Heart failure is almost as common in women as men, but its characteristics vary by sex. A new review summarizes the current state of sex-sensitive issues related to heart failure drugs included in treatment guidelines, and suggests future directions for improved care.

The authors of the ESC Heart Failure review note that women are largely underrepresented in clinical trials of heart failure medications, and that evidence of medications’ efficacy in women is limited.

“We have much hope that precision medicine will lead to more efficacious medications. I believe that this will in part be enabled by the conduct of randomized clinical trials that are more sex-aware,” said co-author Dr. Marie-Pierre Dubé, of the Montreal Heart Institute Research Centre.

Link to Study: https://onlinelibrary.wiley.com/doi/abs/10.1002/ehf2.12307

ESC Heart Failure is the open access journal of the Heart Failure Association of the European Society of Cardiology dedicated to the advancement of knowledge in the field of heart failure. The journal aims to improve the understanding, prevention, investigation and treatment of heart failure. Molecular and cellular biology, pathology, physiology, electrophysiology, pharmacology, as well as the clinical, social and population sciences all form part of the discipline that is heart failure. Accordingly, submission of manuscripts on basic, translational, clinical and population sciences is invited. Original contributions on nursing, care of the elderly, primary care, health economics and other specialist fields related to heart failure are also welcome, as are case reports that highlight interesting aspects of heart failure care and treatment.