

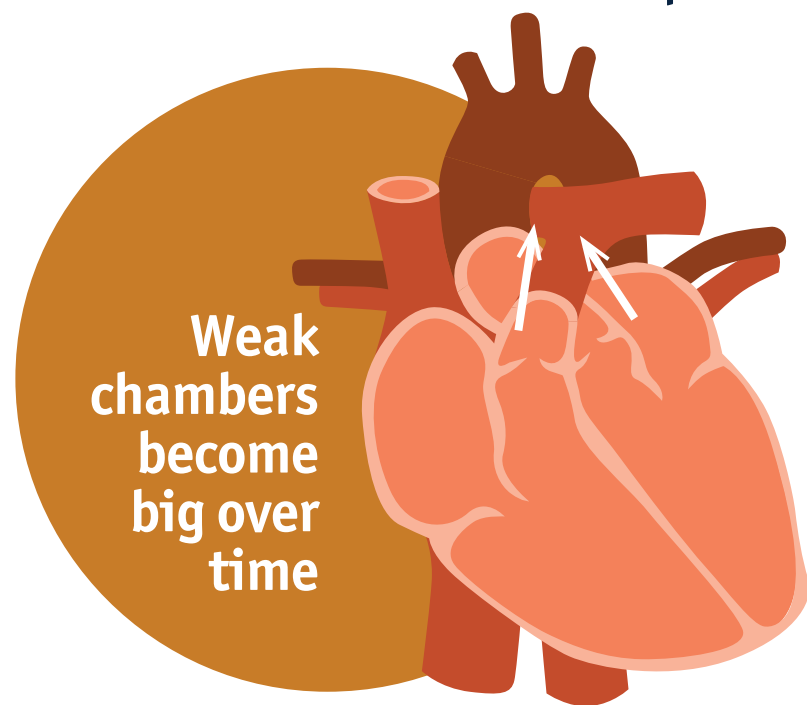
What is Heart Failure?

Heart failure is a **problem with how your heart pumps.**

There are several types of heart failure:

- You can move between these types.
- Treatment is important, even if symptoms improve.

Ejection fraction (EF) is a measure of how much blood your heart is pumping out with each beat.



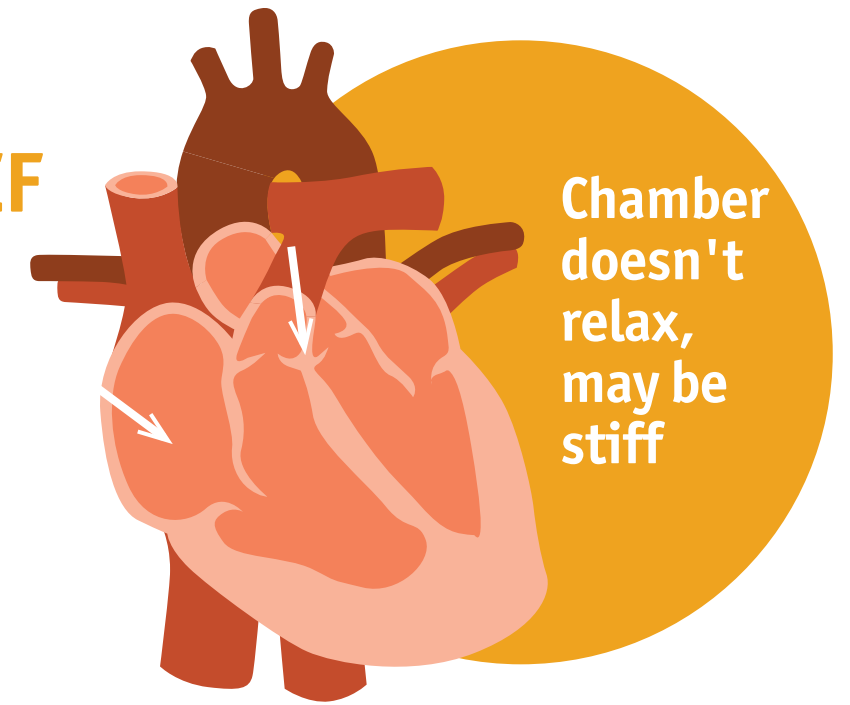
Reduced EF (HFrEF)

The heart can't pump or squeeze enough blood out to the body.

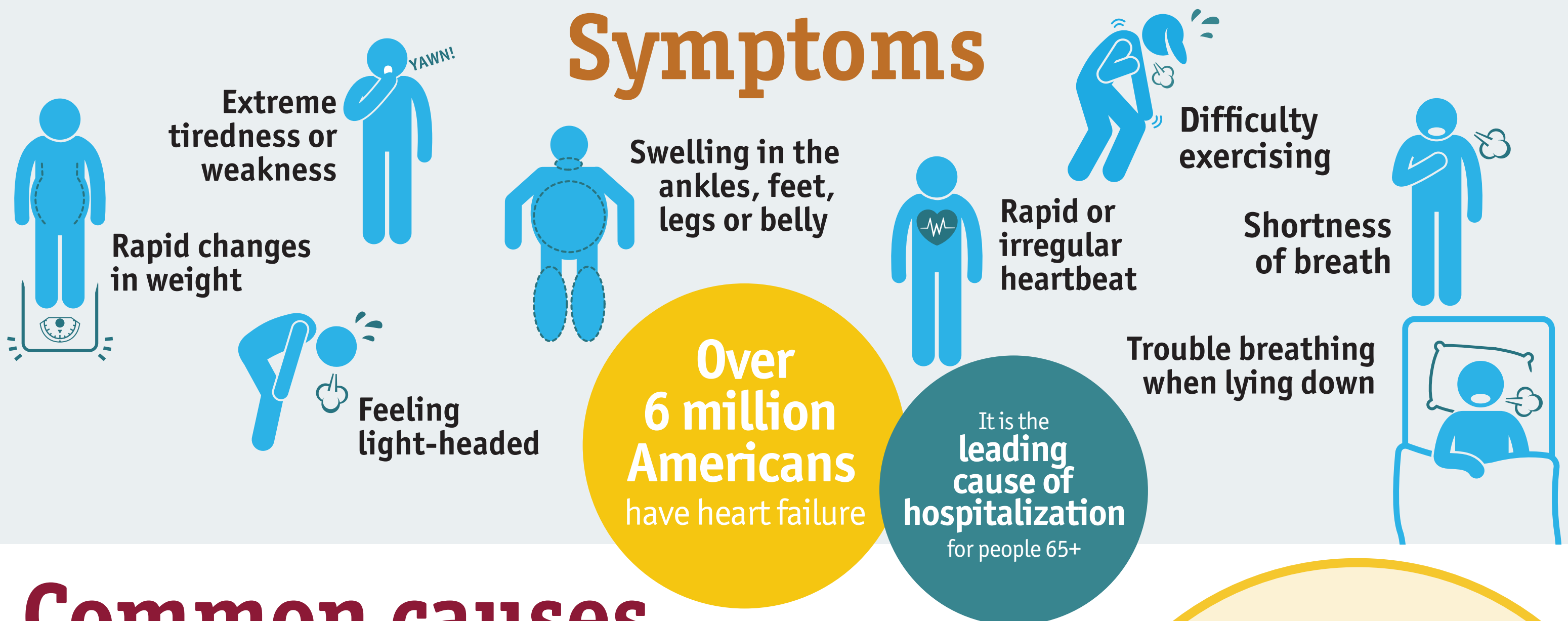
EF can also be **mildly reduced** or **improved**.

Preserved EF (HFpEF)

The heart can't fill with enough blood.

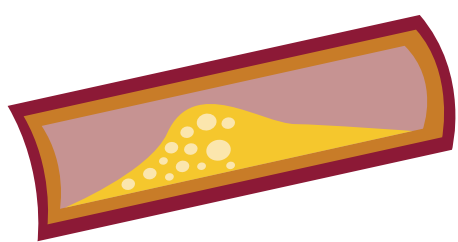


Symptoms

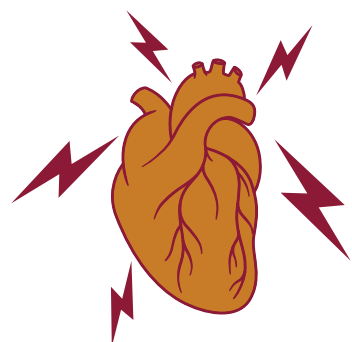


Common causes

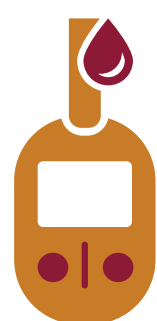
Coronary artery disease



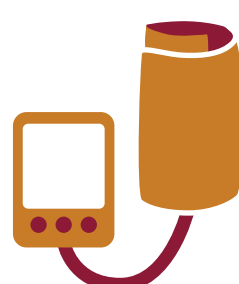
Heart attack



Diabetes



High blood pressure



Heart rhythm disorders



Also:

- Heart inflammation
- Valve problems
- Congenital heart problems
- Obesity
- Some cancer treatments

For more information, visit [CardioSmart.org/HeartFailure](https://www.cardiosmart.org/HeartFailure)

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