

Contents

Definition of heart failure	23
1.1. Fundamentals	23
1.2. Clinical definition	23
1.2.1. Present definition	23
1.2.2. The NYHA stages	24
1.3. Current guidelines of the ESC and ACCF/AHA	24
1.3.1. The 2012 ESC guidelines	25
1.3.2. The 2013 ACCF/AHA guidelines	25
1.4. Haemodynamic differences in systolic/diastolic HF	25
1.5. Summary	26
1.6. References	26
Prognosis of heart failure	27
2.1. Fundamentals	27
2.2. Prognosis in the era before ACE inhibitors	27
2.3. Prognosis in controlled treatment studies	28
2.4. Prognosis depending on atrial fibrillation	28
2.4.1. The prognosis in atrial fibrillation	28
2.4.2. Prevalence of AF in the heart failure studies	29
2.5. Prognosis and heart rate	30
2.5.1. The BEAUT/JUL study	30
2.5.2. The CIBIS II study	30
2.6. Prognosis in ischaemic vs non-ischaemic heart failure	30
2.7. Prognosis in cardiomyopathies	31
2.8. Prognosis depending on EF and LVH	31
2.9. Prognosis in systolic vs diastolic HF	31
2.10. Prognosis depending on GFR	32
2.11. Prognosis depending on the BNP level	33
2.12. Copeptin and prognosis	34
2.13. Prognosis depending on CRP	34
2.14. Prognosis in anaemia	34
2.15. Prognosis depending intensity of management	34
2.16. Prognosis depending on age	35
2.17. Prognosis depending on sex	35
2.18. Prognosis depending on diabetes mellitus	35
2.19. Prognosis and guidelines-based therapy	36
2.20. Improvement in the prognosis of heart failure 1950 to 1999	36
2.21. Quality of life in heart failure	36
2.22. The obesity paradox	37
2.23. Treatment successes as a result of evidence-based therapy	37
2.24. Causes of death in heart failure	37
2.25. Low cardiac index and risk of the development of dementia	38

2.26.	Prognosis in HF – The MAGGIC risk score.....	38
2.27.	Summary	40
2.28.	References.....	40
Epidemiology		43
3.1.	Prevalence and incidence of heart failure	43
3.2.	Prevalence of ventricular dysfunction on the echocardiogram (since 1990)	43
3.3.	Systolic vs diastolic heart failure	44
3.4.	Obesity and heart failure	44
3.5.	Summary	45
3.6.	References.....	45
Classification of heart failure		46
4.1.	Options for classification	46
4.1.1.	According to the affected ventricle	46
4.1.2.	According to time course.....	46
4.1.3.	According to the degree of compensation	46
4.1.4.	According to the cardiac output	46
4.1.5.	According to symptoms	46
4.1.6.	According to the disordered ventricular function.....	46
4.1.7.	According to exercise tolerance.....	46
4.1.8.	According to clinical features	46
4.1.9.	According to NYHA class (NYHA – New York Heart Association).....	47
4.1.10.	According to the ACCF/AHA classification.....	47
4.1.11.	Stage D heart failure.....	48
4.2.	Summary	48
4.3.	References.....	48
Aetiology of heart failure		49
5.1.	Heart failure – A syndrome of various aetiology	49
5.2.	The cardiomyopathies	50
5.3.	Antidiabetic agents and HF	51
5.4.	Summary	51
5.5.	References.....	51
Pathophysiology of heart failure		53
6.1.	Pathophysiological basis	53
6.2.	Importance of pre- and afterload for the healthy and diseased heart.....	53
6.2.1.	Effects of isolated preload reduction	53
6.2.2.	Effects of isolated reduction of afterload	54
6.3.	Importance of the heart rate increase for the healthy and failing heart.....	54
6.3.1.	The force-rate relationship.....	54
6.3.2.	Further effects of an increased heart rate.....	54
6.3.3.	Heart rate in CHD and HF	55
6.4.	Compensatory mechanisms in heart failure	55
6.5.	Vicious circle in heart failure.....	56
6.6.	Determinants of myocardial oxygen consumption	57
6.7.	Causes of heart failure	57

6.8.	Importance of apoptosis	57
6.9.	Heart failure concepts today	58
6.10.	Origin of the oedema in heart failure	59
6.11.	Haemodynamics in systolic vs diastolic heart failure.....	59
6.12.	The kidney in heart failure.....	59
6.13.	The lung in heart failure.....	60
6.14.	The importance of natriuretic peptides	61
6.15.	Summary.....	61
6.16.	References.....	61

Main aspects of diagnostic investigation 63

7.1.	Aims of investigation	63
7.2.	Symptoms.....	63
7.3.	Investigations	63
7.4.	Symptoms and severity of heart failure	65
7.5.	Laboratory investigation of heart failure	65
7.5.1.	BNP vs NT-proBNP.....	65
7.5.1.1.	The half-life of BNP	65
7.5.1.2.	The half-life of NT-proBNP	66
7.5.1.3.	Limit values of BNP	66
7.5.1.4.	Limit values of NT-proBNP	66
7.5.1.5.	Relationship with renal function, age and sex.....	67
7.5.2.	BNP and NT-proBNP levels in systolic heart failure	67
7.5.3.	BNP and NT-proBNP levels in diastolic heart failure	68
7.5.4.	Other causes of BNP level increases.....	68
7.5.5.	Obesity reduces BNP levels	68
7.6.	BNP levels for treatment monitoring.....	69
7.7.	BNP determination in the emergency clinic – The BASEL study	69
7.8.	BNP in chronic heart failure	70
7.9.	BNP as a prognostic indicator at the time of discharge from hospital.....	70
7.10.	BNP as a predictor of risk.....	71
7.11.	Diagnostic algorithms if heart failure is suspected.....	71
7.12.	The guidelines on heart failure	71
7.12.1.	2012 ESC.....	71
7.12.2.	2013 ACCF/AHA.....	71
7.13.	Summary	72
7.14.	References.....	72

Treatment goals and treatment strategies in heart failure 74

8.1.	Treatment goals	74
8.2.	Treatment strategies.....	74
8.2.1.	General measures	74
8.2.2.	Drug therapy.....	75
8.2.3.	Surgical measures including heart transplantation	75
8.2.4.	Haemofiltration	75
8.3.	Prevention of heart failure.....	75
8.4.	Behaviour of ejection fraction during treatment	76
8.5.	The 2013 ACCF/AHA guidelines	76

8.6.	Summary	77
8.7.	References.....	77
	Diuretics	79
9.1.	Pathophysiology and mechanism of action	79
9.2.	Classification and differentiation of diuretics.....	80
9.3.	Dose-effect relationship of diuretics	80
9.4.	Value of diuretics in heart failure	81
9.5.	Study evidence	81
9.6.	Thiazide or loop diuretic?	82
9.7.	Furosemide vs torasemide	82
9.8.	Practical approach with diuretic therapy.....	83
9.9.	Pharmacological data on some diuretics.....	83
9.10.	Sequential nephron blockade	84
9.11.	Interactions with non-steroidal anti-inflammatory drugs	84
9.12.	Potassium-sparing diuretics.....	84
9.13.	Heart failure guidelines	85
9.13.1.	The 2012 ESC HF guidelines	85
9.13.2.	The 2013 ACCF/AHA HF guidelines.....	85
9.14.	Summary	86
9.15.	References.....	86
	Positive inotropic drugs	87
10.1.	Mechanism of action of positive inotropic drugs	87
10.2.	Digitalis	88
10.2.1.	Mechanism of action	88
10.2.2.	Pharmacological data on cardiac glycosides.....	88
10.2.3.	Clinical use of digitalis	89
10.2.4.	First clinical studies.....	90
10.2.5.	The DIG study	90
10.2.6.	Post-hoc analyses of the DIG study.....	91
10.2.7.	Digitalis after infarction in symptomatic heart failure	91
10.2.8.	Does digoxin increase mortality in atrial fibrillation?	91
10.2.8.1.	Analyses of the AFFIRM study	91
10.2.8.2.	Subgroup analysis of the DIG study	92
10.2.8.3.	Post-hoc analysis of the ROCKET AF study	92
10.2.8.4.	Results of a recent meta-analysis.....	92
10.2.9.	The guidelines	93
10.2.9.1.	The 2012 ESC guidelines on heart failure	93
10.2.9.2.	The 2013 ACCF/AHA guidelines.....	93
10.2.10.	Summary (digitalis).....	93
10.3.	Dobutamine.....	93
10.4.	Phosphodiesterase inhibitors	94
10.5.	Xamoterol	95
10.6.	Vesnarinone	95
10.7.	Ibopamine.....	95
10.8.	Pimobendan.....	96
10.9.	Levosimendan.....	96

10.10.	The guidelines on the drugs in sections 10.3 to 10.9	96
10.10.1.	The 2012 ESC HF guidelines	96
10.10.2.	The ACCF/AHA HF guidelines.....	97
10.11.	Summary of section 10.3 to 10.10.....	97
10.12.	References.....	97

ACE inhibitors 99

11.1.	Comparison of vasodilators	99
11.2.	Pathophysiological background to ACE inhibitor therapy	100
11.3.	Mechanism of action.....	100
11.4.	Contraindications.....	101
11.5.	Pharmacological data on ACE inhibitors	102
11.6.	Clinical use of ACE inhibitors	102
11.6.1.	Gradual dosing	102
11.6.2.	Correct dosage.....	102
11.6.3.	Doses in the intervention studies	103
11.6.4.	Dosage recommendations	103
11.6.5.	The ATLAS study	103
11.6.6.	Consideration of renal function.....	104
11.6.7.	Treatment risks/adverse reactions	104
11.6.8.	ACE inhibitors and NSAIDs	104
11.6.9.	ACE inhibitors and acetylsalicylic acid.....	105
11.7.	Heart failure clinical trials with ACE inhibitors.....	106
11.7.1.	The CONSENSUS I study	106
11.7.2.	The V-HeFT II study.....	106
11.7.3.	The SOLVD-Treatment arm in symptomatic heart failure.....	107
11.7.4.	The SOLVD-Prevention study in asymptomatic heart failure	107
11.7.5.	X-SOLVD.....	108
11.7.6.	Cause of death: acute cardiac death vs pump failure	108
11.8.	Post-infarct studies with ACE inhibitors.....	108
11.8.1.	The SAVE study (Survival And Ventricular Enlargement)	109
11.8.2.	The AIRE study	109
11.8.3.	The TRACE study	109
11.8.4.	Meta-analysis of ACE inhibitor studies with LV dysfunction or heart failure	110
11.8.5.	ACE inhibitors and risk of atrial fibrillation.....	110
11.8.6.	Cause of death on ACE inhibitors: acute cardiac death vs pump failure.....	111
11.9.	ACE inhibitor studies in acute infarction	111
11.10.	ACE inhibitors in potential heart failure candidates	111
11.10.1.	The HOPE study.....	112
11.10.2.	The EUROPA study	112
11.11.	The guidelines.....	113
11.11.1.	The 2012 ESC heart failure guidelines	113
11.11.2.	The 2013 ACCF/AHA HF guidelines	114
11.12.	Summary.....	114
11.13.	References	114

AT₁ receptor antagonists 117

12.1.	Mechanism of action.....	117
12.2.	AT ₁ receptor antagonists compared	118

12.3.	Comparison of AT ₁ receptor antagonists vs ACE inhibitors.....	118
12.4.	Neuroendocrine parameters on ARBs	119
12.4.1.	Angiotensin II escape	119
12.4.2.	Angiotensin II level and prognosis	119
12.5.	Clinical trials.....	119
12.5.1.	The ELITE I study	120
12.5.2.	The RESOLVD study	120
12.5.3.	The ELITE II study.....	120
12.5.4.	Other results for AT ₁ receptor antagonists.....	121
12.6.	AT ₁ receptor antagonists vs/plus ACE inhibitors in HF	121
12.6.1.	The Val-HeFT study.....	121
12.6.1.1.	Neuroendocrine parameters.....	123
12.6.1.2.	Echocardiographic parameters of the left ventricle	123
12.6.1.3.	BNP levels are prognostic indicators in Val-HeFT.....	124
12.6.2.	The CHARM study.....	124
12.6.2.1.	The CHARM-Overall Programme	124
12.6.2.2.	The CHARM-Alternative study	125
12.6.2.3.	The CHARM-Added study	125
12.6.2.4.	The CHARM-Preserved study	126
12.6.2.5.	The CHARM-Alternative plus Added study	127
12.7.	AT ₁ receptor antagonists vs/plus ACE inhibitors in post-infarct patients.....	127
12.7.1.	The OPTIMAAL study.....	127
12.7.2.	The VALIANT study.....	128
12.7.3.	ACE inhibitors vs ARBs in heart failure and acute myocardial infarction.....	129
12.8.	Combination of ACE inhibitor and AT ₁ receptor antagonist? Why not first-line?	130
12.9.	Is triple therapy possible?	130
12.10.	LHV regression and heart failure	131
12.11.	Occurrence of atrial fibrillation on AT ₁ receptor antagonists	131
12.12.	The dose of the ARB – the HEAAL study.....	131
12.13.	The guidelines.....	132
12.13.1.	The 2012 ESC HF guidelines	132
12.13.2.	The 2013 ACCF/AHAHF guidelines	132
12.13.3.	The dosage of AT ₁ receptor antagonists.....	132
12.14.	Summary.....	132
12.15.	References	133

	Angiotensin-receptor neprilysin inhibitor (ARNI)	136
13.1.	The mechanism of action	136
13.2.	Why an AT ₁ antagonist and not an ACE inhibitor?	136
13.3.	Antihypertensive effects of LCZ696.....	137
13.4.	The PARAMOUNT study.....	137
13.5.	The PARADIGM-HF study	137
13.5.1.	The clinical results.....	137
13.5.2.	Post-hoc analyses of the PARADIGM study	139
13.5.3.	BNP and NT-proBNP in the PARADIGM post-hoc analysis	139
13.5.4.	Death due to sudden death vs death due to pump failure	140
13.5.5.	Comparison of number needed to treat (NNT) in heart failure studies	140
13.5.6.	A putative placebo analysis of the effects of LCZ696.....	140

13.5.7.	Life-years gained with sacubitril/valsartan	140
13.5.8.	Why was the comparison made with enalapril?	141
13.6.	A paradigm shift in the treatment of chronic systolic HF?.....	141
13.7.	Soluble neprilysin is predictive of cardiovascular death and HF hospitalisation.....	141
13.8.	Current indications for LCZ696.....	141
13.9.	The guidelines.....	142
13.10.	Summary.....	142
13.11.	References	142

Other vasodilators 144

14.1.	Hydralazine/ISDN.....	144
14.1.1.	Hydralazine/ISDN in the V-HeFT I study	144
14.1.2.	The V-HeFT II study.....	144
14.1.3.	The A-HeFT study	144
14.2.	Alpha-1 blockers.....	145
14.3.	Nitrates	145
14.4.	Epoprostenol.....	145
14.5.	Flosequinan	145
14.6.	The guidelines.....	145
14.6.1.	The 2012 ESC HF guidelines	145
14.6.2.	The 2013 ACCF/AHA HF guidelines	146
14.7.	Summary.....	146
14.8.	References	146

Calcium antagonists 148

15.1.	Classification of calcium antagonists	148
15.2.	Mechanism of action.....	148
15.3.	Clinical studies in heart failure.....	148
15.3.1.	The VHeFT III study.....	148
15.3.2.	The PRAISE I study	149
15.3.3.	The PRAISE II study.....	149
15.4.	The guidelines.....	149
15.4.1.	The 2012 ESC HF guidelines	149
15.4.2.	The 2013 ACCF/AHA HF guidelines	149
15.5.	Summary.....	149
15.6.	References	149

Beta-blockers 151

16.1.	Clinical background	151
16.2.	Pathophysiological background.....	151
16.3.	Beta-blocker – from contraindication to indication.....	152
16.4.	Beta-blockers.....	153
16.4.1.	Classification of beta-blockers	153
16.4.2.	Haemodynamic effects.....	153
16.5.	Possible mechanisms of beta-blockers in heart failure.....	153
16.6.	Type of beta-blocker and negative inotropy	154

16.7.	Clinical studies with beta-blockers in heart failure.....	155
16.7.1.	USCarvedilol study.....	155
16.7.2.	The CIBIS II study.....	156
16.7.3.	The MERIT-HF study.....	156
16.7.4.	Comparison of the results of the three large beta-blocker studies.....	157
16.8.	Beta-blockers in NYHA class IV?	157
16.8.1.	Data prior to the COPERNICUS study.....	157
16.8.2.	The COPERNICUS study	157
16.9.	The BEST study	158
16.10.	Beta-blockersin asymptomatic LV dysfunction?.....	158
16.10.1.	The data before CAPRICORN.....	158
16.10.2.	The CAPRICORN study.....	158
16.11.	Clinical use of beta-blockers.....	159
16.11.1.	Which dose of a beta-blocker should be achieved?.....	159
16.11.2.	What approach in patients with beta-blockers and cardiac decompensation?	160
16.11.3.	Risks of beta-blocker therapy	160
16.11.4.	Beta-blockers should already be started in hospital – the IMPACT-HF study	161
16.12.	Which beta-blocker in heart failure?	161
16.12.1.	Improvement in EF on metoprolol vs carvedilol	161
16.12.2.	Carvedilol vs metoprolol: results of a meta-analysis.....	161
16.12.3.	The COMET study	161
16.13.	Elderly patients in the HF studies.....	162
16.14.	The SENIORS study	162
16.15.	Beta-blockers vs ACE inhibitors in heart failure.....	163
16.16.	Beta-blockers in the VALIANT study	163
16.17.	Start with an ACE inhibitor or beta-blocker?	164
16.17.1.	The CARMEN study.....	164
16.17.2.	The CIBIS III study	164
16.18.	Dosage and titration steps for beta-blockers.....	165
16.19.	Is there a target heart rate?.....	165
16.20.	Is sudden cardiac death positively influencedon beta-blockers?.....	166
16.21.	Beta-blockers in heart failure and atrial fibrillation?	166
16.21.1.	Results of a meta-analysis	166
16.21.2.	Results of a further meta-analysis	166
16.22.	The guidelines.....	167
16.22.1.	The 2012 ESC guidelines on HF	167
16.22.2.	The 2013 ACCF/AHA HF guidelines	167
16.23.	Summary.....	167
16.24.	References	168
	Aldosterone antagonists in heart failure	171
17.1.	Rationale for the treatment of heart failure with aldosterone antagonists.....	171
17.2.	Heart failure as a salt problem.....	172
17.3.	Effects of aldosterone and aldosterone antagonists.....	172
17.4.	The RALES study.....	173
17.4.1.	The results.....	173
17.4.2.	Results of subgroup analyses of the RALES study.....	174
17.4.2.1.	Behaviour of neuroendocrine parameters.....	174

17.4.2.2.	Spironolactone in the elderly and diabetics	175
17.4.2.3.	Spironolactone and collagen turnover	175
17.4.3.	High incidence of hyperkalaemia after publication of RALES.....	175
17.4.4.	Aldosterone, a prognostic indicator in chronic HFrEF	176
17.5.	The EMPHASIS-HF study in HF NYHA class II	176
17.6.	Aldosterone antagonists in post-infarction failure.....	177
17.6.1.	Aldosterone, a prognostic indicator in acute myocardial infarction.....	177
17.6.2.	The rationale for aldosterone antagonists in AMI	178
17.6.3.	Eplerenone in the EPHESUS study	179
17.6.3.1.	Eplerenone, ACE inhibitor and beta-blocker.....	180
17.6.3.2.	Eplerenone and acute cardiac death	180
17.6.3.3.	The tolerability of eplerenone	181
17.6.3.4.	Eplerenone and impaired GFR	181
17.6.3.5.	Early start of treatment with aldosterone antagonists.....	181
17.7.	Hypokalaemia and hypomagnesaemia	182
17.8.	The dose of aldosterone antagonists	182
17.9.	The guidelines.....	183
17.9.1.	2011 and 2012 ESC guidelines	183
17.9.2.	The 2013 ESC/EASD guidelines	183
17.9.3.	The 2013 ACCF/AHA guidelines.....	183
17.10..	Summary.....	184
17.11.	References	184

Ivabradine, the I_f channel blocker 187

18.1.	The prognostic significance of heart rate in heart failure	187
18.1.1.	The CIBIS studies	187
18.1.2.	The DIAMOND study (heart failure arm).....	188
18.1.3.	The COMETand MERIT-HF study	188
18.1.4.	Heart rate and LVEF	189
18.2.	The BEAUTI/JL study.....	189
18.3.	The SHiT study	190
18.4.	Indications for ivabradine (European Medicines Agency).....	191
18.5.	The guidelines.....	192
18.5.1.	The 2012 ESC heart failure guidelines	192
18.5.2.	The 2013 ESC/EASD guidelines	192
18.5.3.	The 2012 ACCF/AHA et al. guidelines on stable CHD	192
18.6.	Summary.....	192
18.7.	References	193

Antiarrhythmic Drugs 195

19.1.	Pathophysiological background.....	195
19.2.	The pro-arrhythmogenic effect in relation to the ejection fraction	195
19.3.	Ventricular extrasystoles – the CAST study.....	195
19.4.	Amiodarone in heart failure.....	196
19.4.1.	The CHF-STAT study with amiodarone	196
19.4.2.	The GESICA study	196

19.5.	Amiodarone in post-infarct patients	196
19.5.1.	The EMIAT and CAMIAT study with amiodarone.....	196
19.5.2.	Combination of amiodarone and beta-blockers	197
19.5.3.	The meta-analysis of the amiodarone studies	197
19.6.	Antiarrhythmics in atrial fibrillation.....	197
19.6.1.	Atrial fibrillation and prognosis.....	197
19.6.2.	Atrial fibrillation in heart failure.....	198
19.6.2.1.	Atrial fibrillation as a prognostic indicator.....	198
19.6.2.2.	Prognosis in the presence of atrial fibrillation depending on the cause of the heart failure	199
19.6.2.3.	The AF-CHF study	199
19.6.3.	The DIAMOND study	199
19.6.4.	Dronedarone	199
19.6.4.1.	Dronedarone in heart failure.....	200
19.6.4.2.	The ATHENA study	200
19.6.4.3.	The PALLAS study.....	201
19.6.5.	Heart failure therapy and atrial fibrillation.....	201
19.6.6.	Rate control vs rhythm control in atrial fibrillation	202
19.6.6.1.	The AFFIRM study	202
19.6.7.	The RACE I-study	202
19.6.8.	The RACE II study	202
19.7.	Does digoxin increase mortality in atrial fibrillation?	203
19.8.	Vernakalant	203
19.9.	Short-term vs long-term antiarrhythmic therapy after cardioversion for atrial fibrillation ..	204
19.10.	Catheter ablation in atrial fibrillation	204
19.11.	Current guidelines	204
19.11.1.	2012 ESC guidelines in atrial fibrillation	204
19.11.2.	2012 ESC guidelines on HF	205
19.11.3.	2011 ACCF/AHA/HRS guidelines on atrial fibrillation.....	205
19.11.4.	The 2014 AHA/ACC/HRS AF guidelines.....	205
19.12.	Summary.....	205
19.13.	References	206
20.	Anticoagulant substances in heart failure	209
20.1.	Clinical background	209
20.2.	Anticoagulation in HF and sinus rhythm? – The WARCEF study	209
20.3.	Antithrombotic treatment in atrial fibrillation.....	210
20.3.1.	Meta-analysis	210
20.3.2.	Aspirin plus clopidogrel vs warfarin – the ACTIVE W study	210
20.3.3.	The ACTIVE A study	211
20.4.	The preventive value of aspirin in atrial fibrillation	211
20.4.1.	Aspirin vs control	211
20.4.2.	Aspirin vs coumarins	211
20.5.	A new era for anticoagulation in atrial fibrillation	212
20.5.1.	Dabigatran – the RE-LY study	212
20.5.2.	Rivaroxaban – The ROCKET-AF study.....	213
20.5.3.	Apixaban – The ARISTOTLE study	214
20.5.4.	Edoxaban – The ENGAGE AF-TIMI 48 study	215
20.5.5.	Comparison of the end-points in RE-LY, ROCKET-AF and ARISTOTLE	215
20.5.6.	Meta-analysis of RE-LY, ROCKET-AF and ARISTOTLE	216

20.5.7.	Meta-analysis of RE-LY, ROCKET-AF, ARISTOTLE and ENGAGE AF.....	216
20.5.8.	Pharmacodynamics of NOACs	216
20.6.	Apixaban vs aspirin in atrial fibrillation – The AVERROES study.....	217
20.7.	Dabigatran in mechanical heart valves – The RE-ALIGN study	217
20.8.	Risk stratification in atrial fibrillation.....	218
20.9.	Bridging in AF with LMWH or not?.....	218
20.10.	Current guidelines.....	219
20.10.1.	The ESC heart failure guidelines	219
20.10.2.	2012 ESC guidelines on atrial fibrillation	219
20.10.3.	The 2013 ACCF/AHA guidelines.....	219
20.10.4.	The 2014 AHA/ACC/HRS guidelines on AF.....	220
20.10.5.	2014 AHA/ASA guidelines after stroke/TIA	220
20.11.	Summary.....	220
20.12.	References	221

	ICD, CRT, cardiac pacemakers, implantable AF recorders	224
21.1.	The implantable defibrillator (ICD)	224
21.1.1.	The AVID study in sustained ventricular tachycardia.....	224
21.1.2.	The CASH study.....	224
21.1.3.	The CIDS study.....	225
21.1.4.	The MADIT I study in non-sustained ventricular tachycardia	225
21.1.5.	The CABG-Patch study	225
21.1.6.	The meta-analysis of the ICD studies.....	225
21.1.7.	The MADIT II study	225
21.1.8.	The SCD-HeFT study	226
21.1.9.	In the case of ICD, VVIR or DDDR – The DAVID study.....	227
21.1.10.	ICD in dilated cardiomyopathy – The DEFINITE study.....	227
21.1.11.	When should ICD be used after myocardial infarction?	228
21.1.11.1.	The DINAMIT study.....	228
21.1.11.2.	The IRIS study	228
21.1.12.	ICD used too often	229
21.1.13.	Reduction in mortality through ICD programming	229
21.1.14.	Indication for prophylactic ICD – The guidelines.....	229
21.1.14.1.	ESC guidelines on the treatment of heart failure.....	229
21.1.14.2.	ACCF/AHA guidelines – An overview	230
21.1.14.3.	Guidelines on the treatment of heart failure.....	230
21.1.14.4.	2012 ACCF/AHA/HRS guidelines on device-based therapy	230
21.1.14.5.	2013 ACCF/AHA guidelines on the treatment in STEMI	230
21.1.15.	Heart rate in ICD patients.....	230
21.1.16.	Temporary wearable cardioverter defibrillator (WCD).....	231
21.2.	Resynchronisation therapy (CRT)	231
21.2.1.	The MUSTIC study.....	231
21.2.2.	The MIRACLE study	232
21.2.3.	The meta-analysis of the resynchronisation studies to date	232
21.2.4.	The COMPANION study	232
21.2.5.	The RAFT study	233
21.2.6.	The CARE-HF study.....	233
21.2.7.	CRT in NYHA class I and II – The REVERSE study.....	234
21.2.8.	The MADIT-CRT study	234
21.2.9.	CRT in atrial fibrillation?	235

21.2.10.	Indication for CRT	235
21.2.10.1.	2012 ESC guidelines on CRT in heart failure	235
21.2.10.2.	The 2013 ACCF/AHA guidelines on the treatment of HF	236
21.2.11.	Prognosis in LBBB with QRS \geq 150 ms vs LBBB with QRS 120-149 ms.....	236
21.2.12.	CRT if a narrow QRS complex? – The EchoCRT study	236
21.3.	Programmed stimulation for risk identification	237
21.4.	Cardiac pacemaker therapy	238
21.4.1.	Pacing in the case of bradycardia	238
21.4.2.	Atrioventricular pacing (DDD) vs VVI.....	238
21.4.3.	The MOST study	238
21.4.4.	The UKPACE study	238
21.4.5.	The BLOCK HF study	238
21.4.6.	Intracardiac leadless pacemakers	239
21.4.7.	The 2013 ESC guidelines on pacing	239
21.5.	Implantable cardiac recorders to detect atrial fibrillation.....	239
21.6.	Summary.....	239
21.7.	References	240

22.	Treatment of diastolic heart failure	245
22.1.	Definition of diastolic heart failure	245
22.2.	Incidence of HFpEF	246
22.3.	Causes and pathophysiology of diastolic heart failure.....	246
22.4.	Diagnostic investigations	247
22.4.1.	Colour Doppler echocardiography.....	248
22.4.2.	Laboratory diagnosis with BNP	248
22.4.3.	HFpEF vs diastolic heart failure	249
22.5.	Prognosis in diastolic heart failure.....	249
22.6.	Treatment targets	250
22.7.	Significance of diastolic heart rate in summary.....	250
22.8.	Studies	251
22.8.1.	The CHARM Preserved trial	251
22.8.2.	The SENIORS subgroup with preserved LF function.....	252
22.8.2.1.	The importance of heart rate lowering	252
22.8.2.2.	The results of the SENIORS study in preserved LF function	252
22.8.3.	The DIG ancillary trial.....	252
22.8.4.	The PEP-CHF study.....	253
22.8.5.	The I-PRESERVE study	253
22.8.6.	The PARAMOUNT study.....	253
22.8.7.	The Swedish registry study	254
22.8.8.	The Aldo-DHF study.....	254
22.8.9.	The VALIDD study.....	254
22.8.10.	The TOPCAT study	254
22.8.11.	ISMN in HFpEF without benefits	255
22.9.	Prevention of HFpEF through antihypertensive agents.....	255
22.10.	Prognosis of impaired systolic function in HFpEF	255
22.11.	Treatment strategies.....	255
22.12.	The guidelines on HFpEF.....	257
22.12.1.	The 2012 ESC guidelines on HF	257
22.12.2.	The 2013 ACCF/AHA guidelines on HF	257

22.13.	Summary	258
22.14.	References	258

Coronary revascularisation in heart failure, ventricular surgery,**LVADs and heart transplantation****262**

23.1.	Coronary revascularisation	262
23.1.1.	CABG in coronary artery disease and LVEF \leq 35% – The STICH study	262
23.2.	The Batista and Dor procedure	263
23.2.1.	The STICH substudy with surgical ventricular reconstruction.....	263
23.2.2.	The DOR procedure	263
23.3.	Cardiomyoplasty	263
23.3.1.	Dynamic cardiomyoplasty.....	263
23.3.2.	Cellular cardiomyoplasty	263
23.4.	Mitral valve reconstruction	264
23.5.	Mechanical support systems (LV assist devices, LVADs).....	264
23.6.	Heart transplantation	266
23.6.1.	Indications for heart transplantation.....	266
23.6.2.	Contraindications	266
23.6.3.	Complications	266
23.6.4.	Immunosuppressant therapy.....	266
23.7.	The guidelines.....	267
23.7.1.	The 2012 ESC guidelines on HF	267
23.7.2.	The 2013 ACCF/AHA guidelines on HF	267
23.8.	Summary.....	268
23.9.	References	268

General measures**271**

24.1.	Weight loss.....	271
24.2.	Salt restriction	271
24.3.	Alcohol.....	271
24.4.	Treatment of risk factors	272
24.4.1.	Hypertension	272
24.4.2.	The SPRINT study	272
24.4.3.	Diabetes and heart failure	273
24.4.3.1.	Antidiabetics and heart failure.....	273
24.4.3.2.	The EMPA-REG OUTCOME study	274
24.4.4.	Statins in heart failure?	274
24.4.4.1.	The CORONA study.....	275
24.4.4.2.	The GISSI-HF statin study.....	275
24.5.	Physical exercise.....	276
24.5.1.	Various studies on exercise	276
24.5.2.	The HF-ACTION study	276
24.6.	Contraception	277
24.7.	Explaining the point of treatment	277
24.8.	Anaemia	278
24.8.1.	The ANCHOR study.....	279
24.8.2.	The COMET study	279
24.8.3.	The CONFIRM-HF study	279
24.8.4.	The significance of haemodilution.....	279

24.8.5.	The importance of the treatment of true anaemia	279
24.8.5.1.	Treatment studies.....	279
24.8.5.2.	The RED-HF study	280
24.9.	Treatment of depression	281
24.10.	Healthy lifestyle as prevention of HF.....	281
24.11.	Adaptive servo-ventilation for central sleep apnoea?	281
24.12.	Summary.....	281
24.13.	References	282
25.	Current and experimental treatments	285
25.1.	Retrospective.....	285
25.2.	Nesiritide (BNP).....	285
25.2.1.	The PRECEDENT study.....	285
25.2.2.	The VMAC study	285
25.2.3.	The Colucci study	285
25.2.4.	The ASCEND-HF study.....	285
25.2.5.	2013 ACCF/AHA HF guidelines.....	286
25.3.	Arginine-vasopressin (AVP) antagonists (= ADH antagonists)	286
25.3.1.	The ACTIV in CHF study	286
25.3.2.	The EVEREST Outcome study	286
25.3.3.	The 2013 ACCF/AHA heart failure guidelines	287
25.3.4.	Hyponatraemia guidelines of the European Society of Endocrinology	287
25.4.	The renin inhibitor aliskiren	287
25.4.1.	The ASPIRE study	287
25.4.2.	The AQUARIUS study.....	288
25.4.3.	The ASTRONAUT study.....	288
25.4.4.	The ATMOSPHERE study.....	288
25.4.5.	The 2012 ESC heart failure guidelines	288
25.5.	The RELAX-AHF study.....	289
25.6.	Non-steroidal mineralocorticoid receptor antagonist	289
25.7.	Ularitide.....	289
25.8.	Gene therapy in heart failure?.....	290
25.9.	Summary.....	290
25.10.	References	290
26.	Acute left-sided heart failure	292
26.1.	Definition and prognosis.....	292
26.2.	Investigation and treatment	292
26.3.	Drug therapy	292
26.4.	Non-pharmacological strategies	294
26.5.	The guidelines.....	295
26.5.1.	The ESC HF guidelines.....	295
26.5.2.	The 2013 ACCF/AHA HF guidelines	296
26.5.3.	The 2015 ESC recommendations on the management of acute heart failure.....	296
26.6.	Summary.....	296
26.7.	References	298

	Treatment standards in chronic left ventricular systolic failure	300
27.1.	From pathophysiology to treatment	300
27.2.	Haemodynamic treatment goals	301
27.3.	Drug treatment of heart failure today	301
27.3.1.	ACE inhibitors.....	301
27.3.2.	What do ACE inhibitors actually bring in terms of prognosis?.....	302
27.3.3.	Beta-blockers	303
27.3.4.	AT ₁ receptor antagonists (ARBs)	303
27.3.5.	Combination of ACE inhibitor and AT ₁ receptor antagonist?.....	303
27.3.6.	Aldosterone antagonists (MRA).....	304
27.3.7.	Thiazides and loop diuretics	305
27.3.8.	Ivabradine	306
27.3.9.	Digitalis glycosides.....	306
27.3.10.	The angiotensin receptor neprilysin inhibitor (ARNI).....	307
27.4.	General measures	309
27.5.	Outlook	309
27.6.	Summary and treatment standards in NYHA class I-IV	310
27.7.	References	310
	Abbreviations	313
	Index	315