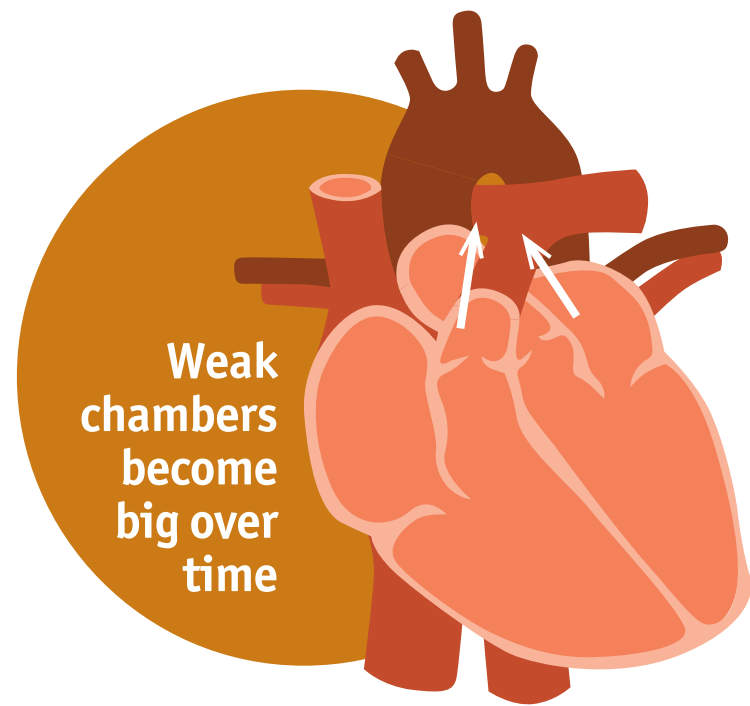


What is HEART FAILURE?

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

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

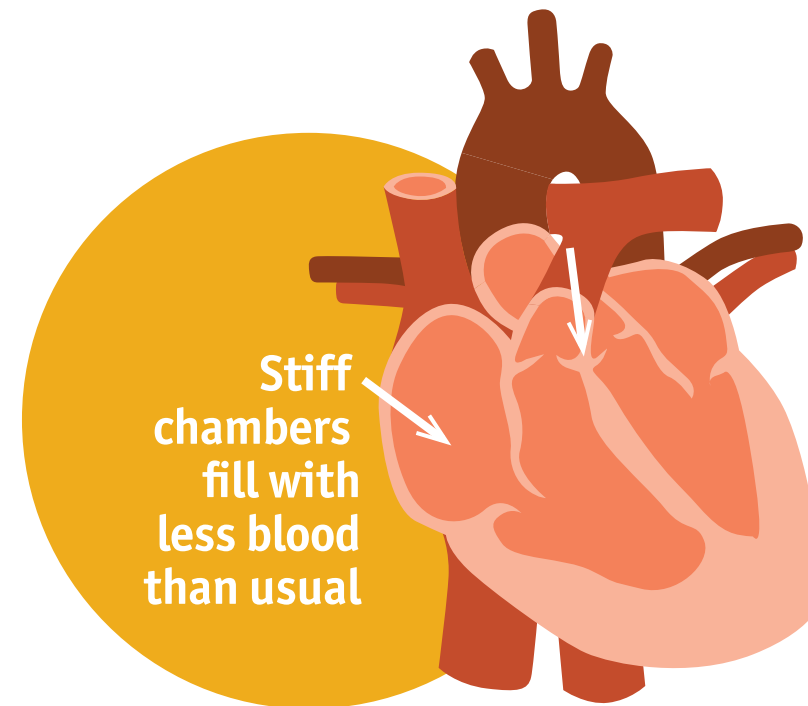
There are two main types of heart failure:



Weak chambers become big over time

REDUCED EJECTION FRACTION

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

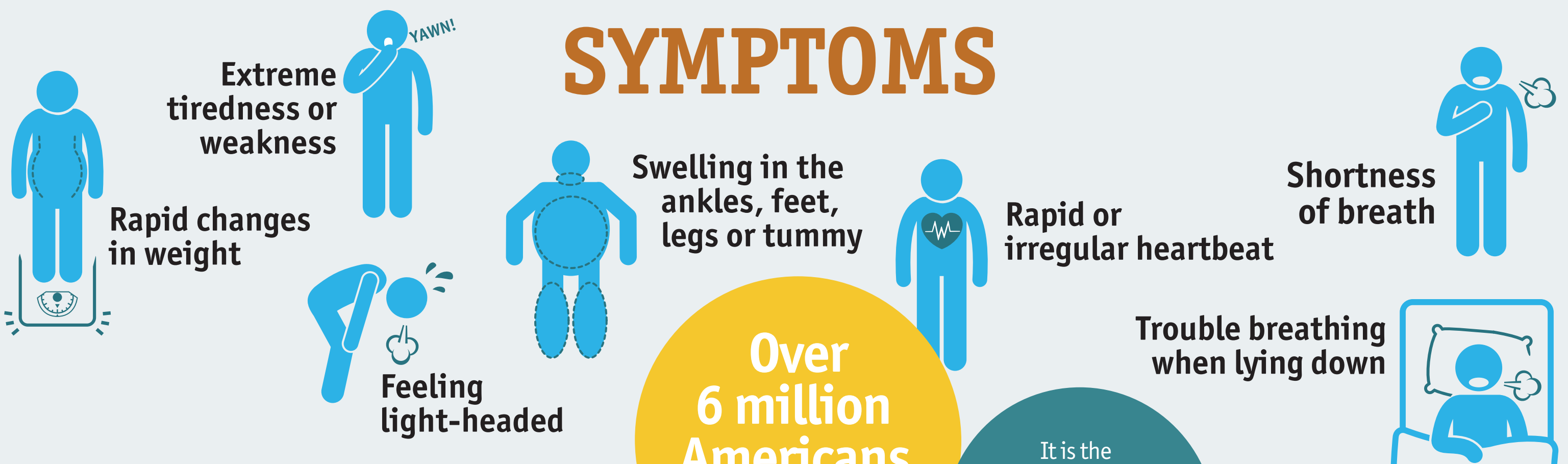


Stiff chambers fill with less blood than usual

PRESERVED EJECTION FRACTION

The heart can't fill with enough blood.

SYMPTOMS

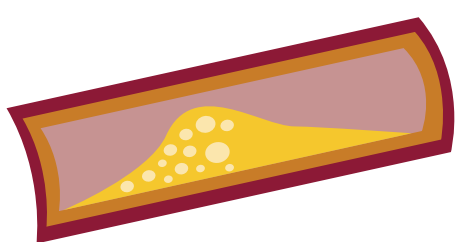


Over 6 million Americans have heart failure

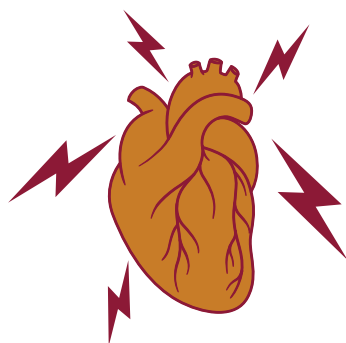
It is the leading cause of hospitalization for people 65+

COMMON CAUSES

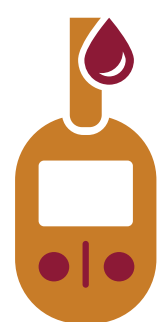
Coronary artery disease



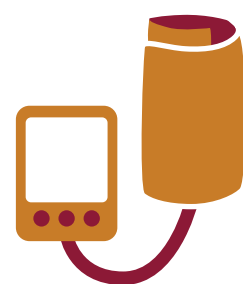
Heart attack



Diabetes



High blood pressure



Heart rhythm disorders



- 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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