

Heart failure: a major but underappreciated complication – new ADA guidance

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Heart failure (HF) has been recognized as a common complication of diabetes, with a prevalence of up to 22% in individuals with diabetes and increasing incidence rates. Data also suggest HF may develop in individuals with diabetes even in the absence of hypertension, coronary heart disease, or valvular heart disease and, as such, represents a major cardiovascular complication in this vulnerable population, and HF may be the first presentation of cardiovascular disease in many individuals with diabetes. Given that during the past decade, the prevalence of diabetes (particularly type 2 diabetes) has risen by 30% globally (with prevalence expected to increase further), the burden of HF on the healthcare system will continue to rise.

The scope of the American Diabetes Association (ADA) Consensus document with designated representation from the American College of Cardiology (ACC) convened as result of a unanimous request from the at-large diabetes care provider community, is to provide clear guidance to practitioners on the best approaches for screening and diagnosing HF in individuals with diabetes or prediabetes, with the goal to ensure access to optimal, evidence-based management for all, to mitigate the risks of serious complications, leveraging prior policy statements by the ACC and American Heart Association (AHA).