TRED – HF
Commentary

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Withdrawal of Guideline Directed Medical HF Therapy

• **Pilot Study**, Randomized → Single Crossover
• Stepwise fashion over 16 weeks

• ‘Recovery’ defined as:
  – LVEF>50%, NT pro-BNP <250ng/L, NYHA class I symptoms

• Recrudescent HF in 44% within just 8 weeks
  – Drop in LVEF of 10% to <50%, LVEDV >10%, 2x increase NT-proBNP, clinical HF symptoms
KEY QUESTIONS

Mechanisms of Improvement?

Assessment of Myocardial Substrate?

Biomarkers? Clinical profiles?

~12% patients on Loop Diuretics

Global Radial Strain
Standardized MR Strain methods

20% TTNtv
Clinical Implications...‘TRED-lightly’

- Pilot Study

- Recovery vs. Remission?
  - Indefinite evidence based medical therapy without interruption

- The **FUTURE of myocardial recovery** should include
  - Broader –OMICS
  - Rigorously standardized measures of cardiac mechanics
THANK YOU