



EFFECTS OF THERAPY WITH INTRAVENOUS FERRIC CARBOXYMALTOSE IN COMPARISON WITH ORAL IRON THERAPY IN PATIENTS WITH HEART FAILURE WITH PRESERVED EJECTION FRACTION AND IRON DEFICIT. PREFER

José Luís Morales Rull

Hospital Universitari Arnau de Vilanova - Lleida

Transcript of the video recorded by Dr José Luis Morales Rull, summarising the results of his investigation that it has proved possible to apply in clinical practice

Our group works in the field of heart failure. This occurs when the heart does not have sufficient strength to pump the blood to the organs. People who suffer this disease have difficulty breathing, cannot walk well, and are often admitted to hospital. We know that disease is associated with a lack of iron, which is fundamental for the heart to work properly and deal with oxygen. We know that in one group of patients intravenous iron can lead to an improvement in the disease. However, in a large group of patients consisting basically of elderly women with hypertension and diabetes it is not so clear. Our question is whether iron can help in this group to improve the disease, and also to know why this lack occurs. Our results show that in this group intravenous iron can improve disease, patients are admitted less, walk better and breathe more easily. We still do not know if this is possible only with the intravenous iron or whether it could also be done with iron tablets, which are easier to administer. We have also found that 80% of patients have a nutritional shortfall which could explain this lack of iron. Thus we have designed new studies based on our

Mediterranean diet that will make it possible to improve the state of patients with some practical, simple indications, based on this diet and accompanied by educational material like this healthy dish showing elderly people especially how to eat.