

Should I Take a "Flozin" for My Heart Failure with Preserved or Mildly-Reduced Ejection Fraction?

A decision aid to discuss options with your healthcare provider

This decision aid is for you if:

- ✓ Your healthcare provider says you have heart failure with preserved or mildly-reduced ejection fraction
- ✓ Your healthcare provider has offered you a "flozin" (also known as an SGLT2 inhibitor)

What is heart failure with preserved or mildly-reduced ejection fraction?

Heart failure is a condition that develops when the heart is not strong enough to move blood around the body.

Heart failure causes symptoms like fatigue, breathlessness, and swelling. These symptoms can reduce quality of life. People with heart failure also have an increased risk of repeat hospitalizations and dying.

There are different kinds of heart failure. Heart failure can be grouped by the percentage of blood inside the left ventricle (main pumping chamber) that is ejected (or pumped out) with each heartbeat. This is called the ejection fraction.

- Heart failure that occurs with an ejection fraction of 50% or more is said to be with "preserved ejection fraction"
- Heart failure with an ejection fraction of 41-49% is said to be with "mildly-reduced ejection fraction"

There is currently no cure for heart failure, but it can be managed with medications.

What are "flozins"?

"Flozins" are medications that were originally used for people with type 2 diabetes, but they can also benefit the heart by:

- Improving the heart's use of energy
- Reducing excess fluid in the body
- Decreasing inflammation and scarring of the heart

However, it is not known how exactly "flozins" work in heart failure.

Medications in this family include dapagliflozin (Forxiga®), empagliflozin (Jardiance®), and canagliflozin (Invokana®).

The potential benefits and side effects of "flozins" in people with heart failure with preserved or mildly-reduced ejection fraction are described on page 2.

To be effective, they must also be taken regularly as a tablet by mouth once a day. In Canada, the costs of these medications range from \$0 to \$1200 per year depending on insurance.

What are your options?

Take a "flozin"



Decline to take a "flozin"

You may wish to discuss other options with your healthcare provider

Working through the four steps of this decision aid may help you consider the options

Step 1: What are the benefits and harms of each option?

Step 2: What matters most to you?

Step 3: What else do you need to prepare for decision making?

Step 4: What are the next steps?

Step 1: What are the benefits and harms of each option?

What does the research show?

The graphs show a "best estimate" of **what happens to 100 people with this condition who take a "flozin" over one year.** "Flozins" do not prolong life when taken for heart failure with preserved or mildly-reduced ejection fraction. Over one year, approximately 7 will die and 93 will survive.

The shaded areas show the number of people affected:

- People who have this event no matter what they choose
- People who do not have this event no matter what they choose
- People who have a benefit because of taking a "flozin"
- People who have a side-effect because of taking a "flozin"

Reasons to take a "flozin"

Four more people will get a **noticeable improvement to their quality of life** from taking a flozin.

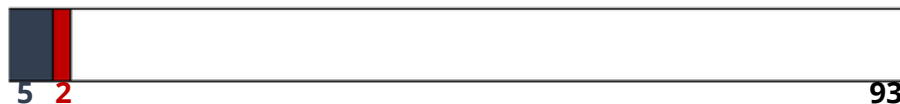


Two fewer people will be **hospitalized for heart failure** from taking a "flozin".

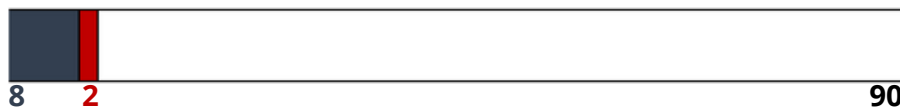


Reasons NOT to take a "flozin"

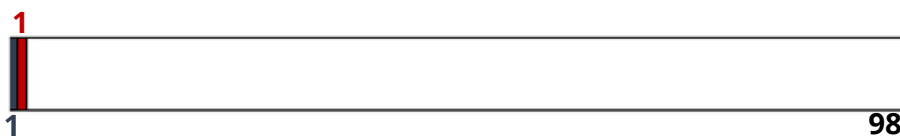
Two more people taking a "flozin" will experience **dizziness or lightheadedness** due to lower blood pressure.



Two more people taking a "flozin" will experience a **urinary tract infection (UTI)**, also known as a bladder infection.



One more person taking a "flozin" will experience a **genital fungal infection**, also known as a yeast infection.



Taking a "flozin" will mean **taking a pill each day.**

*For further explanations of benefits and side effects see the glossary on **page 4**

Step 2: What matters most to you?

Common reasons to choose each option are listed below. Check how much each reason matters to you on a scale from 0 to 5. **'0'** means it is not important to **you**. **'5'** means it is **very** important to you.

How important are these to you?

Not important (0) ↔ Very important (5)

How important is improvement in your quality of life? 0 1 2 3 4 5

How important is it to you to avoid being hospitalized for heart failure? 0 1 2 3 4 5

How important is it to you to avoid dizziness or lightheadedness? 0 1 2 3 4 5

How important is it to you to avoid a urinary tract infection? 0 1 2 3 4 5

How important is it to you to avoid a genital fungal infection? 0 1 2 3 4 5

How important is it to you to avoid taking another daily pill? 0 1 2 3 4 5

Now, think about which option has the reasons that are most important to you... Check one

Take a "flozin" Decline a "flozin" I don't know

Step 3: What else do you need to prepare for decision making?

Find out how well this decision aid helped you learn the key facts

	Taking a "flozin"	Declining this medication	Both same	Don't know
1. Which option has the highest chance of improvements to quality of life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Which option has the lowest chance of hospitalization for heart failure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Which option has the lowest chance of death?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Which option has the lowest chance of urinary tract infection or genital infection?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Which option has the highest chance of dizziness or lightheadedness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Check your answers at the bottom of the page

Find out how comfortable you feel about deciding

	Yes	No
Do you know the benefits and harms of each option?	<input type="checkbox"/>	<input type="checkbox"/>
Are you clear about which benefits and harms matter most to you?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have enough support and advice to make a choice?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel sure about the best choice for you?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered 'No' to any of these, discuss with your healthcare provider
(The SURE Test © O'Connor & Légaré, 2008)¹⁰

Step 4: What are the next steps?

Check what you want to do next.

- I have decided to take a "flozin"
- I have decided NOT to take a "flozin"
- I need to discuss the options with my healthcare provider and family.
- I need to read more about my options.
- Other, please specify _____

This information is not intended to replace the advice of a healthcare provider.

Step 3 answers: Question 1 – Taking a "flozin", Question 2 – Taking a "flozin", Question 3 – Both same, Question 4 – Declining a "flozin", Question 5 – Taking a "flozin"

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For more information, contact Dr. Turgeon at ricky.turgeon@ubc.ca

• Benefits and harms data taken from: EMPEROR-Preserved trial (PubMed identifiers: 34449189, 34779658), DELIVER trial (PubMed identifier 36027570)

