

Weight loss drug linked with reduced need for diuretics in heart failure patients

May 13 2024



Credit: Pixabay/CC0 Public Domain

Semaglutide reduces the need for loop diuretic use and dose, and has

positive effects on symptoms, physical limitations, and body weight in patients with heart failure with preserved ejection fraction (HFpEF) regardless of diuretic use, according to late breaking research presented at [Heart Failure 2024](#), held 11–14 May in Lisbon, Portugal

HFpEF is a condition in which the heart pumps normally but is too stiff to fill properly, rendering the heart unable to support the body's need for oxygen-rich blood. The condition is becoming more common as populations age and levels of obesity and [sedentary lifestyles](#) rise. Symptoms of HFpEF can include shortness of breath—often with exertion—fatigue, and swollen ankles.

The STEP-HFpEF and STEP-HFpEF DM trials evaluated once-weekly semaglutide treatment vs. [placebo](#) in patients with obesity-related HFpEF, without and with diabetes, respectively. Both studies showed a significant improvement with semaglutide for heart failure symptoms, physical limitations, [weight loss](#), and six-minute walk distance compared to placebo.

This pre-specified analysis of pooled data from the two trials investigated whether the effects of semaglutide vs. placebo varied according to baseline diuretic use. In addition, the effects of semaglutide vs. placebo on changes in diuretic therapy use and dose during the trials were evaluated.

In both trials, patients had obesity-related HFpEF with left ventricular [ejection fraction](#) $\geq 45\%$, body mass index $\geq 30 \text{ kg/m}^2$, Kansas City Cardiomyopathy Questionnaire Clinical Summary Score (KCCQ-CSS)

Citation: Weight loss drug linked with reduced need for diuretics in heart failure patients (2024,

May 13) retrieved 8 June 2024 from

<https://medicalxpress.com/news/2024-05-weight-loss-drug-linked-diuretics.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.