

## Editorial

## Heart Failure

*With decline in mortality from cardiovascular diseases, more and more patients are surviving into advanced stages of various disease states. As a result, heart failure, the final end pathway of all heart diseases, is fast becoming a major cause of recurring admissions and mortality the world over.*

*In USA, heart failure is the number one reason for hospitalization in those over sixty five years age. A total of over three million people are suffering from heart failure, i.e., 1% of the total U.S.A. population. Almost half a million new cases of heart failure are diagnosed and one million hospitalized yearly costing over 10 billion dollars. Over a quarter million die yearly from heart failure. Heart failure is the only cardiovascular diagnosis that is on the increase!*

*The situation in Pakistan seems not very different. At the NICVD Karachi we found heart failure noted in 19% of our outpatients, 32% our inpatients and listed as a cause preceding death in 55% of our in-hospital deaths. The situation in other centres of the country is similar. The Council on Heart Failure for Pakistan, established as an associate of the International Heart Failure Education Task Force of the WHO and ISFC, held workshops in Peshawar, Lahore, Pindi-Islamabad and Karachi. Awareness of this entity and its modern management amongst the physicians is sadly lacking. A monumental task awaits the cardiological community and a small beginning has been made. However, much work needs to be done by everyone and all concerned bodies.*

*In the recent past the emphasis was rightly on establishing the exact etiology of heart failure, and, it still is, and, should be. What has happened is that the large number of patients, poor prognosis despite diagnosis and similar principles of management has forced us to give importance to this pathophysiologic entity. It is only pragmatism and strategy and not a lack of intellectual purity, to talk about Heart Failure as an entity!*

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Editor