

# Treatment Pathways in Patients with HFpEF and Obesity: Perspectives from Cardiology Specialists and Patients

Obesity is highly prevalent in patients with heart failure with preserved ejection fraction (HFpEF), and is associated with worse symptoms, quality of life and prognosis. Moreover, obesity may mask signs of HFpEF, making it more difficult to diagnose. An online survey was conducted to identify challenges that patients and healthcare professionals (HCPs) face in the diagnosis and treatment of patients with HFpEF and obesity. Here we report responses from cardiology specialists (Cards) and patients.



**Discuss causes of HFpEF at diagnosis**

92%

**Recommend lifestyle changes for newly diagnosed patients**

91%

**View self as coordinator of care**

57%

**Received formal training in WM**

17%

**Interested in additional training in WM**

74%

WM = weight management

**Discussed HFpEF with Card prior to diagnosis**

85%

**Receive diagnosis from Card**

78%

**View Card as coordinator of care**

65%

**Use internet as primary source of info about HFpEF & obesity**

59%

**Use prescription WL medication for HFpEF & obesity**

11%



*Patients with HFpEF and obesity are primarily diagnosed by cardiology specialists. There are opportunities to improve cardiologist-focused obesity education and training to empower them to provide actionable strategies for weight loss.*