



Learn more about treatment guidelines for cardiovascular disease and type 2 diabetes.

Know **Diabetes** by Heart™

Diabetes and Heart Failure

People with diabetes have a two-fold risk of developing heart failure (HF)

Stages of Heart Failure

STAGE

A

At risk for HF

People at risk of HF, but do not have symptoms nor structural/functional heart disease. This includes all people with diabetes, hypertension, obesity, ASCVD

B

Pre-HF

People without current or prior symptoms of HF, but have structural heart disease or increased filling pressures

C

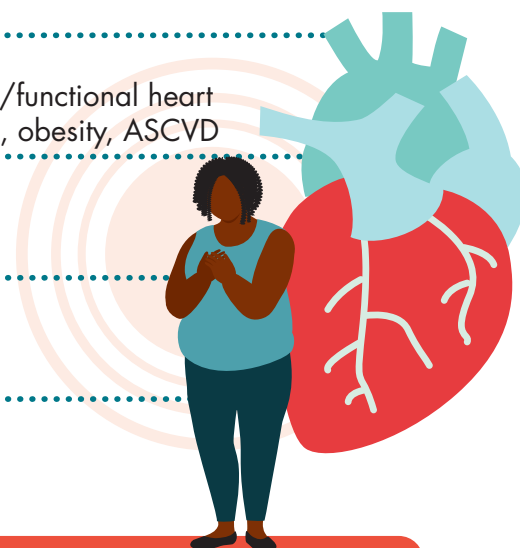
Symptomatic HF

People with current or prior symptoms of HF

D

Advanced HF

People with HF symptoms that interfere with daily life or lead to repeated hospitalizations



All people with diabetes fall under HF stage A

- Preventing and/or delaying the progression of HF stage B is key for people living with diabetes.
- For those at increased risk for stage B HF, consider screening them with natriuretic peptide testing like BNP or NT-proBNP → If elevated → echocardiography is recommended to evaluate for stage B HF.

In people with type 2 diabetes and HF stage B or higher:

SGLT2 inhibitor use

is recommended to reduce risk for HF hospitalization in addition to cardio-renal benefits

Treatment with ACE inhibitors/ARBs and β-blockers

are recommended to reduce the risk for progression to stage C

If kidney disease is present: finerenone is recommended to reduce the risk of HF hospitalization

An interprofessional approach that includes a cardiovascular disease specialist is recommended to reduce the risk for progression to stage C

ACE inhibitors: angiotensin converting enzyme inhibitors
ARB: angiotensin receptor blocker

BNP: B-type natriuretic peptide
HF: heart failure

NT-proBNP: N-terminal pro-BNP
SGLT2 inhibitor: sodium-glucose cotransporter 2 (SGLT2) inhibitor

Learn more at [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org)