



Contents

Preface

v

1. Importance of Heart Rate in Health and Disease	1
<i>Dr. BK Mahala</i>	
Heart Rate and its Epidemiology	1
Regulation of HR and Significance of I_f Channel	3
Factors Affecting HR and HRV	9
Genetic Influences on HR and Longevity	16
High RHR and its Association with Adverse Clinical and CV Outcomes	19
2. Heart Rate—a Risk Marker or a Risk Factor	29
<i>Dr. CK Ponde</i>	
Resting Heart Rate (RHR) for Cardiovascular (CV) Risk Evaluation	29
High RHR and its Association with CV Risk Factors	35
High HR and its Impact on Established CVD	40
Evaluation of RHR as a CV Risk Factor	43
3. Heart Rate and Hypertension	50
<i>Prof. (Dr.) JC Mohan</i>	
Hypertension (HTN) and its Epidemiology	50
Heart Rate and its Relationship with BP	53
High RHR and its Significance in HTN	56
Management of High RHR in Patients with HTN	64
4. Heart Rate and Coronary Artery Disease (CAD)	77
<i>Prof. (Dr.) Monotosh Panja, Dr A Sreenivas Kumar</i>	
Epidemiology of CVD	77
Clinical Implications of Coronary Artery Disease (CAD) and Angina	79
High Resting Heart Rate and its Impact on CAD and Angina	82
Management of High RHR—Angina Perspective	87
Spectrum of Clinical Evidence with Ivabradine in CAD and Angina	96
Take Home Summary	103
5. Heart Rate and Heart Failure	108
<i>Dr. I Sathyamurthy, Dr. Rajeev Agrawala</i>	
Epidemiology of Heart Failure	108
Heart Failure (HR) Types and Clinical Course	113
High RHR and its Impact on HFrEF	118
Management of High RHR—HFrEF Perspective	122
Take Home Summary	137

6. Heart Rate and other Clinical Scenarios**143***Dr. Brian Pinto*

Heart Rate (HR) in other Cardiovascular (CV) and Non-CV Scenarios 143

HR Modulation in CVD Beyond CAD and HF with Reduced Ejection Fraction (HFrEF) 145

HR Modulation in Non-CV Conditions 161

Take Home Summary 168

Index

173