### What is Heart Failure?



**Ejection fraction (EF)** 

is a measure of how

much blood your heart

is pumping out with

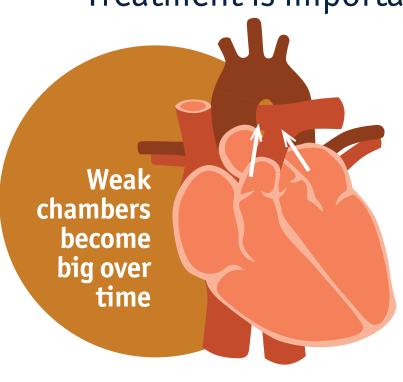
each beat.

# Heart failure is a problem

#### with how your 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)

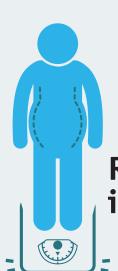
The heart can't pump or squeeze enough blood out to the body.

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

Swelling in the

ankles, feet,

legs or belly

Over 6 million

Americans
have heart failure



Rapid or

Rapid or irregular heartbeat

exercising Shortness

**Difficulty** 

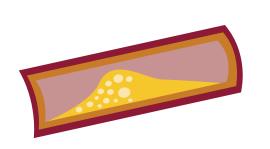
of breath

Trouble breathing when lying down



## Common causes

Coronary artery disease



**Heart attack** 



**Diabetes** 



High blood pressure



Heart rhythm disorders

It is the

leading

cause of hospitalization

for people 65+



#### Also:

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

For more information, visit CardioSmart.org/HeartFailure

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