## What is Heart Failure?



**Ejection fraction (EF)** 

is a measure of how

much blood your heart

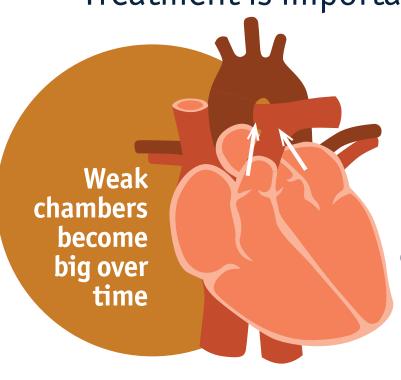
is pumping out with

each beat.

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

#### There are several types of heart failure:

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



### **Reduced EF** (HFrEF)

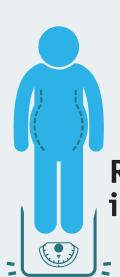
The heart can't pump or squeeze enough blood out to the body.

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

### **Preserved EF** (HFpEF)

The heart can't fill with enough blood.





**Extreme** tiredness or weakness

**Rapid changes** in weight

> **Feeling** light-headed

Symptoms



**Over** 6 million **Americans** have heart failure

Rapid or irregular heartbeat

It is the

for people 65+

**Difficulty** exercising

**Shortness** of breath

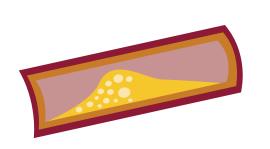
**Trouble breathing** when lying down

leading cause of hospitalization



### 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

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