

Abstract of the Special Lecture (2) at 2015 KSC

Heart Failure as a General Pandemic in Asia -Reports from the CHART-2 Studies-

Hiroaki Shimokawa, MD. PhD.

Department of Cardiovascular Medicine, Tohoku University Graduate School of Medicine

Heart failure (HF) is an epidemic in health care worldwide including Asia. HF appears to become more serious in the near future with the epidemiologic transition and aging of the population. However, in contrast to the Western countries, information on HF epidemiology is still limited in Asia, particularly in South Asia. Japan, as one of the most advanced aging countries in the world, is expected to provide novel and practical evidence for HF. In this regard, clinical studies in Japan have been expected to provide the fundamentals for evidence-based medicine. Particularly in Japan, as evidenced in our Chronic Heart Failure Analysis and Registry in the Tohoku District (CHART)-2 Study, the firm networks among participating hospitals, a unique characteristic of Japanese observational studies, enable us to obtain precise and longitudinal data in the hospitals. The CHART-2 Study is a prospective, observational, multicenter cohort study, designed to elucidate the global picture of HF management in Japan by identifying the characteristics, managements and outcomes of patients with HF. The CHART-2 Study successfully enrolled a total of 10,219 patients with Stage A/B/C/D HF between 2006 and 2010, and has been currently collecting detailed clinical information under the close cooperation among Tohoku University and the affiliated hospitals. The CHART-2 Study examined the followings in HF patients: (1) baseline characteristics, longitudinal courses, prognosis, and prognostic factors, (2) predictors of de-novo HF development in Stage B, (3) factors predicting development of AHFS, (4) prevalence and prognostic impact of metabolic syndrome, (5) the need of nursing care, and (6) prognostic impact of the Great East Japan Earthquake. In this lecture, I will present our findings in the CHART-2 Study.

Keywords: heart failure, aging, Asia, prevention