



# IMPORTANT CONSIDERATIONS ON HF RISK FACTORS & HF PRESENTATION IN WOMEN

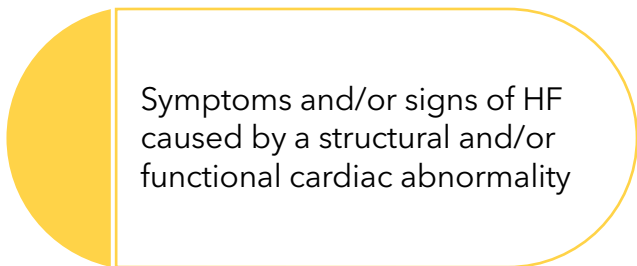


**HEART FAILURE**

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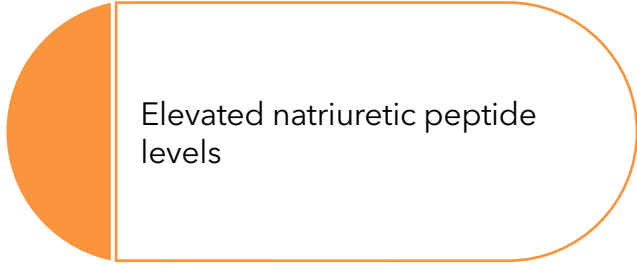


**CLINICAL SYNDROME**

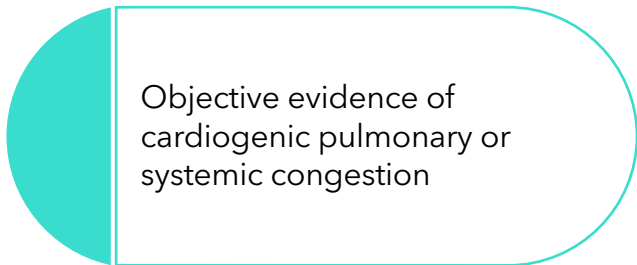


Symptoms and/or signs of HF caused by a structural and/or functional cardiac abnormality

**CORROBORATED BY AT LEAST ONE OF THE FOLLOWING**



Elevated natriuretic peptide levels



Objective evidence of cardiogenic pulmonary or systemic congestion

## Universal Definition and Classification of Heart Failure (HF)

### Language matters!

The new universal definition offers opportunities for more precise communication and description with terms including **persistent HF** instead of "stable HF," and **HF in remission** rather than "recovered HF."

## DEFINITION

**HF is a clinical syndrome with current or prior**

- Symptoms and or signs caused by a structural and/or functional cardiac

**And corroborated by at least one of the following:**

- Elevated natriuretic peptide levels
- Objective evidence of cardiogenic pulmonary or systemic congestion

## STAGES

### AT RISK (STAGE A)

Patients at risk for HF, but without current or prior symptoms or signs of HF and without structural cardiac changes or elevated biomarkers of heart disease

### PRE-HF (STAGE B)

Patients without current or prior symptoms or signs of HF with evidence of one of the following:

- Structural Heart Disease
- Abnormal cardiac function
- Elevated natriuretic peptide or cardiac troponin levels

### HF (STAGE C)

Patients with current or prior symptoms and/or signs of HF caused by a structural and/or functional cardiac abnormality

### ADVANCED HF (STAGE D)

Severe symptoms and/or signs of HF at rest, recurrent hospitalizations despite GDMT, refractory or intolerant to GDMT, requiring advanced therapies transplantation, mechanical circulatory support, or palliative care

## CLASSIFICATION BY EF

### HF with reduced EF (HFrEF)

- HF with LVEF < 40%

### HF with mildly reduced EF (HFmrEF)

- HF with LVEF 41-49%

### HF with preserved EF (HFpEF)

- HF with LVEF > 50%

### HF with improved EF (HFimpEF)

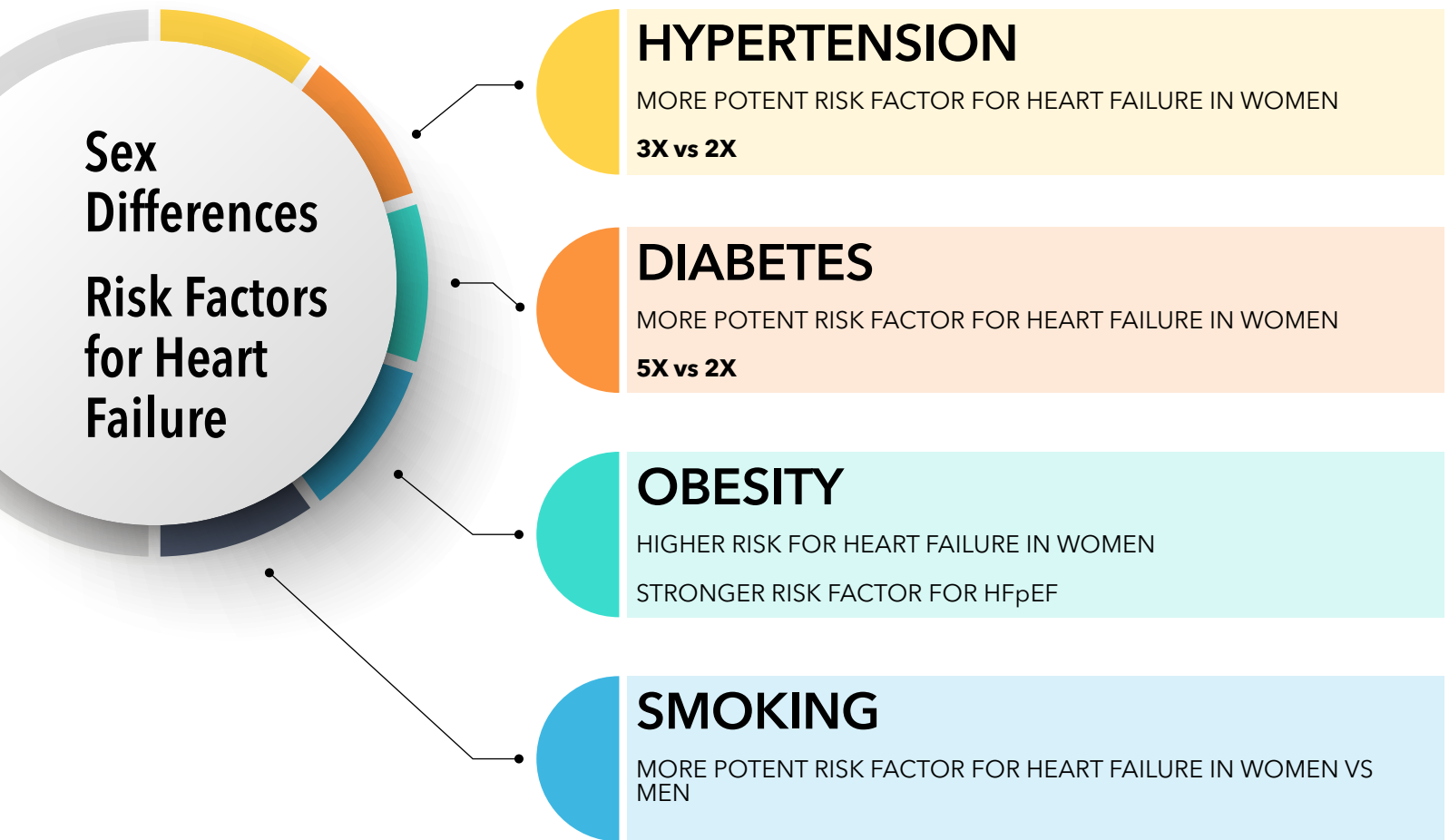
- HF with a baseline LVEF of < 40%, a 10-point increase from baseline LVEF, and a second measurement of LVEF of > 40%

# PREDISPOSITION

## TRADITIONAL RISK FACTORS



Diabetes Mellitus  
Hypertension  
Obesity  
Tobacco Use  
Lifestyle  
Social  
Determinants of  
Health



# PREDISPOSITION

## SEX-SPECIFIC RISK FACTORS



### Sex-Specific Risk Factors In Women

#### BREAST CANCER THERAPY

- Anthracycline/tyrosine kinase inhibitor-associated LV dysfunction (potentiated risk if both)
- Radiation

#### AUTOIMMUNE DISEASE

- ↑ Prevalence of SLE, RA, scleroderma in women
- ↑ Inflammation
- ↑ Innate immunity

#### PREGNANCY

- Gestational HT, DM,
- Preeclampsia
  - Eclampsia
  - Peripartum cardiomyopathy

#### ACUTE CORONARY SYNDROME W/O CAD

- Stress Cardiomyopathy
- Emotional > physical triggers
  - Apical ballooning & LV dysfunction
- Spontaneous Coronary Artery Dissection (?)

# SEX DIFFERENCES IN HF PRESENTATION & PROGNOSIS

