New Advances in the Treatment of Cardiovascular Disease

We live in an amazing and rapidly changing world, and one of the things that advances the most quickly is medical science. There have been some recent advances in the treatment of several different conditions that may be of interest to you or a loved one.

These updates are informational only and do not represent medical advice; they are intended to help patients and their families learn about potential new treatment options. *As always, the best way to determine if these options may be right for you is to talk to your healthcare providers.*

**Atrial Fibrillation (AFib)**
Over three million Americans have AFib and people with AFib have a five times greater chance of having a stroke. Managing AFib and reducing the risk of stroke is critical for the patient. Recently, there have been advancements in the treatment options available to patients with AFib which include new anticoagulants and other non-pharmaceutical treatment options like catheter ablation and atrial appendage occlusion.

**Cholesterol/Familial Hypercholesterolemia**
People with high cholesterol levels are at twice the risk of developing heart disease than those with lower levels. Although some people tolerate statins well and they help reduce their cholesterol levels, there are a number of people who are not able to take statins or need more than the statin to reduce their cholesterol. In 2015, a new class of cholesterol lowering drugs were approved by the FDA called PCSK9 Inhibitors. These drugs have been successful in reducing cholesterol levels when added to statins, especially in patients with Familial Hypercholesterolemia (FH) and in patients with existing atherosclerotic disease like heart attack or stroke. Recently, cardiology societies issued guidelines for using these medications.

**Chronic Heart Failure**
Over five million Americans have heart failure and one million patients are hospitalized each year because of heart failure. In 2015, new drugs were approved by the US Food and Drug Administration (FDA) for the treatment of heart failure. These drugs help reduce the risk of hospitalization from heart failure and potentially death. More recently, three leading cardiology societies jointly issued a clinical practice guideline update that redefined the standard of care treatment for heart failure patients.

**Be Involved in Your Health and Treatment**
One of the best ways to understand your treatment options is to ask your healthcare team questions about your condition and what options are available to you for optimal treatment and care. Mended Hearts has many patient resources available on our website at [www.mendedhearts.org](http://www.mendedhearts.org).

Patients are encouraged to learn about the latest advancements in cardiovascular treatment and care. Resources for this information can be found at:

- CardioSmart (American College of Cardiology) - [www.cardiosmart.org](http://www.cardiosmart.org)
- US Food and Drug Administration - [www.fda.gov](http://www.fda.gov)
- Heart Failure Society of America - [www.hfsa.org/patient](http://www.hfsa.org/patient)