Tailoring mineralocorticoid receptor antagonist therapy in heart failure patients

Dr. João Pedro Ferreira
Centre Hospitalier Universitaire de Nancy, Laxou, France

The use of mineralocorticoid receptor antagonists (MRAs) has demonstrated major benefits in heart failure with reduced ejection fraction (HFrEF), but results with challenging inconsistencies in heart failure with preserved ejection fraction (HFpEF), and ‘neutral’ preliminary results in acute heart failure. Data derived from landmark trials are generally applied in a ‘one size fits all’ manner. The development and implementation of more personalized MRA management would offer the potential to improve outcomes and reduce side effects. Dr. Ferreira will discuss current evidence and devise a strategy of how in the near future, trials should target HFrEF patients using exclusion criteria sourced from landmark trials, select more homogeneous HFpEF populations, and determine which patients are likely to benefit from MRAs (e.g. according to pre-specified biomarkers).

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