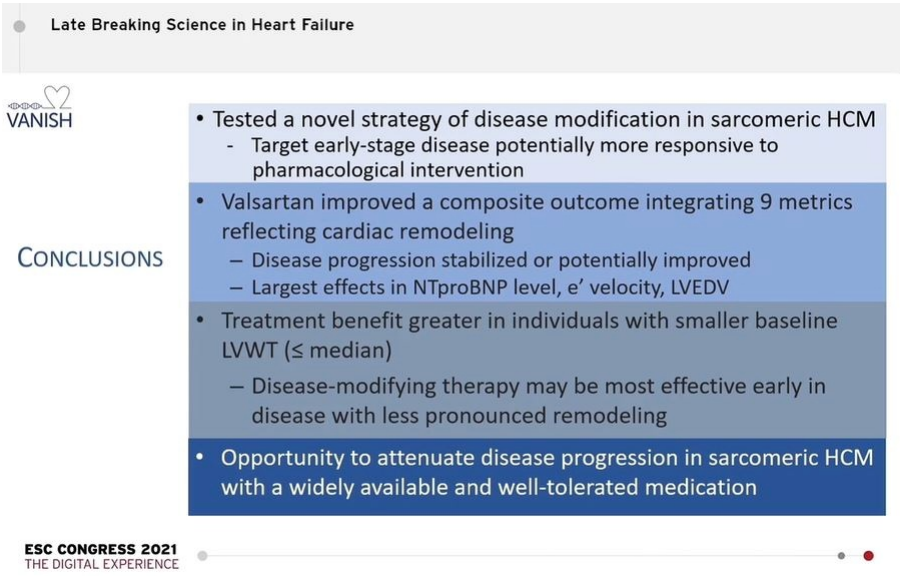
#ESCCongress: Results from VANISH and DAPA-HF

At the ESC Congress 2021 today, latest insights into the progression to, and management of, heart failure were presented.

Dr Carolyn Ho of Brigham and Women's Hospital, Harvard Medical School, Boston, Massachusetts, USA, discussed the results of the **VANISH (Valsartan for Attenuating Disease Evolution in Early Sarcomeric HCM) trial.** This trial investigated whether valsartan, an angiotensin II receptor blocker, could slow the progression of early-stage sarcomeric hypertrophic cardiomyopathy.

178 patients were included in the study. 88 patients received valsartan while 90 received placebo. The primary end point of the study was a composite Z-score of changes in left ventricular (LV) wall thickness, mass and volume; left atrial volumes; tissue Doppler diastolic and systolic velocities; and serum levels of high-sensitivity troponin T and N-terminal pro-B-type natriuretic peptide (NTproBNP).

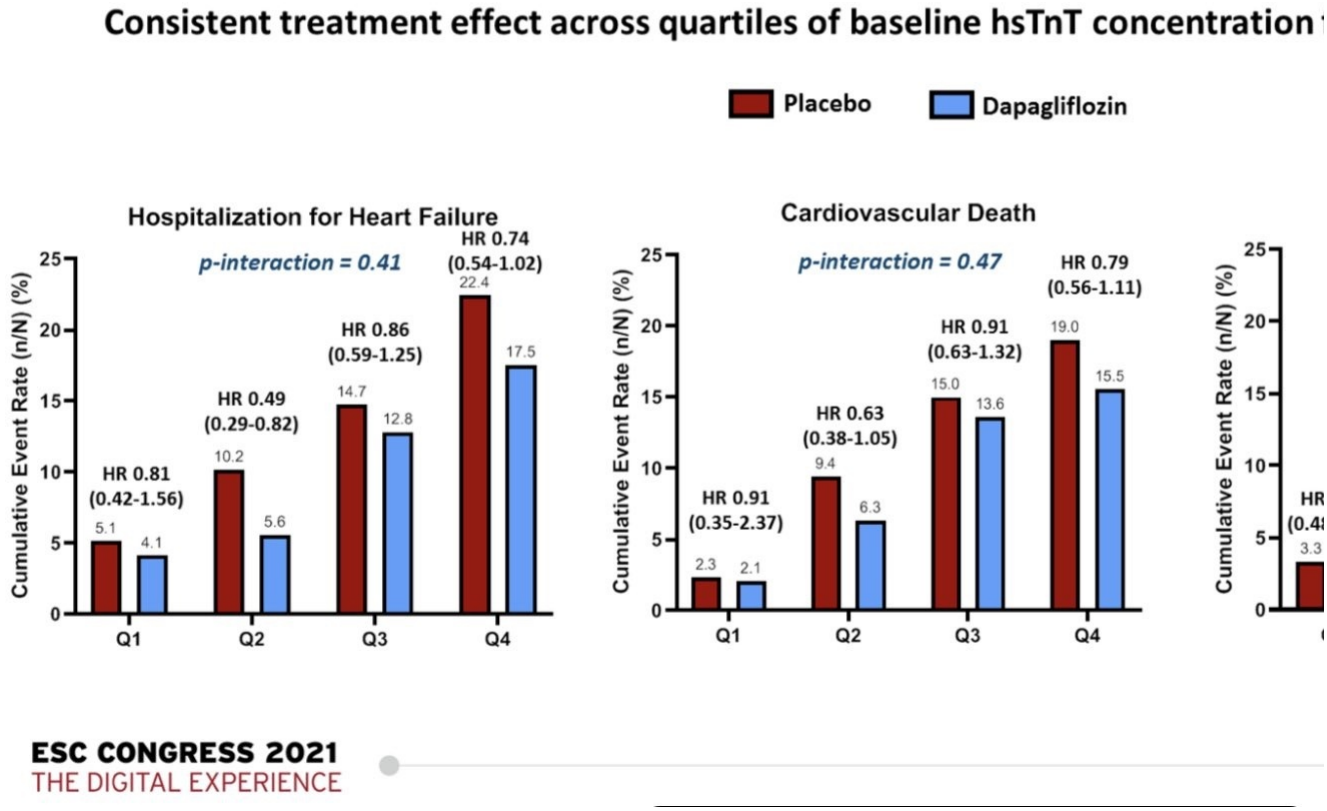
Findings from the study show that over a period of two-years, valsartan improved the primary endpoint. There was significant improvement in LV end diastolic volume, tissue Doppler diastolic velocity and NTproBNP levels. These findings show that valsartan treatment can have promising positive effects on cardiac structure and function.



Dr James Curtain of British Heart Foundation Glasgow Cardiovascular Research Centre, University of Glasgow, UK, presented results of a **post-hoc analysis of the DAPA-HF trial.** This study examines the effects of dapagliflozin, a sodium-glucose co-transporter 2 (SGLT2) inhibitor, on a composite of serious ventricular arrhythmia, resuscitated cardiac arrest or sudden death.

4,744 patients with HFrEF were included in this trial. 2.4% of the patients had a serious ventricular arrhythmia, 41% cardiovascular deaths were adjudicated as sudden deaths, and 35% patients who suffered a cardiac arrest survived.

Dapagliflozin Effect on Secondary Outcor



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Findings show that treatment with dapagliflozin resulted in a significant reduction in the incidence of the composite outcome compared with placebo. The effect of dapagliflozin were consistent on the individual components of the composite outcome as well as in patients with an ischaemic and non-ischaemic aetiology.

Source: ESC Congress 2021

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