Heart Failure With Preserved Ejection Fraction
What You Need to Know

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Clinical Vignette

A 79 year-old previously healthy woman was admitted to the hospital after a fall and hip fracture. She is admitted to the floor for possible surgical repair. She is being treated with NS at 150 cc/hr and pain control. Her history is significant only for hypertension.

Next morning her pain is improved but is now having dyspnea at rest and orthopnea. On exam there is crackles in the lower lungs and mild leg edema. CXR shows pulmonary congestion. ECG is normal except for LVH. Echo shows mild LVH and normal EF. BNP is 250.

Why is the etiology?
Clinical Vignette

An 85 year-old woman presents to the office with dyspnea on exertion. Her history is significant for diabetes, HTN and hyperlipidemia. She can only walk a short distance due to dyspnea which is a clear change over the last few weeks. No chest pain. Also feels tired.

On exam, her heart rate is 120 bpm and irregular. No murmurs or gallops. No crackles. Mild bilateral leg and ankle edema. JVD is noted. ECG shows AF. Echo shows normal EF.

What is the most important initial goal of therapy? What additional workup is needed here?
Objectives

- Definition and demographics
- Etiology and pathophysiology
- Diagnosis
- Treatment
- Prognosis
The Magnitude of HF

- The most common hospital discharge diagnosis in the elderly
- The prevalence is increasing due to the aging population and improvement in treating other cardiac diseases
- Major reason for hospital readmission within 30 days of discharge
Terminology of HF

- CHF is a complex clinical syndrome that can result from any cardiovascular disorder
- Systolic dysfunction is reduced EF (usually <40%) and can be symptomatic (systolic HF) or asymptomatic
- Diastolic dysfunction is related to impaired relaxation of the LV and can be symptomatic (diastolic HF) or asymptomatic
- Cardiomyopathy refers to a disease of the myocardium and can be primary or secondary and can cause systolic or diastolic dysfunction
HFpEF Definition

Clinical syndrome

- Symptoms and signs of HF
- Normal or near normal LVEF
- Evidence of diastolic dysfunction (elevated left ventricular filling pressures)
Demographics

- About 50% of HF patients have a normal or near-normal EF
- Increases with age
- More common in women (79% in one study)
- Asymptomatic diastolic dysfunction (on echo) is much more common than symptomatic disease
Demographics

Compared to systolic HF patients

- More likely to be older, female, and hypertensive
- Less likely to have had a prior MI
- Lower in-hospital mortality (3% vs 4%) but similar ICU and hospital LOS
Etiology

- HTN with LVH (most common)
- Ischemic heart disease
- Hypertrophic cardiomyopathy
- Aortic stenosis
- Restrictive cardiomyopathies
Pathophysiology: Phases of Diastole
Pathophysiology

- Loss of normal LV diastolic relaxation (which is an active process) and distensibility impairs LV filling.
- This results in increases in LVEDP, left atrial, and pulmonary venous pressures (also called LV filling pressures).
- This in turn causes pulmonary edema and increased right heart pressures.
- More filling occurs later in diastole and more dependence on atrial filling results.
Clinical Manifestations

- Asymptomatic disease is common

- Similar symptoms and signs to systolic HF especially reduced exercise capacity

- Similar neuro-humoral activation and diminished quality of life
Clinical Manifestations

- Poor tolerance of atrial fibrillation (due to the loss of atrial contraction)
- Poor tolerance of tachycardia (due to diastolic shortening)
- Sudden elevations of blood pressure may cause acute decompensation
- Ischemia can worsen diastolic dysfunction which may be responsible for anginal equivalent of dyspnea
Differential Diagnosis

- Obesity
- Lung disease
- Deconditioning
- Other heart disease (valvular or pericardial)
Diagnosis: Cardiac Catheterization

- May be useful to measure the LV filling pressures but is not routinely used

- More helpful if CAD is suspected based on non-invasive testing
Diagnosis: 2D Echocardiography

- LVH
- Regional wall motion abnormality (ischemia)
- Amyloidosis and other cardiomyopathies
- Valvular disease
- Constrictive pericarditis
- LA size and volume (the Hg A1c of diastolic function)
Diagnosis: 2 D Echocardiography

LVH in hypertrophic cardiomyopathy.
Diagnosis: Doppler Echocardiography

- The clinical gold standard to diagnose and grade diastolic function
- Mitral valve inflow velocities (E and A), the deceleration time (DT) and tissue Doppler mitral annular velocity (e’) are most important
- E/e’ ratio correlates well with the PCWP in most cases and is very useful clinically
# Doppler in Diastolic Dysfunction

<table>
<thead>
<tr>
<th>Normal diastolic function</th>
<th>Mild diastolic dysfunction</th>
<th>Moderate diastolic dysfunction*</th>
<th>Severe diastolic dysfunction</th>
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</thead>
<tbody>
<tr>
<td>Impaired relaxation</td>
<td>Pseudonormal</td>
<td>Reversible restrictive</td>
<td>Fixed restrictive</td>
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### Mitral inflow

<table>
<thead>
<tr>
<th>E/A</th>
<th>DT</th>
<th>E/e'</th>
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<tbody>
<tr>
<td>0.75&lt;(E/A)&lt;1.5\ DT&gt;140 ms</td>
<td>E/A≤0.75</td>
<td>0.75&lt;(E/A)&lt;1.5\ DT&gt;140 ms</td>
</tr>
</tbody>
</table>

### Mitral inflow at peak Valsalva Maneuver*

<table>
<thead>
<tr>
<th>ΔE/A</th>
<th>E/e'</th>
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</thead>
<tbody>
<tr>
<td>&lt;0.5</td>
<td>&lt;10</td>
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<tr>
<td>≥0.5</td>
<td>≥10</td>
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### Doppler tissue imaging of mitral annular motion

<table>
<thead>
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<th>E/e'</th>
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<td>&lt;10</td>
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</table>
Doppler in Diastolic Dysfunction
Doppler in Diastolic Dysfunction
Doppler in Diastolic Dysfunction

- Mild diastolic dysfunction is not usually associated with increased filling pressures and therefore is mostly asymptomatic.
- Moderate and severe diastolic dysfunction are usually associated with elevated filling pressures and symptoms.
- Diuretics are quite helpful in this situation even if no fluid overload on exam (improve exercise tolerance).
Diagnosis: BNP

- BNP is elevated in patients with HFpEF and can be used to help diagnosis and treatment.
- Less elevated than systolic heart failure but cannot differentiate the two.
Treatment

- Treatment is still empiric and mostly based on expert census due to paucity of trial data
- ACC/AHA guidelines
  - Control of systolic and diastolic blood pressure
  - Control of ventricular rate in AF
  - Control of pulmonary edema with diuretics
  - Coronary revascularization in CAD
  - Pneumococcal and influenza vaccination
Digoxin

- Generally not used in HFpEF because contractility is intact
- One study showed no difference in all-cause or cardiac mortality or the rate of hospitalization

Ahmed A; Rich MW; Fleg JL; Zile MR; Young JB; Kitzman DW; Love TE; Aronow WS; Adams KF Jr; Gheorghiade M. Circulation. 2006 Aug 1;114(5):397-403
Antihypertensive Therapy

- Lowering the systemic blood pressure was associated with reduced rate of HF in some large randomized hypertension treatment trials especially with diuretics (ALLHAT)
- LVH regression is an important goal since it may improve diastolic function
- Choice of therapy usually based on other patient factors especially co-morbidities
Regression of left ventricular hypertrophy in hypertension

Atrial Fibrillation

- Cardioversion may be useful in patients with diastolic dysfunction
- Rate control is essential and beta blocker and CCBs are the usual first line treatments
- Digoxin only when rate cannot be controlled
- AV nodal ablation and pacemaker as last resort
Ischemia

- Ischemia can contribute to diastolic dysfunction and often precipitates HF
- Beta blockers and CCBs are preferred
- Nitrates may be used
- Revascularization with PCI or CABG
Beta Blockers

- Carvedilol was found in a small study to improve the E/A ratio but not other diastolic indices or filling pressures
- A large registry study failed to show any mortality benefit for beta blockers in HFpEF
- Beware bradycardia especially in the elderly
Calcium Channel Blockers

- CCBs, especially verapamil, were studied in small studies and showed improvement in diastolic function and symptoms of HF
- Long term effect and mortality reduction are unknown and more studies are needed
ACE-Irs

- The PEP-CHF study (850 patients with HFpEF randomized to perindopril vs. placebo) showed:
  - Reduction in all-cause mortality or HF hospitalization
  - The effect was almost entirely due to reduction in hospitalization
  - Significant improvement in functional class and six minute walk distance
ARBs

- No evidence that ARB therapy directly impacts morbidity or mortality in HFNEF
- The CHARM-preserved trial (candesartan) and the I-PRESERVE trail (irbesartan) were large randomized trials which showed no clear benefit in hard endpoints
Spironolactone

- A large NIH sponsored study (TOPCAT) evaluated the use of spironolactone in HFpEF:
  - No difference in mortality
  - Less CHF hospitalization but similar overall hospitalization
  - Double the rate of hyperkalemia
  - Subgroup analysis showed benefit for patients with elevated BNP
Other Treatments

- Low sodium diet
- Daily weight
- Exercise conditioning
- Implantable hemodynamic monitors
Several studies suggested that even asymptomatic diastolic dysfunction was associated with increased risk of mortality and hospitalization for HF especially when moderate or severe.
Take Home Message

- HFpEF is a major healthcare problem and PCPs are in the forefront
- History and physical combined with a good echo report are diagnostic in most cases
- BP control, rate control in tachycardia and AF, fluid management, and relief of ischemia are the main goals
- Prognosis may be as bad as systolic HF
Thank you for your attention

Questions??