

## Replies by Prof. Dr. Arutiunov to Dr. A. Moss' Questions

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Prof. Dr. Arutiunov

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### 1. What is the significance and incidence of heart failure (HF) in Russia?

The incidence of HF in Russia was evaluated in the ЭПОХА study.

### 2. What is the most appropriate classification of HF?

In Russia, the classification of the stages and functional classes is used. I think that this is the most appropriate classification, since it enables the assessment of the dynamic state of the patient. As the stage cannot be changed during treatment, the clinical changes of the patient reflect in his/her FC, and thus, the patient changes his/her FC from hospitalization to discharge. Regrettably, many Russian physicians are still using the stage classification only.

### 3. What are the therapeutic strategies for HF prevention?

The most important principles are BP and diabetes control, and also, a greater availability of surgical treatments of valvular heart diseases.

### 4. How do you differentiate if atrial fibrillation (AF) is the consequence or the cause of HF?

For practical medicine, the most important aspect is detecting and ruling out the patient with thyroid and mitral valve diseases. In general, the standard diagnosis algorithm is made for patients with AF. Ruling out the patients with thyroid or valvular heart diseases unifies the management of the rest of the patients.

### 5. If you had 3 drugs to treat HF, which would you choose?

ACEI, beta-blockers, diuretics.

### 6. What non-cardiological drugs may cause HF?

Corticoids, cytostatics, interferon.

### 7. Currently, is the topic of sudden death in patients with HF important?

Yes, it is the main cause of mortality among patients with FC II or III, and only for patients with FC IV, it is the second cause, after HF progression.

## **8. When is ICD implantation indicated in HF?**

The implantation of ICD is indicated in the cases of spontaneous sustained VT, associated to structural myocardial damage.

## **9. May ICD be associated to resynchronization therapy in HF patients?**

Yes.

## **10. In what cases is heart transplantation indicated for patients with progressive HF?**

In Russia, heart transplantation is not the method of choice in HF treatment. We may assume that if such method was available, its use would follow surgical methods, which may improve contractile function, and left ventricle support methods.