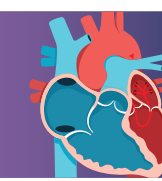


Heart Failure With Preserved Ejection Fraction (HFpEF)

**TRANSFORM
HF CARE**



HFpEF is a type of heart failure.

The heart's ability to squeeze and pump blood is normal ("preserved"). But **the heart doesn't relax properly**, and the muscle may be stiff.

HFpEF is a very common form of heart failure.

It affects more than the heart. People with HFpEF often have **5+ other medical conditions.**

The good news? HFpEF can be treated. New therapies are being identified, studied, and approved for use.

Main pumping chamber (left ventricle) can't fill with enough blood to meet the body's needs, causing symptoms

What HFpEF feels like

Most people find it **difficult to exercise or be active.**



Shortness of breath



Swelling in the legs



Tiredness



Fluttering heartbeat, skipped beats

Unexpected weight gain



Your treatment plan should be tailored to your needs and other health conditions.

Treatment

Treatments can help you feel better, stay out of the hospital, and live longer. They include:



Taking a combination of medicines

- Diuretics (water pills), if needed
- SGLT2 inhibitors (dapagliflozin, empagliflozin)

Plus, for some:

- ARNI (sacubitril/valsartan)
- MRA (spironolactone)
- ARB (candesartan, losartan, valsartan)
- nsMRA (finerenone)–recently FDA approved
- Anti-obesity medications if overweight



Managing other health conditions

that can cause HFpEF or make it worse

- Unhealthy weight
- Type 2 diabetes
- Atrial fibrillation
- High blood pressure
- Kidney disease
- Sleep apnea



Making healthy choices

- Stay active
- Maintain a healthy weight
- Eat low-sodium foods
- Don't smoke or vape

For more information, visit **CardioSmart.org/HeartFailure**
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