TOP TEN THINGS TO KNOW
Prevention of Heart Failure

1. The rise in morbidity and global burden of heart failure.
2. Overview of major and minor risk factors for heart failure.
3. Advances in prevention of CAD, hypertensive heart disease and heart failure.
4. Special consideration for hypertension in heart failure prevention in the elderly, women, and racial/ethnic minorities.
5. Future directions in genetic research and improving awareness of heart failure.

Key recommendations in the paper include:

6. Develop appropriate studies to identify and eventually treat asymptomatic individuals with left ventricular dysfunction (Stage B) and to prevent its development.
7. Investigate and define the underlying pathophysiology in heart failure patients with preserved left ventricular systolic function to focus on prevention.
8. Develop a multidisciplinary approach to understanding the cardio-renal connection in heart failure with emphasis on prevention.
9. Encourage research into the contribution of genetic and environmental factors to coronary artery disease, other heart failure risk factors, and the risk markers of progression to heart failure.
10. Promote behavioral research on improving compliance and adherence to proven therapies for managing risk factors in order to prevent development of heart failure.

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