

Department of Cardiology, Alborz University of Medical Sciences Held: Updates on Heart Failure



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Heart failure is recognized as one of the most important causes of morbidity and mortality among human population. It is an advanced heart problem and one of the main causes of death and burden in many developing countries. Heart failure with preserved ejection fraction is more common in women than men and therefore accounts for at least half the cases of heart failure in women.¹ The prevalence of heart failure is between 0.4%-4.3% in the general population and between 2%-20% in the elderly population over 75 years of age. The rate of heart failure has been estimated to increase by two times in two decades. In Iran, the one-year mortality rate of heart failure was 32%, while the rate has fallen in other countries.²

Several risk factors including age, diabetes mellitus, hypertension, stroke, atrial fibrillation, ventricular tachycardia, bundle branch blocks, percutaneous coronary intervention, coronary artery bypass grafting, and chest pain have been associated with the increase in heart failure and a decrease in the use of medications such as thrombolytic, acute coronary syndrome inhibitors and diuretics have been linked with decreasing the recurrence of myocardial ischemia in Iran.² Therefore, further studies are needed to investigate the causes of different mechanisms and targeted therapies in heart failure in the patients.

For this purpose, the first symposium of the new findings on heart failure (Updates on Heart Failure) was held on July 11, 2019 at the Hall of School of Medicine, Alborz University of Medical Sciences, Karaj, Islamic Republic of Iran (Figure 1).

The opening ceremony was started by Quran recitation followed by National Anthem of I.R. Iran, and the message of Prof. Feridoun Noohi, the president of Shaheed Rajaei Cardiovascular and Medical Research Center (Figure



Figure 1. Poster Announcing the First Symposium on Heart Failure Updates.

2). Dr. Hossein Karim, scientific secretary of the first Symposium of Updates on Heart Failure had a welcome message in which he also proposed a report on the selection process of titles for the symposium (Figure 3).

Different topics were covered in the program including guidelines for the diagnosis and treatment of acute and chronic heart failure, acute myocarditis diagnosis and treatment, novel treatments and interventions in pulmonary hypertension, sarcopenia, cardiac



Figure 2. The Congress Opening Ceremony With the Participating Attendees.



Figure 3. President of the University and Scientific Secretary of Symposium During the Presentation.

rehabilitation, cardiomyopathy and myocarditis in cardiology, devices for heart failure, and sleep disorders in heart failure.

Finally, our sincerest gratitude goes to everyone who helped make symposium 2019 so fruitful, especially **Rajaei Clinical Research Development Unit** which held a high-quality and successful meeting, complemented by social activities such as visiting laboratory products manufactured by the companies in Alborz Province (MERCK). Indigenous scientific newspapers, as well as radio and television of Alborz Province showed a great interest in the symposium.

Authors' Contributions

Provided advice: HK and FR; study advisor and read the manuscript: SY; design study, read and arranged the final manuscript: MZ.

Ethical Approval

Not applicable.

Conflict of Interests Disclosure

The authors declare no conflict of interests.

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