

# Focus

on earlier identification  
of heart failure risk

Actionable heart failure testing with  
BNP and NT-proBNP



# Heart failure: focus on prevention

With the U.S. population aging, prevalence of heart failure (HF) is projected to **grow by 25%** and associated direct costs by 215% by 2030.<sup>1</sup>

More people may benefit from BNP and NT-proBNP testing—they are not just for diagnosis and management anymore.

The recently updated ACCF/AHA guidelines for the management of HF recommend BNP or NT-proBNP biomarkers as an aid for **preventing HF**:

- For patients at risk of developing HF, BNP biomarker-based testing followed by team-based care, including a cardiovascular specialist optimizing guideline-directed medical therapy (GDMT), can be useful to prevent the development of left ventricular dysfunction (systolic or diastolic) or new-onset HF (IIa, B-R)<sup>2</sup>

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**New data suggest that BNP testing and early intervention may prevent HF.**

— 2017 ACC/AHA/HFSA Focused Update of the 2013 ACCF/AHA Guideline for the Management of Heart Failure<sup>2</sup>  
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## Which patients warrant extra vigilance for heart failure risk?

Patients who may be at risk for developing heart failure include those with:

- Poorly controlled hypertension
- Diabetes
- Known vascular disease

In addition, risk identification may serve as a wake-up call for patients of concern, e.g., those not adhering to medications or otherwise not following their treatment plan.

### HF biomarker testing from Quest Diagnostics<sup>3</sup>

Biomarker	Prevention	Diagnosis	Prognosis	Therapy guidance
BNP	++++	++++	++++	++
NT-proBNP	++++	++++	++++	++
sST2		+	++++	N/A

Consider BNP and NT-proBNP testing to help prevent heart failure in your at-risk patients.

**Trust Quest Diagnostics for your heart failure testing needs.** From testing to diagnosis and monitoring, we can support you and your patients across the continuum of care.

Test Name	Test Code	CPT Code(s)*
B-Type Natriuretic Peptide (BNP)	37386	83880
proBNP, N-terminal	11188	83880
Cardio IQ® ProBNP, N-terminal	91739	83880
Cardio IQ® ST2, Soluble	91823	83006

\* The CPT codes provided are based on AMA guidelines and are for informational purposes only. CPT coding is the sole responsibility of the billing party. Please direct any questions regarding coding to the payer being billed.



For more information, including cardiometabolic testing, contact your Quest Diagnostics representative or visit us at [QuestDiagnostics.com/Education](https://www.questdiagnostics.com/education).

#### References

1. Konstam MA. Home monitoring should be the central element in an effective program of heart failure disease management. *Circulation*. 2012;125:820-7
2. Yancy CW, et al. 2017 ACC/AHA/HFSA focused update of the 2013 ACCF/AHA guideline for the management of heart failure. *Circulation*. 2017;CIR.0000000000000509. doi: <https://doi.org/10.1161/CIR.0000000000000509>.
3. Adapted from van Kimmenade RRJ and Januzzi JL. Emerging biomarkers in heart failure. *Clin Chem*. 2012;58(1):127-138.

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