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Heart Failure- An Update

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Hear failure (HF) is a clinical syndrome characterised by impairment of cardiac out-put that is insufficient to meet the bodies metabolic demand. HF can be broadly characterised into heart failure with preserved ejection fraction and heart failure with reduced ejection fraction (HEF PEF and HEF REF). HF is a significant burden on the NHS budget costing around 2% of the total budget and approximately 70% of this total is due to costs of hospitalisation. This will concentrate of **SGLT-2 inhibitors** in patients with heart failure and reduced ejection fraction.

SGLT-2 inhibitors have been posed at novel adjuvant treatment in patients with heart failure. Five randomised controlled trials will be described in detail. In total 22,313 participants were randomly assigned to SGLT-2 inhibitors (N=12,529 or placebo) (N=9784). Overall participants in the SGLT-2 inhibitors had a reduced risk of reduced risk of hospitalised heart failure, major adverse cardiac events, **cardiovascular** and all-cause mortality.

In conclusion; SGLT-2 inhibitors reduced mortality and morbidity including hospitalisation of participants of HEF REF and they should be added to the armamentarium of evidence based therapy for heart failure.

Biography

Ravish Katira , he is a Senior NHS consultant cardiologist (St. Helens & Knowsley NHS Teaching Hospitals) and he is the clinical lead for heart failure services in the community. He also the lead for Coronary CT Angiography service and Nuclear Cardiology service. He is honorary Senior Lecturer at University of Leeds.

He has obtained MBBS (honors) degree from Meerut University in India. Thereafter he has completed postgraduate education with successful completion of MD (Medicine) to practice as a physician and thereafter DM (Cardiology) followed by FRCP (Royal College of Physicians, London.

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