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Published in:
Journal of the American College of Cardiology

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version
Publisher's PDF, also known as Version of record

Publication date:
2016

Heart Failure and Cardiomyopathies

SERIAL GALECTIN-3 AND FUTURE CARDIOVASCULAR DISEASE IN THE GENERAL POPULATION: DATA OF PREVEND

Poster Contributions
Poster Area, South Hall A1
Saturday, April 02, 2016, 10:00 a.m.-10:45 a.m.

Session Title: Predicting the Future: Biomarkers, Risk Scores, Exercise, and HF Outcomes
Abstract Category: 26. Heart Failure and Cardiomyopathies: Clinical
Presentation Number: 1102-064

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Background: Lifetime risk for cardiovascular (CV) disease is high but predicting incident events on an individual level remains difficult. Single measurements of galectin-3, a marker of tissue fibrosis, predict mortality and new-onset heart failure (HF). Persistently elevated levels may indicate a clinically silent disease process. Our aim was to establish the value of serial galectin-3 measurements to predict CV outcomes in the general population.

Methods: Plasma galectin-3 was measured in the PREVEND study at baseline and after ~4 years. Changes in serial galectin-3 were expressed as categorical changes or absolute change from baseline and were related to subsequent outcome.

Results: Serial galectin-3 was measured in 5,958 subjects (mean age 49±12 years; 49% female). The median duration of follow-up was 8.3 years. Persistently elevated galectin-3 (defined as highest quartile at baseline and highest quartile during visit 2, n = 757 subjects) was associated with a higher risk for new-onset HF (HR 4.10[2.64-6.34];P<0.001), CV mortality (hazard ratio (HR) 5.66[3.07-10.43];P<0.001), all-cause mortality (HR: 2.62[1.87-3.67];P<0.001), new-onset atrial fibrillation (HR 1.87[1.20-2.93];P=0.006) and CV events (2.15[1.61-2.86];P<0.001), compared to subjects with non-persistently elevated galectin-3. After multivariable adjustments for baseline characteristics, serial galectin-3 remained an independent predictor of new-onset HF (HR 1.85[1.10-3.13];P=0.02) but not for other outcomes. Serial measurements provided more accurate prognostic value to predict new-onset HF, compared to a single baseline measurement (Harrell's C: 0.72[0.68-0.75] versus 0.68[0.65-0.72]; P=0.002, respectively).

Conclusions: Persistently elevated galectin-3 predicts new-onset HF after adjustment for covariates, and may help to identify individuals who are at risk for incident HF and might provide a measure to monitor interventions. Furthermore, our results indicate that serial galectin-3 measurements provide more accurate prognostic information compared to single determination of galectin-3.