

THE H.U.B IS PROPOSING A SPECIAL DAY FOR HEART FAILURE SCREENING COMPLETE WITH AN INNOVATIVE TEST

Brussels, 14/05/2025 – The Brussels University Hospital (H.U.B) is organising a special heart failure screening day this Wednesday between 9 am and 4 pm in the main entrance hall of the Erasmus Hospital. This major initiative gives everybody the unique opportunity to benefit from a free test to measure their NT-pro BNP levels. This is a very specific blood biomarker that makes it possible to detect heart failure before the appearance of serious symptoms.

SEIZE THIS UNIQUE SCREENING OPPORTUNITY ON 14 MAY

On the occasion of Heart Failure Awareness Day, teams from the H.U.B.'s Pulmonary Hypertension and Heart Failure Clinic want to provide screening for all. The programme includes an information stand with information on the disease, on its impact on the quality of life of patients and on the medical treatment provided by the H.U.B, both first line and at home. **Visitors will also have the opportunity to benefit from comprehensive screening after first completing a form and taking a blood test for early detection of heart failure.** This test is not at present reimbursed by the INAMI (National Institute for Health and Disability Insurance) and will be available exclusively on this day at the H.U.B.

AN EARLY DIAGNOSIS SIGNIFICANTLY IMPROVES EFFECTIVE CARE

According to the Belgian Heart League, heart failure affects almost 240,000 people in Belgium with almost 15,000 new cases detected every year. Early detection of this disease is vital to ensure the right treatment for patients as heart failure is the principal cause of hospitalisation for people aged over 65.

“Clinical studies show that early detection of heart failure with the NT-pro BNP test makes it possible to identify patients who would otherwise not be diagnosed until the disease reaches an advanced stage. This early diagnosis is vital when you consider that the mortality rate 5 years after a heart failure diagnosis is as high as 50%,” explains Professor Jean-Luc Vachier, Director of the H.U.B's Pulmonary Hypertension and Heart Failure Clinic.

Patients with a positive NT-pro BNP test result will be able to benefit immediately, free of charge and without appointment, from further examinations carried out by specialists, including a heart ultrasound and electrocardiogram (ECG). The combination of these checks will make it possible to confirm or negate the diagnosis and to rapidly instigate the appropriate treatment if necessary. Early detection followed by appropriate treatment brings a considerable improvement in the quality of life of patients and a significant reduction in hospitalisations.

A CALL FOR TEST ACCESS FOR ALL PATIENTS

Through this screening day, the H.U.B's Pulmonary Hypertension and Heart Failure Clinic also wants to make the health authorities more aware of the vital importance of reimbursing the NT-pro BNP test.

“The epidemiological and economic data are clear: making this test available to all would not only make it possible to save lives due to the earlier diagnosis but also permit substantial savings for the health system by reducing considerably the number of hospitalisations related to heart failure,” adds Professor Vachier.

While awaiting a favourable decision on reimbursement for this test and in keeping with its public health mission, the Brussels University Hospital is proposing this unique opportunity for the population to benefit free of charge from this examination. The health professionals at the H.U.B therefore warmly invite members of the public to benefit from this unique opportunity on 14 May.

COMMUNIQUÉ DE PRESSE



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ABOUT THE BRUSSELS UNIVERSITY HOSPITAL

The H.U.B., the ULB's university hospital, has brought together the Jules Bordet Institute, the Erasmus Hospital and the Queen Fabiola Children's University Hospital (HUDERF) since 2021. Located in the heart of Brussels, it provides specialised, oncological and paediatric care to a high standard of excellence, combining research and training for the care staff of the future. With more than 6,000 staff, Brussels University Hospital embodies the values of serenity, inclusiveness, innovation and free examination.

The Jules Bordet Institute is the only integrated centre for the fight against cancer in Belgium. Recognised by the OEI, over the past 80 years it has pursued a threefold mission: care, research and teaching in the field of oncology. Since 2021, the Institute has been housed in an ultramodern building of 80,000 m² in Anderlecht, with 250 beds and a further 43 day hospitalisation beds.

The Erasmus Hospital is a general hospital with 1,048 beds that treats up to 30,000 hospitalised patients and provides 400,000 consultations a year. Its team of 4,000 professionals provides state-of-the-art care, supplemented by the Lothier Polyclinic and two specialised centres (the CTR and CRG).

They are both located on the Erasmus university hospital campus that includes the Faculty of Medicine, the Faculty of Motor Sciences and the School of Public Health (representing a total of 6,200 students).

The Queen Fabiola Children's University Hospital (HUDERF) is the only Belgian hospital dedicated to children and adolescents. In sparing no effort to ensure the well-being of its young patients, the hospital helps make them actors in their own development and to take up their place in society. Located in Laeken, the Huderf has 183 beds and provides 135,000 consultations and 36,000 emergency admissions every year as it pursues its mission of providing global and innovative care and treatment for its young patients by combining excellence, research and health education.