

# Heart Failure Awareness Week

## 2 - 8 May 2022

**LONG TERM TREATMENT OF HYPERTENSION REDUCES THE RISK OF HF BY 50%**

**3 DRUG CLASSES MOST EFFECTIVE IN LOWERING BP**  
**DIURETICS**  
**ACE INHIBITORS**  
**& ANGIOTENSIN II RECEPTOR BLOCKERS**



**OBSTRUCTIVE SLEEP APNOEA ASSOCIATED WITH INCREASED RISK OF HYPERTENSION & HF IN ALL AGE GROUPS**



**CONTEMPORARY MANAGEMENT STRATEGIES FOR T2DM VIABLE STRATEGY FOR PREVENTING HEART FAILURE DEVELOPMENT**

**SGTLT2 THERAPIES (DAPAGLIFLOZIN/EMPAGLIFLOZIN) SHOWN TO SIGNIFICANTLY REDUCE THE RISK OF HF DEVELOPMENT & HOSPITALISATION IN T2DM PATIENTS**

**ALCOHOLIC HF THOUGHT TO ACCOUNT FOR UP TO 40% OF DILATED CARDIOMYOPATHIES**

**AT RISK IF 2.5-3 STANDARD DRINKS PER DAY FOR >5 YEARS**



**HFPEF MORE COMMON IN WOMEN**

**"TRADITIONAL" RISK FACTORS (T2DM, OBESITY, HYPERTENSION, SMOKING) CONFER HIGHER RISK IN FEMALES THAN MALES**



**BREAST CANCER TREATMENT: IN SURVIVORS LATE CVD MORTALITY EXCEEDS ONCOLOGY MORTALITY**



**INCREASED RISK OF ISCHEMIC HEART DISEASE WITH DIRECT EFFECT ON CARDIAC STRUCTURE & FUNCTION**

**SMOKING IN HF ASSOCIATED WITH 38% INCREASED RISK OF DEATH**



# HEART FAILURE PREVENTION

**HFREF PREDOMINANT PHENOTYPE IN MALES**

**MYOCARDIAL INFARCTION MAIN HF RISK FACTOR**

**HIGH RATES OF HYPERTENSION**

**OBESITY IN MALES PROMOTES DEVELOPMENT OF HFREF RATHER THAN HFPEF**

**YOUNGER AGE AT PRESENTATION**



**PHYSICAL ACTIVITY SIGNIFICANTLY LOWERS THE RISK OF HF**

**AIM FOR 3.5-7 HOURS OF MODERATELY VIGOROUS PHYSICAL ACTIVITY PER WEEK OR 30-60 MINUTES PER DAY**

