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Short Communication

A Brief Note on Anemia and Heart Failure

Yang Lee*

Department of Hematology and Oncology, Kyoto University, Sakyo-ku, Kyoto, Japan

DESCRIPTION

Heart failure may be a quite common disease, with severe morbidity and mortality, and a frequent reason of hospitalization. Anemia and a concurrent renal impairment are 2 major risk factors contributory to the severity of the result and contain the cardio renal anemia syndrome. Anemia in cardiopathy is advanced and complex. Hemodilution, absolute or functional iron deficiency, activation of the inflammatory cascade, and impaired glycoprotein production and activity are some pathophysiological mechanisms concerned in anemia of the heart failure. What is more alternative concomitant causes of anemia, like myelodysplastic syndrome and hemotherapy, might worsen the result. Based on the pathophysiology of cardiac anemia, there are several therapeutic choices which will improve haemoprotein levels and tissues oxygenation.

Cardiovascular diseases area among the foremost frequent causes of death worldwide. Cardiopathy or heart failure is a vast medical and social burden and a leading cause for hospitalization. The role of many immunological, metabolic, and neurohormonal abnormalities has been recognized within the pathophysiology and progression of the Congestive Heart Failure (CHF) [1]. Among them, anemia and kidney failure appear to be major risk factors for an adverse outcome. The cardio nephritic anemia syndrome represents a pathological triangle during which the primary failing organ is the heart or the urinary organ and therefore the pathology of 1 organ results in dysfunction of the other. The presence of anemia or nephritic dysfunction will increase morbidity and mortality in patients with heart failure [2]. It looks that there's an impaired mechanism in operation between congestive heart failure, Chronic Kidney Disease (CKD), and anemia, wherever it would possibly cause or worsen the other. Therefore, correction of anemia would be a significant part of this vicious circle within the reduction of the severity of the heart failure

Anemia exacerbates symptoms of heart failure. There's an impaired mechanism during which tissue hypoxia and release of Nitric Oxide (NO) cause decreased arteriolar resistance and peripheral vasodilatation. These decreased blood pressure, increased sympathetic activation, renal vasoconstriction, reduced renal function, and activation of renin-angiotensin aldosterone system. The results are production of antidiuretic hormone, fluid retention, Left Ventricular (LV) hypertrophy and dilation, worsening of heart failure, unleash of Brain Natriuretic Peptide (BNP), and signs from stress on heart muscle. The ultimate outcome, finishing the vicious circle, is further anemia. This, however, implies that within the presence of volume overload there could be a decrease in hemoglobin concentration and also oxygen content, although red cell mass remains stable.

The patient complains of shortness of breath, cardiac arrhythmia, dizziness, faintness, and fatigue. Therefore, the presence of anemia is tightly coupled to clinical severity of CHF. Symptomatic deterioration and fluid retention inevitably cause hospitalization. Thus, there's a larger prevalence of anemia in hospitalized patients than ambulant ones. On the other hand, the presence of additional advanced NYHA functional categories has been related to larger prevalence of anemia. What is more, anemic patients with CHF have unremarkably diabetes mellitus and additional advance disease, with higher NYHA category and severe symptoms [3].

Those symptoms include lower exercise capability, worse quality-of-life scores, larger peripheral lump, lower dry weight and blood pressure, higher use of diuretics and cardiovascular medications, and worse neurohormonal profile (such as nephritic dysfunction, high BNP and C-reactive protein, low liquid body substance albumin). It's exceptional that anemia doesn't appear to be associated with LV dysfunction, whereas in few studies hemoglobin levels were reciprocally associated with EF. That means that patients with lower values of hemoglobin had higher EF, whereas increase of hemoglobin may decrease LVEF, particularly in CKD, in an exceedingly dose-dependent manner [4].

The major factors contributing to CHF-related anemia involves CKD, renin-angiotensin system, haematinic abnormalities, in the main iron deficiency, chronic inflammation, and hemodilution. Iron deficiency is common in patients with CHF particularly once among CKD, whereas vitamin B complex and pteroylglutamic acid deficiencies or iron-storage disease aren't. It's of interest that the incidence of iron deficiency is increasing with the severity of heart failure. Iron deficiency is absolute (with low beta globulin saturation and liquid body substance protein,

Correspondence to: Yang Lee, Department of Hematology and Oncology, Kyoto University, Sakyo-ku, Kyoto, Japan, E-mail: lee.y@med.tottori-u.ac.jp

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typically related to weakened iron stores and reduced iron deposits within the bone marrow). Within the other cases iron deficiency is functional-relative (with low beta globulin saturation and traditional or elevated liquid body substance protein, typically related with normal or elevated iron stores and iron deposits within the bone marrow).

It's been reported that in 15% of anemic patients with CHF the iron deficiency is both absolute and functional. Iron metabolism is crucial for energy production within the body and most significantly for cells with high energy demands, like cardiomyocytes. Iron plays an important role in oxygen transportation (as an element of Hb), oxygen storage (as an element of myoglobin), aerophilic metabolism (as an element of oxidative enzymes and respiratory chain processes), and in metabolism of lipids, carbohydrates, nucleic acids, collagen, tyrosine, and catecholamines. In CHF, an energy-starved situation, many disorders of iron metabolism have been observed [5]. Iron deficiency, absolute or functional, will impair aerophilic metabolism, cellular energetic, and cellular immune mechanisms.

It looks that anemia exacerbates CHF, inflicting a vicious circle, wherever nephritic pathology and neurohormonal and pro-inflammatory protein activation participate within the development of anemia. On the other hand, anemia will increase heart muscle work and worsens cardiac dysfunction. So, it's important to acknowledge any possible causes of anemia. Administration of iron and ESAs looks to be promising, since they'll additionally improve factors apart from anemia, however still there are several inquiries to be answered. These in the main concern their safety, the goals in hemoglobin elevation, and possibly their value. The impact of anemia improvement, to asses once to initiate and once to stop the treatment, and eventually to estimate the protection of those interventions.

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