

HEART FAILURE WITH PRESERVED EJECTION FRACTION (HFpEF): CLINICAL CHALLENGES AND FUTURE THERAPIES

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Abstract:Heart failure with preserved ejection fraction (HFpEF) accounts for nearly 50% of heart failure cases. This study reviews pathophysiology, diagnostic difficulties, and treatment prospects.

Keywords: HFpEF, diastolic dysfunction, biomarkers, clinical management

Introduction

Unlike HFrEF, HFpEF lacks standardized therapies. Its prevalence increases with age, obesity, and hypertension.

Methods

Systematic review of clinical trials (2015–2024). Special focus on SGLT2 inhibitors and lifestyle interventions.

Results

- HFpEF prevalence: 2–3% in adults >60 years.
- SGLT2 inhibitors reduced hospitalizations by 20%.
- Exercise therapy improved quality of life in 70% of patients.

Discussion

The heterogeneity of HFpEF complicates therapy. Targeting comorbidities such as diabetes and obesity remains critical.

Conclusion

Novel therapies and lifestyle management show promise, but individualized treatment is essential.

References:

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