



# LEFT SIDED CONGESTIVE HEART FAILURE

## What is Left Sided Congestive Heart Failure?

Failure of the left side of the heart to pump blood at a sufficient rate to meet the needs of the body or to prevent blood from pooling within the veins of the lungs.

The heart of the dog or cat is composed of four chambers; the top two chambers are the right and left atria and the bottom two chambers are the right and left ventricles; heart valves are located between the right atrium and the right ventricle (tricuspid valve); between the left atrium and the left ventricle (mitral valve); from the right ventricle to the main pulmonary (lung) artery (pulmonary valve); and from the left ventricle to the aorta (the main artery of the body; valve is the aortic valve) .

The left side of the heart consists of the left atrium and the left ventricle.

## Clinical Signs

- Signs vary with underlying cause
- Signs vary with the species involved
- Weakness, sluggishness (lethargy), exercise intolerance
- Coughing (dogs) and difficulty breathing (known as “dyspnoea”); breathing signs often worsen at night and can be relieved by assuming a standing position, lying on the chest bone (known as “sternal recumbency”), or standing with the elbows away from the body in an attempt to increase lung capacity (known as “orthopnoea”)
- Cats rarely cough from heart failure
- Rapid breathing (known as “tachypnea”)
- Coughing, often soft in conjunction with rapid breathing (tachypnea) in dogs
- Abnormal breath sounds on listening to the lungs with a stethoscope (known as “auscultation”)—short, rough snapping sounds (known as “crackles”); and squeaking or whistling sounds (known as “wheezes”)
- Pale/grey/bluish (known as “cyanotic”) gums and moist tissues of the mouth (known as “mucous membranes”)
- Pink colour of the gums is slow to return when the gums are blanched by finger pressure (known as “prolonged capillary refill time”)
- Possible heart murmur or gallop rhythm heard when listening to the heart with a stethoscope
- Weak femoral pulses

## The Causes

### *Pump (Muscle) Failure of the Left Ventricle*

- Heart muscle is flabby and weak for unknown causes (so-called “idiopathic dilated cardiomyopathy” or DCM)
- Trypanosomiasis (disease caused by the protozoa, Trypanosoma)—rare
- Toxicity of doxorubicin (a chemotherapeutic drug) to the heart in dogs
- Inadequate levels of thyroid hormone (known as “hypothyroidism”)—rare
- Excessive levels of thyroid hormone (known as “hyperthyroidism”)—rarely causes pump failure

### *Pressure Overload of the Left Side of the Heart*

- Generalized (systemic) high blood pressure (known as “hypertension”)
- Birth defect involving narrowing just below the aortic valve, the heart valve from the left ventricle to the aorta (the main artery of the body; condition known as “subaortic stenosis”)
- Narrowing of the aorta (known as “coarctation of the aorta”)—rare; Airedale terriers more likely than other breeds to have this condition
- Tumours of the left ventricle—rare

### *Volume Overload of the Left Side of the Heart*

- Long-term (chronic) mitral valve disease (known as “endocardiosis”)—dogs; the “mitral valve” is the heart valve between the left atrium and the left ventricle
- Abnormal development of the mitral valve (known as “mitral valve dysplasia”)—cats and dogs; the “mitral valve” is the heart valve between the left atrium and the left ventricle
- Developmental abnormalities or birth defects involving the heart (such as patent ductus arteriosus or PDA in dogs and ventricular septal defect in dogs and cats)
- Backward flow of blood through the aortic valve (known as “aortic valve insufficiency”) secondary to infection/inflammation of the lining of the heart (known as “endocarditis”)—dogs; the “aortic valve” is the valve from the left ventricle to the aorta (the main artery of the body)

### *Impediment to Filling of the Left Side of the Heart*

- Fluid build up between the heart and the sac surrounding the heart (known as “pericardial effusion”) with resulting compression of the heart (known as “tamponade”)

- Inflammation of the sac surrounding the heart (pericardium) with thickening and scarring, such that it restricts filling of the heart with blood as the ventricles cannot expand normally (known as “constrictive pericarditis” or “restrictive pericarditis”)
- Heart-muscle disease in which the muscle is “stiff” and does not expand, such that blood cannot fill the ventricles normally (known as “restrictive cardiomyopathy”)
- Disease characterized by inappropriate enlargement or thickening of the heart muscle of the left ventricle (known as “hypertrophic cardiomyopathy” or HCM)
- Masses (such as a tumour or blood clot [known as a “thrombus”]) in the left atrium
- Blood clots in the lungs (known as “pulmonary thromboembolism”)
- Narrowing of the mitral valve (known as “mitral stenosis”)—rare; the “mitral valve” is the heart valve between the left atrium and the left ventricle

#### Heart Rate or Rhythm Disturbances

- Slow heart rate (known as “bradycardia”)
- Rapid heart rate (known as “tachycardia”)

## Treatment

#### Health Care

- Usually treat as outpatient, unless the pet is having difficulty breathing (dyspnoea) or has very low blood pressure (known as “severe hypotension”)
- Identify and correct underlying cause whenever possible
- Minimize handling of pets that are having critical breathing difficulties (critical dyspnoea)—stress can kill!
- Oxygen is life saving in pets that are having critical breathing difficulties (critical dyspnoea)

#### Diet

- Initiate moderately sodium-restricted diet
- Severe sodium restriction is indicated in pets with advanced disease

#### Surgery

- Surgery may benefit selected pets with congenital (present at birth) defects, such as patent ductus arteriosus (PDA), and some forms of heart-valve disease; response to surgery varies
- Tapping and draining the space between the heart and the sac surrounding the heart (pericardium; procedure known as “pericardiocentesis”) in pets with fluid build up (pericardial effusion)

## What Medications are Available?

#### Medications to Control Irregular Heart Beats (Known as “Antiarrhythmic Agents”)

- Treat irregular heartbeats (known as “arrhythmias”) as needed

#### Medications to Remove Excess Fluid from the Body (Known as “Diuretics”)

- Furosemide or another “loop diuretic” is the initial diuretic of choice; diuretics are indicated to remove fluid build-up from the lungs (known as “pulmonary oedema”); pets that are having critical breathing difficulties (critical dyspnoea) often require high doses given intravenously to stabilize them; once the fluid build-up in the lungs resolves, the dose gradually should be reduced to the lowest effective dosage, as directed by your pet’s veterinarian
- Spironolactone increases survival in people with heart failure because of its ability to block aldosterone (a hormone produced by the adrenal gland; involved in sodium and potassium regulation in the body); use in combination with furosemide
- Thiazide diuretics can be added to furosemide and spironolactone in heart failure cases that do not respond to these medications

#### Digoxin (Type of Heart Medication)

- Digoxin is used in pets with heart-muscle failure (such as dilated cardiomyopathy, a disease characterized by a flabby, weak heart muscle)
- Digoxin also is indicated to treat certain abnormal or irregular heart rhythms that start in heart tissue above the ventricles (known as “supraventricular arrhythmias”) in pets with congestive heart failure
- In people, digoxin has no effect on mortality, but decreases hospitalization due to heart failure

#### Medications to Enlarge or Dilate the Veins (Known as “Venodilators”)

- Nitro-glycerine ointment causes dilation of the veins, thus lowering the pressure required to fill the left atrium
- Used for immediate stabilization of pets with severe fluid build-up in their lungs (pulmonary oedema) and difficulty breathing (dyspnoea)
- May be useful in pets with long-term (chronic) left-sided congestive heart failure; to avoid tolerance to the drug, use intermittently and with 12-hour dose-free interval between the last dose of one day and the first dose of the next day

#### Angiotensin Converting Enzyme (ACE) Inhibitors (Type of Heart Medication)

- ACE inhibitor, such as enalapril or benazepril, is indicated in most pets with left-sided congestive heart failure
- ACE inhibitors improve survival and quality of life in dogs with left-sided congestive heart failure secondary to degenerative valve disease and dilated cardiomyopathy (disease characterized by a flabby, weak heart muscle)

#### Medications That Improve Heart-Muscle Contraction (Known as “Positive Inotropes”)

- Dobutamine is a potent medication that improves heart-muscle contraction (positive inotropic agent) and may provide valuable short-term support of a heart failure patient with poor heart-muscle contractility
- Pimobendan is a calcium-channel sensitizer that dilates arteries and increases heart-muscle contraction—first-line medication in treating dilated cardiomyopathy (disease characterized by a flabby, weak heart muscle); useful in dogs with congestive heart failure due to long-term (chronic) heart-valve disease that does not respond to medical treatment
- Positive inotropes can cause irregular heartbeats; careful monitoring is required

### Medications to Enlarge or Dilate Arteries (Known as “Arterial Dilators”)

- Hydralazine or amlodipine can be substituted for an angiotensin converting enzyme inhibitor in pets that do not tolerate the drug or have advanced kidney failure; monitor for low blood pressure (hypotension) and rapid heart rate (tachycardia); can be added to an ACE inhibitor cautiously in a pet with left-sided congestive heart failure that does not respond to medical treatment
- Nitroprusside is a potent medication that dilates arteries (arterial dilator); it usually is reserved for short-term support of pets with life-threatening fluid build-up in their lungs (pulmonary oedema)

### Calcium Channel Blockers

- Diltiazem frequently is used in pets with left-sided congestive heart failure for heart rate control in pets with abnormal or irregular heart rhythms that start in heart tissue above the ventricles (supraventricular arrhythmias) not controlled by digoxin and in cats with hypertrophic cardiomyopathy (disease characterized by inappropriate enlargement or thickening of the heart muscle of the left ventricle)

### Beta-Blockers

- Atenolol and metoprolol are used for heart rate control in pets with rapid heart rhythms that start in heart tissue above the ventricles (known as “supraventricular tachycardia”), hypertrophic cardiomyopathy (disease characterized by inappropriate enlargement or thickening of the heart muscle of the left ventricle), and excessive levels of thyroid hormone (hyperthyroidism)
- Used alone or with a medication to control irregular ventricular heart beats (antiarrhythmic drug); these drugs depress heart-muscle contraction (known as “negative inotropes”), so they should be used cautiously in pets with heart-muscle failure
- On basis of human studies, may enhance survival in pets with idiopathic dilated cardiomyopathy (disease characterized by a flabby, weak heart muscle of unknown cause)

### Nutritional Supplements

- Potassium supplementation, if low levels of potassium in the blood (known as “hypokalaemia”) are documented; use potassium supplements cautiously in pets receiving an angiotensin converting enzyme inhibitor or spironolactone
- Taurine supplementation in cats with dilated cardiomyopathy (disease characterized by a flabby, weak heart muscle) and dogs with dilated cardiomyopathy and taurine deficiency (such as American cocker spaniels); taurine is an amino acid (protein) that is an important component of the diet of cats; cats cannot produce enough taurine in their bodies and so, must obtain taurine from their food to maintain the health of several organs, including the heart; dogs may be affected by inadequate levels of taurine as well
- L-carnitine supplementation may help some dogs with dilated cardiomyopathy (disease characterized by a flabby, weak heart muscle)
- Coenzyme Q10 is of potential value based on the results of small trials in people with dilated cardiomyopathy (disease characterized by a flabby, weak heart muscle)

## Possible Complications

- Fainting (known as “syncope”)
- Blood clots in the aorta, the main artery of the body (known as “aortic thromboembolism”) in cats
- Irregular heartbeats (arrhythmias)
- Electrolyte imbalances
- Digoxin toxicity
- Excess levels of urea and other nitrogenous waste products in the blood (azotaemia) and kidney failure

## Preventions and Avoidance

- Minimize stress, exercise, and sodium intake in pets with heart disease
- Use of an angiotensin converting enzyme inhibitor early in the course of heart disease in pets with dilated cardiomyopathy (disease characterized by a flabby, weak heart muscle) may slow the progression of heart disease and delay onset of congestive heart failure
- Use of an ACE inhibitor in pets with mitral valve disease that are not showing signs of disease remains controversial

## Follow Up Care

- Monitor kidney status, electrolytes, hydration, breathing rate and effort, heart rate, body weight, and abdominal girth (dogs)
- If excess levels of urea and other nitrogenous waste products in the blood (known as “uraemia” or “azotaemia”) develop, reduce the dosage of diuretic, as directed by your pet’s veterinarian; if azotaemia persists and the pet also is on an angiotensin converting enzyme inhibitor, reduce or discontinue the ACE inhibitor, as directed by your pet’s veterinarian
- Use digoxin with caution if excess levels of urea and other nitrogenous waste products in the blood (azotaemia) develop
- Monitor electrocardiogram (ECG, a recording of the electrical activity of the heart) if irregular heartbeats (arrhythmias) are suspected
- Check digoxin concentration in the blood periodically

## Overview

Failure of the left side of the heart to pump blood at a sufficient rate to meet the needs of the body or to prevent blood from pooling within the veins of the lungs. Some congenital (present at birth) heart defects, heart-muscle diseases (known as “cardiomyopathies”), and heart-valve diseases have a genetic basis in some breeds.

Left-sided congestive heart failure is not curable, with few exceptions (such as pets with thyroid disorders, irregular heartbeats [arrhythmias], nutritionally responsive heart disease).