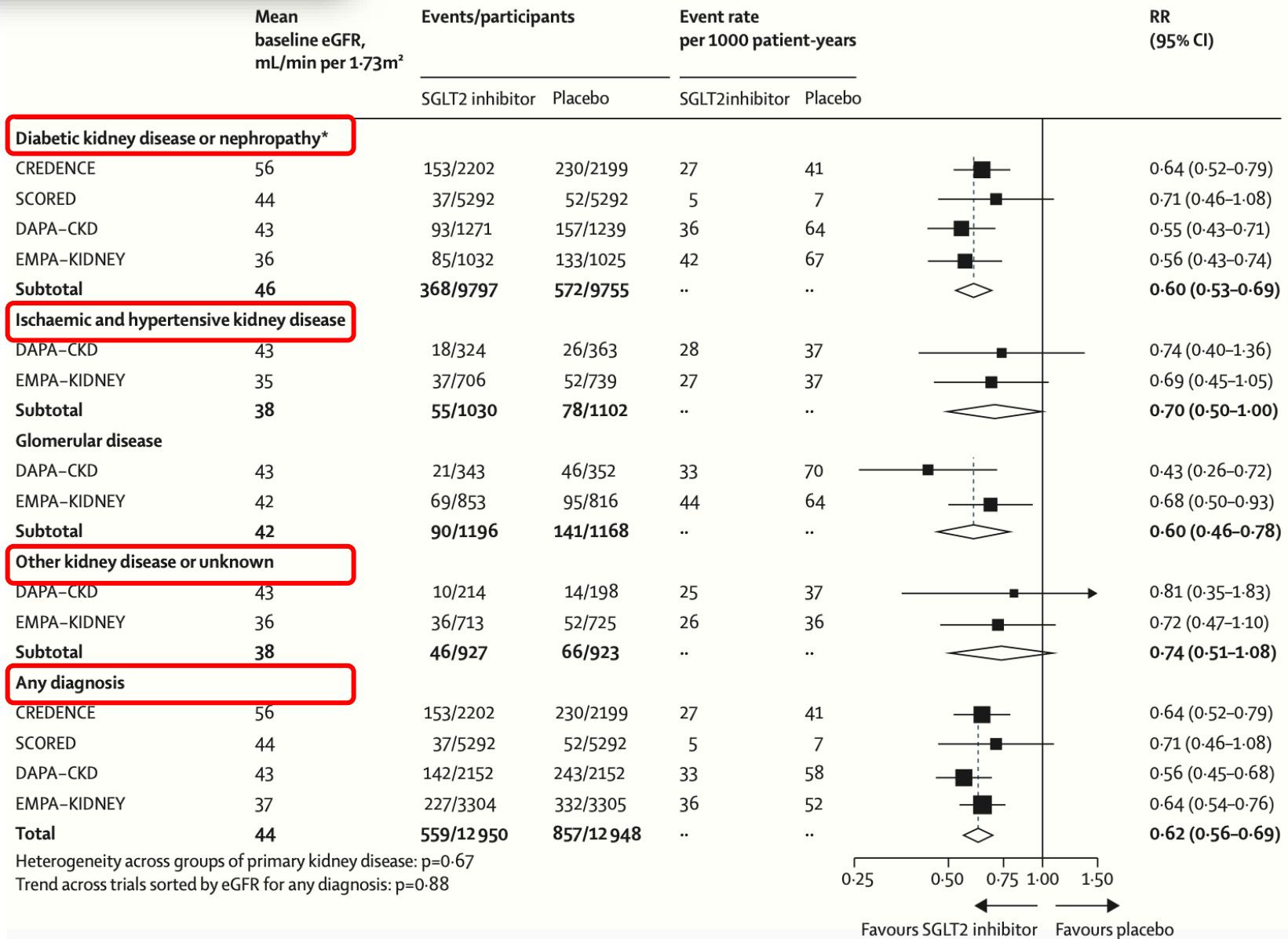
Empagliflozin Outcome Trial in Patients with Chronic Heart Failure with Preserved Ejection Fraction

**Primary composite endpoint:
Cardiovascular death or heart failure hospitalization**



Impact of diabetes on the effects of sodium glucose co-transporter-2 inhibitors on kidney outcomes: collaborative meta-analysis of large placebo-controlled trials

A meta-analysis of clinical trials with patients with CKD (CRENCE, SCORED, DAPA-CKD, EMPA-Kidney) with and without T2DM demonstrated a **favourable impact of SGLT2 inhibition of CKD progression, regardless of T2DM status or the type of CKD**

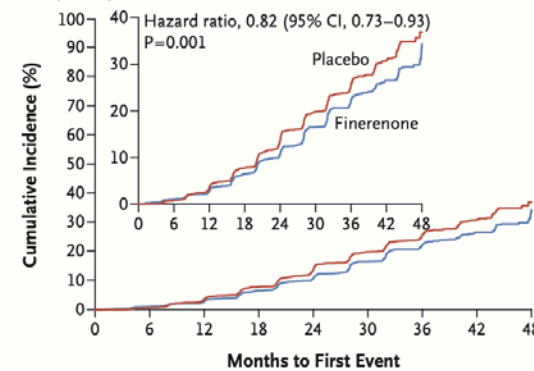


Effect of Finerenone on Chronic Kidney Disease Outcomes in Type 2 Diabetes: FIDELIO-DKD

N=5734 pts with CKD and T2DM, UACR 30 to <300, eGFR 25 to <60 ml/min/1.73 m², and diabetic retinopathy, or UACR 300- 5000, eGFR of 25 to <75 ml/min/1.73 m², median FUP, 2.6 years.

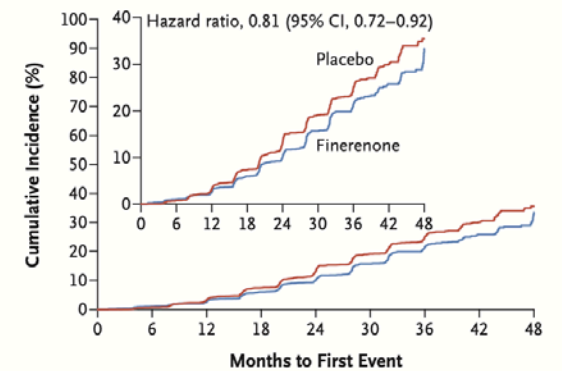
In patients with CKD and T2DM, treatment with finerenone resulted in lower risks of CKD progression and cardiovascular events than placebo.

A Primary Composite Outcome



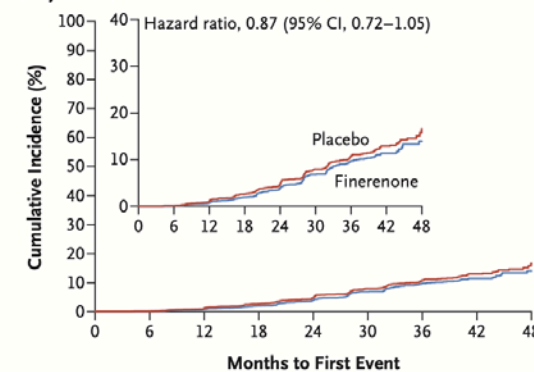
No. at Risk	0	6	12	18	24	30	36	42	48
Placebo	2841	2724	2586	2379	1758	1248	792	453	82
Finerenone	2833	2705	2607	2397	1808	1274	787	441	83

B Sustained Decrease of ≥40% in the eGFR from Baseline



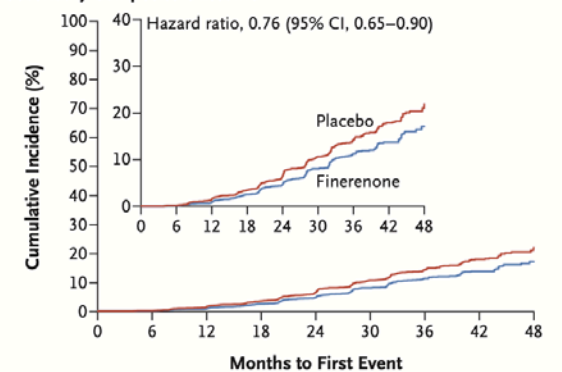
No. at Risk	0	6	12	18	24	30	36	42	48
Placebo	2841	2722	2588	2379	1758	1249	793	453	82
Finerenone	2833	2703	2606	2396	1808	1275	788	442	83

C Kidney Failure



No. at Risk	0	6	12	18	24	30	36	42	48
Placebo	2841	2741	2645	2508	1911	1390	892	513	103
Finerenone	2833	2733	2658	2506	1932	1393	897	510	104

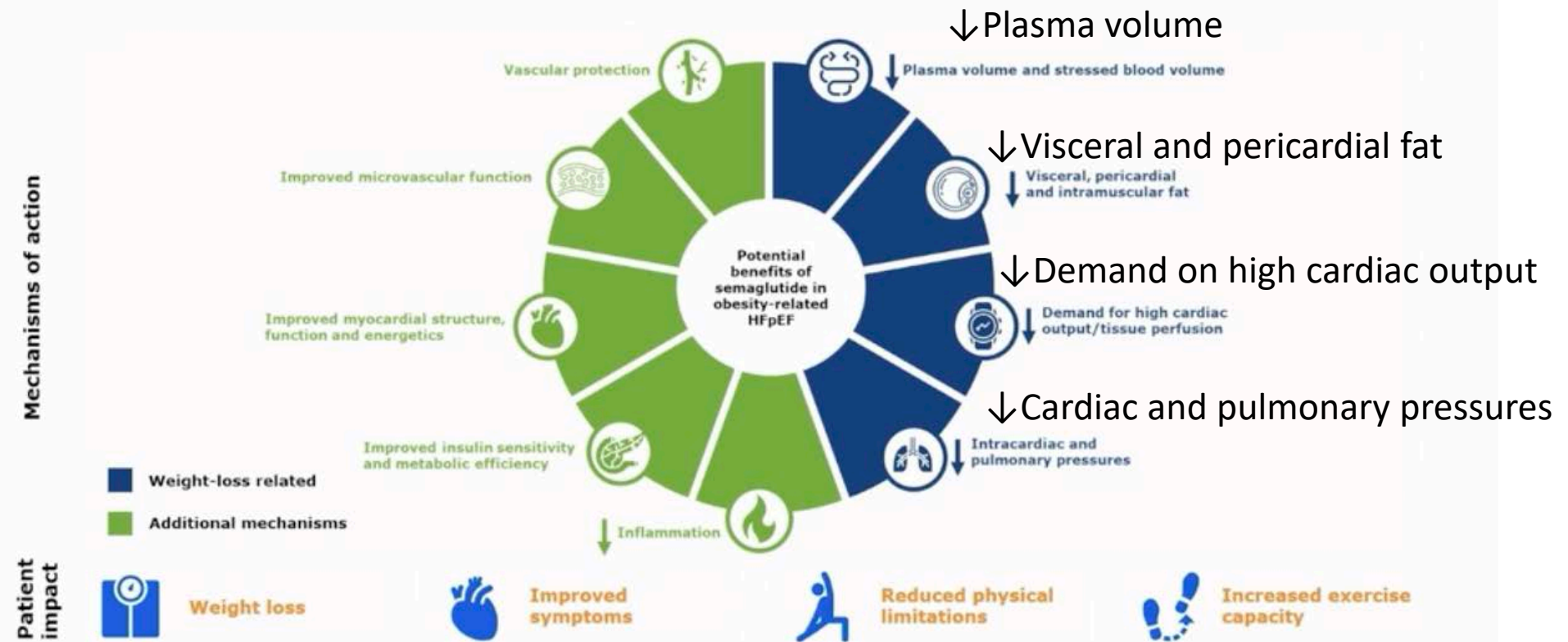
D Secondary Composite Outcome



No. at Risk	0	6	12	18	24	30	36	42	48
Placebo	2841	2740	2636	2490	1887	1364	873	499	98
Finerenone	2833	2732	2655	2492	1915	1377	883	501	101

Design and baseline characteristics of STEP-HFpEF program: semaglutide in patients with obesity HFpEF phenotype

Potential mechanisms of benefit for semaglutide in the obesity phenotype of HFpEF



HFpEF, heart failure with preserved ejection fraction.

Kosiborod M, et al. Presented at the annual meeting of the Heart Failure Association (HFA), European Society of Cardiology (ESC) congress, 20-23 May 2023, virtual and in-person (Prague - Czechia) meeting

STEP-HFpEF: results

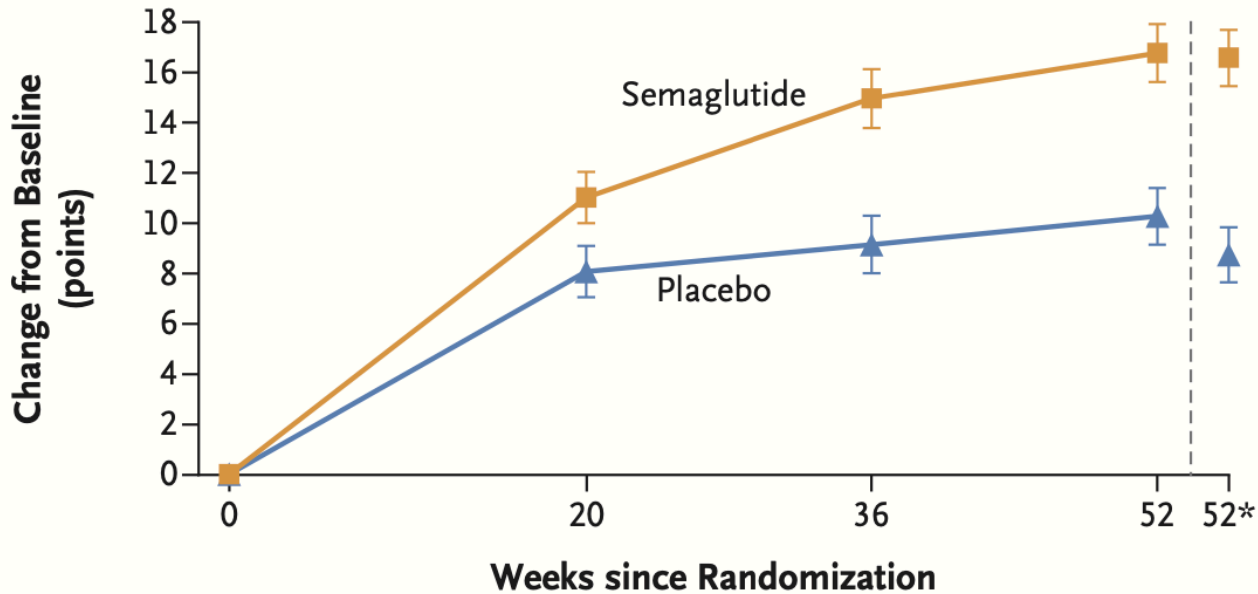
N= 529 patients with HFpEF (LVEF $\geq 45\%$) and BMI ≥ 30 kg/m²

Semaglutide vs. placebo for 52 weeks

Dual primary end points: change from baseline in the KCCQ score and change in body weight

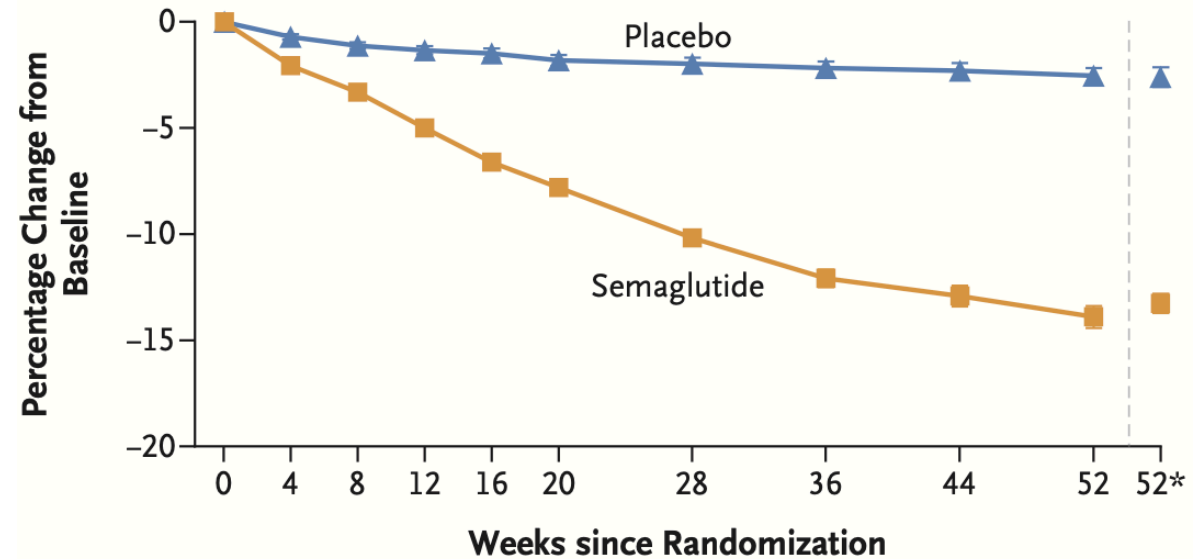
1. Change in KCCQ clinical score:

Estimated difference, 7.8 points,
 $p < 0.001$



2. Change in body weight:

Estimated difference, 10.7% points,
 $p < 0.001$

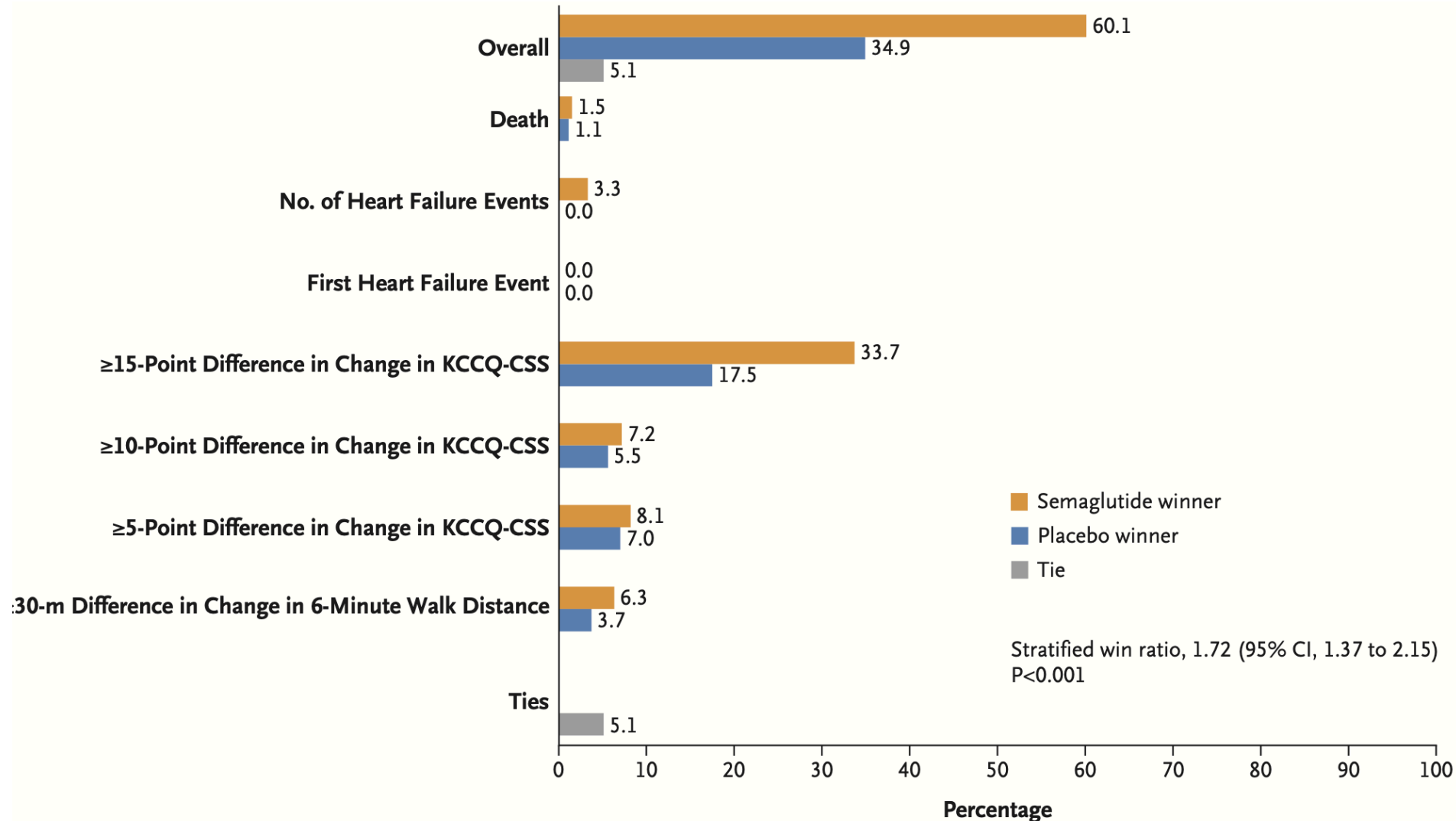


STEP-HFpEF: results

Stratified Win Ratio for Hierarchical Composite End Point

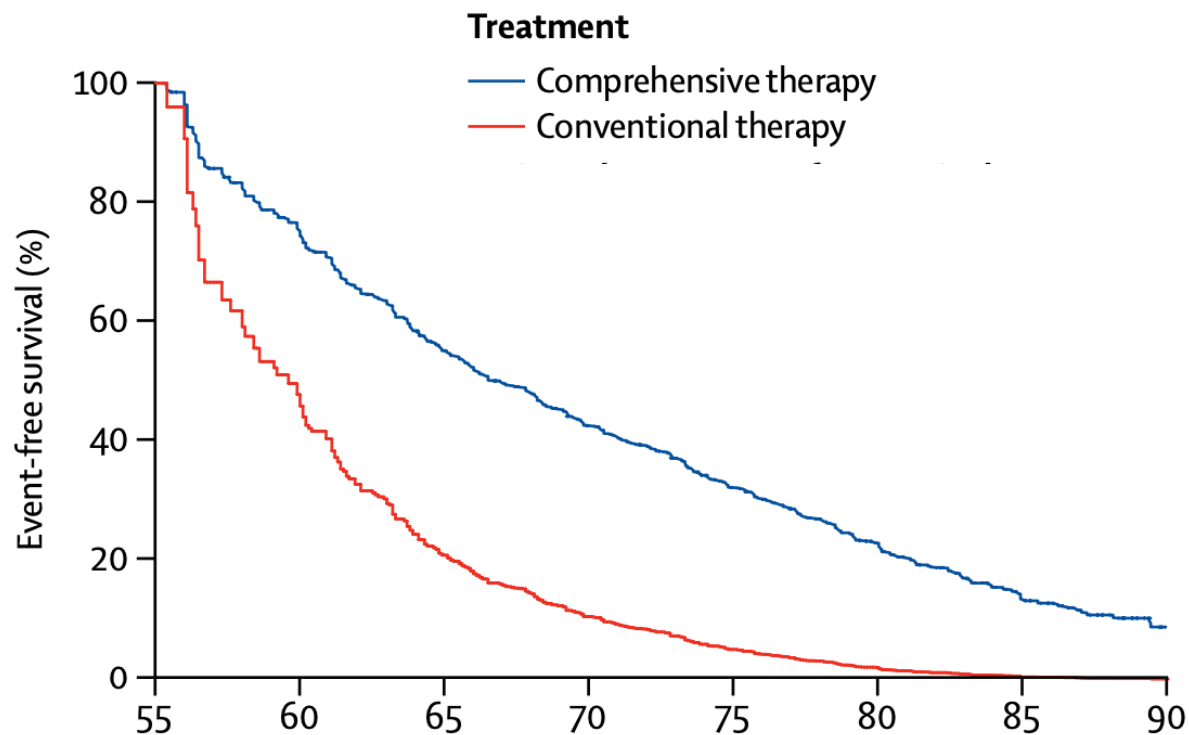
Treatment with semaglutide resulted in more wins than placebo, with a win ratio of 1.72 (95% CI, 1.37 to 2.15; $P < 0.001$).

The wins favoured semaglutide over placebo for all key components of the hierarchical composite endpoint.



Conventional vs. comprehensive HFrEF medical treatment

Cross-trial analysis EMPHASIS-HF (N=2,737), PARADIGM-HF (N=8,399), and DAPA-HF (N=4,744)



Projected mean **time to first hospitalisation for HF or CV death** for patients starting at age 55

Conventional therapy 6.4 years (4.8–8.0)
ACEi/ARB+ β -blocker

Comprehensive therapy 14.7 years (12.6–17.1)
ARNi+ β -blocker+MRA+SGLT2i

Difference +8.3 years (6.2–10.7) — by replacing
ACEi/ARB with ARNi and adding MRA+SGLT2i

Values shown include 95% CI.
Vaduganathan et al. Lancet. 2020;396:121–8.

The ESC Textbook of Heart Failure

Edited by
Petar M Seferović
Andrew JS Coats
Gerasimos Filippatos
Stefan Anker
Johann Bauersachs
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