

Multidisciplinary Approaches to Heart Failure Management: Targeting Comorbidities

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Heart failure is devastating for patients and society, and hence it needs new therapeutic approaches involving health care specialists from several disciplines. It has been recognized that in particular the prognosis and disease development process of patients with chronic heart failure is complex and affected by many co-morbidities like type-2-diabetes mellitus, iron deficiency (with and without anemia), ageing and skeletal muscle wasting (i.e. sarcopenia), frank cachexia, morbid obesity, sleep apnoea, but also chronic obstructive pulmonary disease (COPD) or chronic kidney disease (CKD).

Targeting these co-morbidities is possible and there is novel data for patients with heart failure to support this approach. Such data includes studies treating heart failure patients with type-2-diabetes mellitus using for instance SGLT2 inhibitors (like in the Empa-Reg Outcomes Trial) or ferric carboxymaltose (like in the FAIR-HF and CONFIRM-HF trials). Details of these study programs will be reviewed and the guideline recommendations discussed. An outlook on ongoing and planned trials will also be provided. Certain biomarkers are helpful to guide the multi-disciplinary approaches in heart failure when targeting co-morbidities, and these will be discussed as well.