

Abstract No. **39**

Category: **Heart Failure and Cardiomyopathies**

Title: **Heart failure and diabetes: a dangerous relationship**

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Abstract:

Introduction: Diabetes is a comorbidity that confers a worse prognosis to heart failure patients because of a poor functional class and a higher rate of hospitalizations. In addition to that, the safety of the oral anti diabetic medications had been put into a question.

Objective: To describe the clinical characteristics, the 5-year mortality and the treatment of the diabetic patients included in a heart failure clinic in Colombia

Methods: An observational, descriptive, transversal cohort study was performed, with a retrospective collection of data. The population included were conformed by the patients followed in a specialized heart failure clinic in Medellin - Colombia. The information was registered in a database where the diabetic patients were selected. The results were analysed using the SPSS software version 21,0. Quantitative variables were described as percentage and quantitative variables were described as a Central tendency measures.

Results: 270 patients were included, 28,9% had a past medical history of type 2 diabetes, 61,5% were male., with a mean age of 72,1 +/- 9.9 years. The average body mass index was 28,1 (\pm 5,8). 50% of the diabetic patients had ischemic cardiomyopathy The mean ejection fraction was 25% (19,8-35,0) and 69,2% had a NYHA functional class II to NYHA III . 55,1% were on insulin, 58,5 % received fast action insulin, 22,0% medium action insulin and 78,0% long action insulin. 65,4% of the diabetic patients were on oral anti diabetic drugs and metformin was prescribed in 88.72% of the patients, DPP4 were used in 15.7% and 44.2% received the combination of insulin and oral anti diabetic treatment. 20,5% of the patients died during the 5 years follow up because of cardiovascular events.

Conclusion: Type 2 diabetes is highly prevalent in this heart failure clinic were 1 or every 3 patients had this comorbidity. Most of the diabetic patients were overweight, with HFrEF , ischemic cardiomyopathy. And died because of cardiovascular causes. Metformin was the most prescribed medication in this population.