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Introduction

Heart failure (HF) syndrome was first described as an emerging epidemic in the late twentieth century. Despite continuous and steady progress in medicine, the management of HF, which is developing progressively and gradually, remains a major public health problem worldwide.

Keywords

Heart failure, emerging epidemic, global priority for health

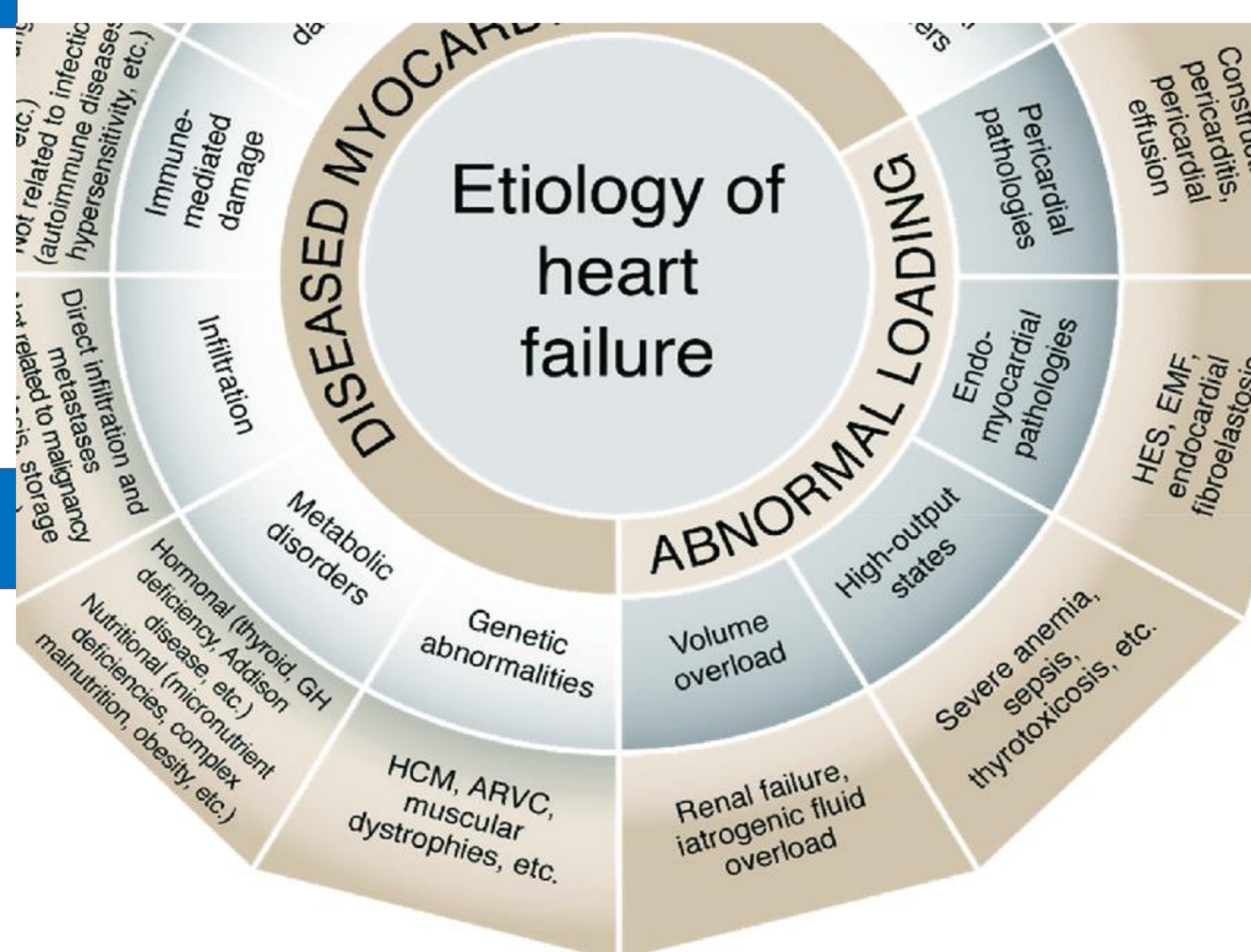
Purpose

We provide an extensive overview of heart failure, types of HF and the diagnostic characteristics, the effectiveness of therapeutic strategies, and HF morbidity/mortality.

Material and methods

This paper offers an overview of different types of relevant publications. A total of 113 potentially relevant articles were analyzed for this literature review with restrictions to the years 2012 - 2021, out of which 82 articles were included.

Figure 1 Etiology of heart failure

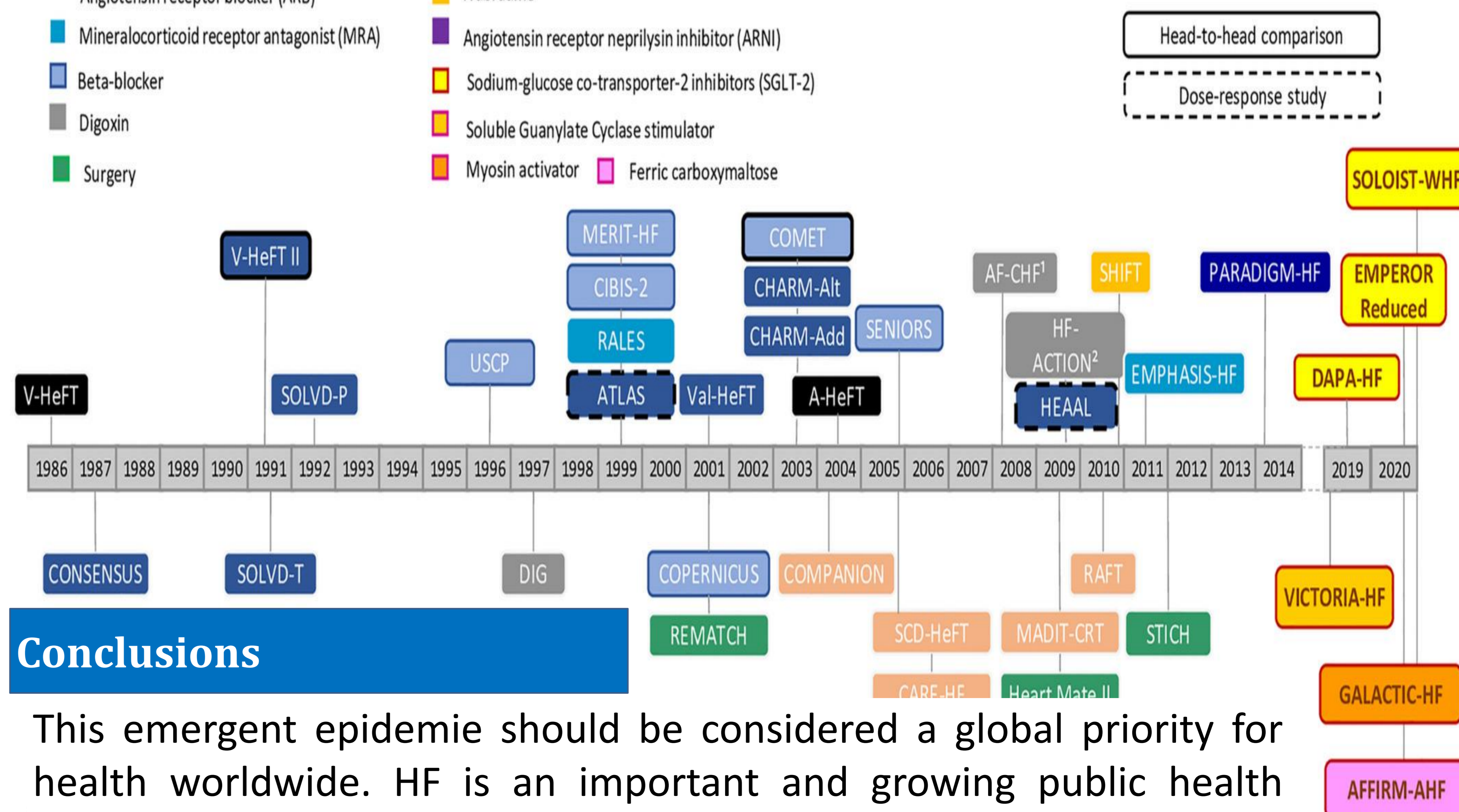


Results

Management of HF has changed significantly in recent years, leading to improvements in quality of life and survival. This was made possible by identifying the various pathways that lead to the development and progression of HF, which have been successfully targeted through effective therapies. In the meantime, many other potential treatment targets have been identified, and the list is constantly expanding. The new concepts regarding the approach to HF will certainly reshape both the epidemiology and the management of this pathology, globally.

- Hydralazine and isosorbide dinitrate (H-ISDN)
- Angiotensin-converting-enzyme inhibitor (ACEI)
- Angiotensin receptor blocker (ARB)
- Mineralocorticoid receptor antagonist (MRA)
- Beta-blocker
- Digoxin
- Surgery
- Implantable cardioverter defibrillator/ cardiac resynchronization therapy (ICD/CRT)
- Ivabradine
- Angiotensin receptor neprilysin inhibitor (ARNI)
- Sodium-glucose co-transporter-2 inhibitors (SGLT-2)
- Soluble Guanylate Cyclase stimulator
- Myosin activator
- Ferric carboxymaltose

Figure 2 Positive trials in the treatment of heart failure



Conclusions

This emergent epidemic should be considered a global priority for health worldwide. HF is an important and growing public health problem: it is the cause of substantial morbidity and mortality, and consumes a significant proportion of the health care budget in most developed countries.