

What is HEART FAILURE?

A **PROBLEM** with **HOW YOUR HEART PUMPS.**

▶ SYSTOLIC HEART FAILURE
The heart can't pump or squeeze enough blood out to the rest of the body.

Weak chambers become big over time

▶ DIASTOLIC HEART FAILURE
The heart can't fill with enough blood.

Stiff chambers fill with less blood than usual

What are the SYMPTOMS?

- Extreme tiredness or weakness
- Rapid changes in weight
- Swelling in the ankles, feet, legs or tummy
- Feeling light-headed
- Rapid or irregular heartbeat
- Shortness of breath

What are COMMON CAUSES?

- Heavy alcohol or drug use
- High blood pressure
- Diabetes
- Family history
- Heart rhythm disorders

- Valve problems
- Heart attack
- Congenital heart problems
- Sleep apnea

Over 6 million Americans have heart failure

It is the leading cause of hospitalization for people 65+

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

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

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