Beta-Blockers in Heart Failure

Only a few improve survival in heart failure with reduced ejection fraction (HFrEF)

CAR

Carvedilol

reduces mortality · in US and European guidelines

MET

Metoprolol succinate

reduces mortality · in US and European guidelines

BIS

Bisoprolol

reduces mortality · in US and European guidelines

NEB

Nebivolol

in European guidelines, useful in older adults · not one of the three in the 2022 US guideline

Start when stable
Never during acute decompensation

Start low, go slow
Titrate watching heart rate and blood pressure

Four pillars
ACEI/ARNI, MRA, SGLT2i, beta-blocker

In heart failure with preserved ejection fraction they do not have the same prognostic benefit