

Aldosterone Targeted NeuroHormonal CombinEd With Natriuresis TherApy in Heart Failure (ATHENA-HF) Trial



Purpose: An NHLBI Heart Failure Network trial in acute heart failure patients to compare a high-dose mineralocorticoid receptor antagonist (spironolactone) to standard-of-care for reductions in N-terminal pro-B-type natriuretic peptide (NTproBNP) levels.

Trial Design: Randomized, double blind, placebo-controlled. efficacy and safety of 100 mg daily spironolactone vs. placebo. N=360 patients with acute heart failure (AHF), randomized w/in 24 hours of the first diuretic dose, were given usual care and either 100 mg daily spironolactone or placebo.

Primary Endpoint: reductions in NTproBNP levels between randomization and 96 hours compared to standard-of-care.

| Trial Results | reductions in NTproBNP levels | p |
|---------------|------------------------------------|------|
| NTproBNP | -1072 placebo/-1796 spironolactone | 0.76 |

Conclusions: High-dose mineral-corticoid receptor antagonists (MRA) added to usual care (including loop diuretics) in acute heart failure patients did not result in a difference in the primary endpoint, change in NTproBNP levels, or in symptoms, urine output, or clinical events