

Dear Colleagues,

Between May 2-8, 2022, the ESC Heart Failure Association planned the Heart Failure Awareness Days 2022, an initiative in which, as every year, our Working Group will participate.

SRC's GL-IC participated in this project by:

- 1- creating and distributing posters on this topic (5 posters);
- 2- creating and distributing a videoclip on this topic (will be distributed on May 2, 2022 on Facebook and Twitter);
- 3- promoting heartfailurematters.org whose translation in Romanian is already initiated;
- 4- organizing public presentations on this topic for patients with heart failure but also for their relatives (please that any initiative on this topic, carried out in the period 2021-2022, be brought to our attention and be marked with #HeartFailureAwarenessDay !);
- 5- the promotion on social networks and in the media of any national approach addressed to the topic of heart failure (we remind you that we created on FB the Heart Failure Working Group of SRC <https://www.facebook.com/Grupul-de-Lucru-de-Insuficienta-Cardiaca-al-SRC-106955838017506> where we always post news. Please become friends and followers of this site as soon as possible!



Grupul de Lucru de Insuficienta Cardiaca al SRC

- 6- continuation of participation (not only in the strict period May 2-8, 2022) in meetings with national representatives with a decision-making role in health policies (the last one took place in March 2022);
- 7- continuation of the national programs of Education in Heart Failure (the EPIC course of the Working Group on Heart Failure is scheduled for July 8, 2022);
- 8- the 2000 EUR prize won last year is used to support the participation in HFA Congress Madrid 2022 mainly of young doctors / residents who helped to translate into Romanian the 2021 ESC Guideline on HF;
- 9- We continue to support HFA Membership and HFA Fellowship!

Prof. dr. Antoniu Petris,
President of the Heart Failure Working Group of the Romanian Society of Cradiology



Antoniu Petris

29 aprilie la 08:51 · 🌐

2-8 mai 2022 Heart Failure Awareness Days

#HeartFailureAwarenessDay 2022

Zile dedicate constientizarii problemelor puse de insuficienta cardiaca

Grupul de Lucru de Insuficienta cardiaca al Societatii Romane de Cardiologie se alatura si in acest an initiativei europene!



Antoniu Petris

2 mai la 07:24 · 🌐

2-8 mai 2022 Heart Failure Awareness Days

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The Heart Failure Association of the ESC wishes to honour the
Romania Working Group on Heart Failure
for its contribution to the
Heart Failure Awareness Day 2021

Professor A. Coats
President of the Heart Failure Association

Professor O. Chioncel
Coordinator of the Committee on National Heart Failure Societies & Working Groups



Antoniu Petris

29 aprilie la 09:21 · 🌐

Pentru pacientii D-voastra!

Deocamdata disponibil doar in cateva limbi (dar tot romanul e anglofil sau francofil, macar un pic!) cu promisiunea ca in viitorul apropiat sa furnizam si varianta in limba romana.

#HeartFailureAwarenessDay



HEARTFAILUREMATTERS.ORG

Heart Failure Information for Patients & Caregivers - Heart Failure Matters



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Heart Failure Awareness Days 2022

Prof. dr. Antoniu Octavian Petris

Online - Platforma Microsoft Teams UMF Iasi
Vineri 6 mai 2022, ora 11.00

Heartfailure 101

Heart failure means the heart isn't pumping blood as well as it should!

How Heart Failure Develops
Heart failure is a chronic condition that develops over time. It occurs when the heart can't pump up with the body's demand for blood and oxygen. In consequence, the heart will enlarge only over time.

Causes
- Coronary artery disease
- High blood pressure
- Diabetes
- Obesity
- Smoking
- Excessive alcohol consumption
- Kidney disease
- Lung disease
- Thyroid disease
- Medications (certain anti-arrhythmics, chemotherapy, some antibiotics)

Increasing Venous Pressure
- Swelling in the legs, ankles, and feet
- Shortness of breath, especially when lying down or during physical activity

Decreasing Blood Flow
- Fatigue and weakness
- Dizziness or lightheadedness
- Rapid or irregular heartbeat

Pump Failure
- Chest pain
- Sudden weight gain (fluid retention)
- Coughing or wheezing

Types of Heart Failure

- Right-Sided Heart Failure**
 - Caused by a problem in the right ventricle
 - Heart failure is characterized by:
 - Swelling in the legs, ankles, and feet
 - Shortness of breath, especially when lying down or during physical activity
 - Weight gain (fluid retention)
 - Abdominal swelling (ascites)
 - Loss of appetite and weight loss
- Left-Sided Heart Failure**
 - Caused by a problem in the left ventricle
 - Heart failure is characterized by:
 - Shortness of breath, especially when lying down or during physical activity
 - Swelling in the lungs (pulmonary edema)
 - Weight gain (fluid retention)
 - Loss of appetite and weight loss
- Combined Heart Failure**
 - Affects both sides of the heart
 - Heart failure is characterized by:
 - Swelling in the legs, ankles, and feet
 - Shortness of breath, especially when lying down or during physical activity
 - Weight gain (fluid retention)
 - Loss of appetite and weight loss

How You Can Prevent Heart Failure
If you're not sure if you're healthy, ask your doctor to help you assess your risk. If you're not your family doctor today, a healthy lifestyle can mitigate most heart disease and help you stay healthy. That means:

- An Active Lifestyle**
- Exercise: Moderate intensity aerobic exercise for 150 minutes per week, or vigorous intensity aerobic exercise for 75 minutes per week, or a combination of moderate and vigorous intensity aerobic exercise.
- High Nutrition Intake**
- A balanced diet that provides you with quality nutrients is essential to your overall health, with your primary focus on:
- Weight Management**
- Your weight is an important indicator of your health. Maintaining a healthy weight is essential to your overall health.

#HeartFailureAwarenessDay

SARS-CoV-2 Related Heart Failure

Amalia-Stefana TIMPAU¹, Rada-Stefan MIFTODE^{1*}, Eugina Gabriela MIFTODE¹, Irina-Iuliana COSTACHE¹, Antonia Octavian PETRIS^{1,2}

1. Background
Patients hospitalized for COVID-19 may develop both acute decompensation of chronic HF or acute de-novo HF, as a consequence of viral myocardial injury.

2. SARS-CoV-2 related HF pathogenesis

- Direct virus induced myocardial damage
- Pro-inflammatory cytokines exerting a cardiotoxic effect
- Endothelial inflammation leading to micro-thromboses and myocardial injury

3. Diagnosis

- Complete history and physical examination
- Natriuretic peptides
- 12 lead electrocardiogram
- Echocardiogram
- Cardiac MRI

4. Prognosis
Pre-existing heart failure is an independent predictor of in-hospital mortality in COVID-19 patients.

5. New therapeutic strategies
A new therapeutic paradigm consisting of immunomodulatory drugs is studied in COVID-19, in order to reduce mortality and long-term cardiovascular sequelae.

6. Prevention is the key: Get vaccinated! Wear a mask!

References: Kubota J, Otsuoka M, Inokubo W, Koyama M, Hirokawa K, Kyo J, Kubota A. Impact of COVID-19 pandemic on acute heart failure: incidence and mortality: a nationwide study (COVID-EP-ORCA) [study]. ESC Heart Fail. 2022;6(1):73-78.

Heart Failure Awareness Days 2-8 May

**Please do not fail!
Watch your step!**

Step 10: diet
Step 9: sport
Step 8: reduce weight
Step 7: managing stress
Step 6: give up smoking
Step 5: control CV risk factors
Step 4: moderate alcohol intake
Step 3: medical check-up
Step 2: proper medication
Step 1: reduce salt intake

Heart Failure Awareness Days 2022

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PHYSICAL ACTIVITY AND HEART FAILURE

Sedentary behavior?
Think again...
Because it is associated with:

- High blood pressure
- Obesity and increased "bad" cholesterol
- Insulin resistance with a higher risk of diabetes
- An impaired respiratory function
- Muscle wasting
- Decreased quality of life
- Depression, anxiety and sleep disorders

Sports? Of course!
Because it is associated with:

- Reduced blood pressure
- Improved lipid metabolism (lower body fat and decreased cholesterol)
- Higher sensitivity to insulin, thus a reduced risk of diabetes
- A better respiratory function
- Higher lean body mass and increased stamina
- Improved mental health and wellbeing

Aim for at least 2 hours and 30 minutes of light to moderate physical activity each week (brisk walking, swimming, cycling, dancing)

Avoid strenuous exercise, such as lifting heavy weights, sprinting, or climbing, especially if you have severe heart failure or your symptoms worsen.

Always ask your physician for a personalized training regimen

Don't forget to optimize your diet as well! (less salt, less sweets, less fat, less alcohol)

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#HeartFailure AwarenessDays2022

INSUFICIENȚA CARDIACĂ

Ce este insuficiența cardiacă?
SINDROM CLINIC cauzat de o ANOMALIE STRUCTURALĂ/FUNCȚIONALĂ ce determină scăderea debitului cardiac/prezintă insuficiență cardiacă consecutiv la respirație.

SISTOLICĂ / **DIASTOLICĂ**

FRAȚIE DE EJECTIE MODERAT REDUSĂ (40-49%)

- FRAȚIE DE EJECTIE REDUSĂ (<40%)**
Dilatarea globală a câștigului cardiac
- FRAȚIE DE EJECTIE PĂSTRĂTĂ (>50%)**
Carnaj cardiac cu pereți rigizi

Inima nu poate pompa suficient sânge / **Inima nu se poate umple cu suficient sânge**

Care sunt simptomele?

- Creștere rapidă în greutate
- Fatigabilitate
- Edeme generalizate
- Tulburări de ritm și palpitații
- Dispnee
- Ortopnee

Care sunt principalele factori de risc?

- Boala coronariană sau infarct miocardic
- Valvulopatii
- Diabet zaharat
- HTA
- Tulburări de ritm (fibrilație atrială)

Ce aveți de făcut?

- MONITORIZARE cardiologică (clasa I de electrocardiografie-HN)
- COMPLIANTĂ terapeutică
- MODIFICARE STIL DE VIAȚĂ

Modificare stil de viață?

- Reducerea EFORTULUI FIZIC
- Regimul HIFOPROTAT
- Opierea FUMATULUI
- Reducerea consumului de ALCOOOL
- Consumul GREUTĂ ȘTIH cozonaci

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