

# Sex, drugs, and heart failure

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Human heart. Credit: copyright American Heart Association

Heart failure is almost as common in women as men, but its characteristics vary by sex. A new review summarizes the current state of sex-sensitive issues related to heart failure drugs included in treatment guidelines, and suggests future directions for improved care.

The authors of the *ESC Heart Failure* review note that women are largely

underrepresented in clinical trials of [heart failure](#) medications, and that evidence of medications' efficacy in women is limited.

"We have much hope that precision medicine will lead to more efficacious medications. I believe that this will in part be enabled by the conduct of [randomized clinical trials](#) that are more sex-aware," said co-author Dr. Marie-Pierre Dubé, of the Montreal Heart Institute Research Centre.

**More information:** Anna Levinsson et al, Sex, drugs, and heart failure: a sex-sensitive review of the evidence base behind current heart failure clinical guidelines, *ESC Heart Failure* (2018). [DOI: 10.1002/ehf2.12307](#)

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