

Curriculum Vitae

Marco Metra, MD, FESC, FHFA

Application for the position of Counselor

Photo



Personal Information:

Place and Date of Birth: Parma, 13/9/1957

Nationality: Italian

Current Position and Professional Address

Full Professor of Cardiology. Vita – Salute San Raffaele University. Milan. Italy

Director of Cardiology. IRCCS San Raffaele Scientific Institute. Milan. Italy

Education and Postgraduate Training

November 1981: Degree in Medicine at University of Parma

1982-5: Post-graduate school of Cardiology at University of Parma

1986-90: Post-graduate school of Internal Medicine at University of Parma

1985: Research associate, Committee on Clinical Pharmacology, University of Chicago

European Society of Cardiology Activities

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| 2001-2007 | Nucleus member of the Heart Failure Association (former Working Group on Heart Failure) of the European Society of Cardiology (ESC) |
| 2004-06 | Secretary of the Heart Failure Association of the ESC |
| 2004-06 | Member of the Committee for Practice Guidelines (CPG) of the ESC |
| 2008-10, 2010-12 and 2020-22 | Member of the Congress Program Committee (CPC) of the ESC |
| 2015-2022 | <i>Ex-officio</i> member of the Board of the Heart Failure Association of the ESC as Editor-in-Chief of the European Journal of Heart Failure |
| Nov 2015-April 2024 | Editor-in-Chief of the European Journal of Heart Failure, official journal of the Heart Failure Association of ESC |
| 2019-2021 | Co-chairman with Prof. Theresa McDonagh of the 2021 ESC guidelines for the diagnosis and treatment of heart failure |
| 2022-2023 | Co-chairman with Prof. Theresa McDonagh of the 2023 focused update of the 2021 ESC guidelines for the diagnosis and treatment of heart failure |
| 2022-2024 | President-Elect of the Heart failure Association of ESC |
| 26 February – 2 September 2024 | Acting President of the Heart Failure Association of the ESC. |
| Since 2 September 2024 to 2026 | President of the Heart Failure Association of the ESC |

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| 2024 | Principal Investigator of Devising a personalized Risk stratification and holistic management for prevention of cognitive impairment in patients with different cardiovascular phenotypes: the DORIAN GRAY project. In collaboration with ESC. Call HORIZON-HLTH-2024-STAYHLTH-01-two-stage. Proposal number 101156266-1 with 250K allocated to ESC |
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Participation in Other International Scientific Committees

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| 1992-2000 | Secretary of the Lombardy section of the Italian Society of Cardiology |
| 2006-8 | President of the Lombardy section of the Italian Society of Cardiology |
| 2006-8 | President of the Study Group on Heart Failure of the Italian Society of Cardiology |
| 2010-12 and 2012-14 | Elected counsellor of the Executive Committee of the Italian Society of Cardiology |
| 2006 | Scientific reviewer for the Italian Medicines Agency (AIFA: Agenzia Italiana del Farmaco) |
| 2016 | Scientific Reviewer for The European Research Area Network on Cardiovascular Diseases (ERA-CVD) 1st Joint Transnational Call on Heart Failure Research (JTC2016, http://www.era-cvd.eu/256.php) |

Editorial Boards

| Journal | Role |
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| European Heart Journal – Valvular and Structural Heart Disease | Editor-in-Chief since August 2025 |
| European Journal of Heart Failure | Editor-in-Chief from 2015 to April 1 st 2024. Then, Senior consulting Editor |
| Journal of the American College of Cardiology | Senior consulting Editor for heart failure from May 2024 to August 2025 |

Leadership and Management Experience

Academic appointments

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| Jun 1986 – Oct 2001 | Researcher, Institute of Cardiology; University of Brescia |
| Nov 2001 -Dec 2015 | Associate Professor of Cardiology; University of Brescia |
| Dec 2015 – 30 Sept 2025 | Full Professor of Cardiology at the University of Brescia |
| Since 1 Oct 2025 | Full Professor of Cardiology Vita – Salute San Raffaele University. Milan |

Hospital activities

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| 2 Nov 2012 – 31 Sept 2025 | Director, Cardiology Institute of the Civil Hospital of Brescia |
| Since 1 Oct 2025 | Director, Clinical Cardiology, IRCCS San Raffaele Scientific Institute |

Grants: Coordinator of multiple grants, including DORIAN GRAY, call HORIZON-HLTH-2024-STAYHLTH-01-two-stage. Proposal number 101156266-1 Total amount for the project: 10,921,114 euros, 250K allocated to ESC

Clinical trials: member of Steering Committees, Executive Committees and Data Monitoring Board in multiple multicentre clinical trials

Fellowships and Honours

Fellow of the ESC since 2008 and Fellow of HFA of ESC since 2016

Top 10 Most Relevant Publications

1) McDonagh TA, **Metra M**, et al. 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure. Eur Heart J. 2021 Sep 21;42(36):3599-3726. **2)** McDonagh TA, **Metra M**, et al. 2023 Focused Update of the 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure. Eur Heart J. 2023 Oct 1;44(37):3627-3639. **3)** **Metra M**, Teerlink JR. Heart failure. Lancet. 2017 Oct 28;390(10106):1981-1995. **4)** **Metra M**, et al. Effect of serelaxin on cardiac, renal, and hepatic biomarkers in the Relaxin in Acute Heart Failure (RELAX-AHF) development program: correlation with outcomes. J Am Coll Cardiol. 2013 Jan 15;61(2):196-206. **5)** **Metra M**, et al. Effects of Serelaxin in Patients with Acute Heart Failure. N Engl J Med. 2019 Aug 22;381(8):716-726. **6)** **Metra M**, et al Worsening of chronic heart failure: definition, epidemiology, management and prevention. A clinical consensus statement by the Heart Failure Association of the European Society of Cardiology. Eur J Heart Fail. 2023 Jun;25(6):776-791. **7)** Riccardi M, ..., **Metra M**. Moderate Secondary Mitral Regurgitation: Evolving Evidence and Management Strategies. J Am Coll Cardiol. 2025 Sep 16;86(11):813-828. **8)** **Metra M**, et al. Evidence Generation and Implementation of Transcatheter Interventions for Atrioventricular Valvular Heart Disease in Heart Failure: Current Status and Future Directions. Circulation. 2025 May 6;151(18):1342-1363. **9)** Adamo M .. **Metra M**. NT-proBNP and high intensity care for acute heart failure: the STRONG-HF trial. Eur Heart J. 2023 Aug 14;44(31):2947-2962. **10)** Adamo M, ... **Metra M**. Impact of Transcatheter Edge-to-Edge Mitral Valve Repair on Guideline-Directed Medical Therapy Uptitration. JACC Cardiovasc Interv. 2023 Apr 24;16(8):896-905.

Major Research Interest

The research has always been focused on **heart failure**. First studies regarded the functional evaluation of the patients with chronic heart failure thorough **cardiopulmonary exercise testing and invasive hemodynamic monitoring**. Then, the focus shifted to the effects of **beta-blocker therapy** in patients with heart failure regarding their effects on exercise hemodynamics, differences between beta-blockers and the impact on clinical outcomes. These topics were assessed in single center mechanistic studies and in multicenter clinical trials. Inotropic drugs were also assessed both in single center mechanistic studies and in clinical trials that he coordinated. He then coordinated major trials for **treatment of acute heart failure** with a major focus on kidney and, in general, end-organ protection (see refs. 4 and 5 above). More recently, according also to the changing epidemiology of heart failure, his research broadened to **valvular heart disease**, namely atrio-ventricular valves, with papers focused on methodological aspects for clinical trials and on the role of medical treatment, both before and after transcatheter procedures.(see refs. 7,8, 10 above)

His research was soon characterized by a strong contribution to the **ESC activities**. He coordinated the first position paper on the definition of advanced heart failure and its later update, as well as many position papers on different major areas of heart failure (see ref. 6 above as an example of highly cited document). His commitment was crowned by the coordination of the **2021 ESC guidelines on heart failure** and their 2023 update (refs. 1 and 2 above) and continued thereafter with multiple ESC consensus documents.