

# Advancing Care in HFmrEF/HFpEF: Optimizing Therapies for Better Outcomes

## TOPIC SUMMARY

Heart Failure with preserved ejection fraction (HFpEF) is a diverse syndrome often driven by conditions like hypertension, diabetes, obesity, and coronary or kidney disease. It is defined as heart failure with a LVEF (left ventricular ejection fraction) is  $\geq 50\%$  and accounting for more than 50% of all patients with heart failure. HFmrEF (mildly reduced ejection fraction) is diagnosed in patients with HF symptoms and LVEF between 41-49%.

## LEARNING OBJECTIVES

After completing this activity, participants should better be able to:

- Recognize and discuss the high unmet clinical and societal burden of HFmrEF/HFpEF.
- Describe the importance of early initiation of proven treatment options to improve health outcomes and reduce residual risk for patients at risk for HF and with HF.
- Differentiate between non-steroidal MRAs and steroid MRAs as treatment options for HFmrEF/HFpEF including mechanism of action, efficacy, and safety.

## DISCLOSURE STATEMENTS

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## PLANNING COMMITTEE (PC)/FACULTY DISCLOSURE STATEMENTS

PC/ Faculty Member	Employment	Researcher	Contract/Grant, Independent Contractor (including contracted research)	Consultant/Advisory Board	Royalties or patent beneficiary, executive role, ownership interest	Stock/stock options	Speaker/Other
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## TARGET AUDIENCE

- Cardiologists
- Primary Care/Family Medicine Physicians
- Physicians
- Physician Assistants
- Nurse Practitioners
- Nurses
- Pharmacists
- Other Health Care Professionals involved in the care of patients with heart failure

## SUCCESSFUL COMPLETION OF ACTIVITY

Each attendee must successfully complete the following steps:

1. Attend the presentation.
2. Complete the Attendance Verification Form and return to the site coordinator.
3. Complete the online Evaluation Survey
4. Claim your Certificate of Attendance

The site coordinator will hand out instructions on completing the online Evaluation Survey and Claiming your Certificate of Attendance.

## IMPORTANT CONTACT INFORMATION

For technical questions, please contact the AHA Customer Service.

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