

Preventing SCD in Heart Failure

Guidelines recommend titration of **beta-blockers** to **target doses** used in clinical trials, yet not all patients achieve these doses.

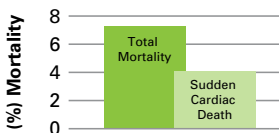
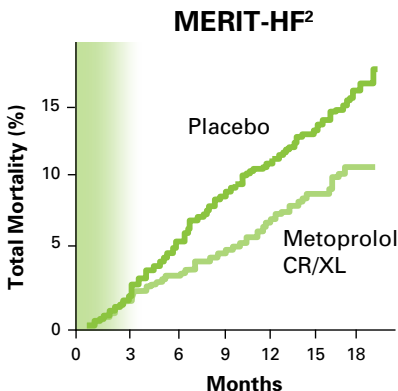


<18%

of patients achieve optimal doses of heart failure medications within 2–3 months after hospital discharge¹

Benefits of Medical Optimization Take Time

Meaningful mortality benefits of beta-blockers are not demonstrated until after 3 months.^{2,3}



**MERIT-HF
12 month**

- 54% of total mortality due to sudden cardiac death.²

1 Fonarow GC et al. Dosing of beta-blocker therapy before, during, and after hospitalization for heart failure (from organized program to initiate lifesaving treatment in hospitalized patients with heart failure). Am J Cardiol 2008;102;(11):1524–1529.

2 MERIT-HF Study Group. Effect of metoprolol CR/XL in chronic heart failure: Metoprolol CR/XL Randomised Intervention Trial in Congestive Heart Failure (MERIT-HF). Lancet 1999;353:2001–2007.

3 Lindenfeld J et al. HFSA 2010 comprehensive heart failure practice guideline. J Card Fail 2010;16:e1–e194.