HEART FAILURE

What is HEART FAILURE?

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

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

What are the SYMPTOMS?

Extreme tiredness/ fatigue
Fast weight gain
Weakness
Swelling in the ankles, feet, legs, abdomen and neck
Rapid or irregular heartbeat

Almost 6 million Americans have heart failure

What are the CAUSES?

High blood pressure
Diabetes
Kidney problems
Heavy alcohol or drug use

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

For more information, visit CardioSmart.org/HeartFailure