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.

Enlarged ventricles fill with blood

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

Stiff ventricles fill with less blood than usual

What are the SYMPTOMS?

Extreme tiredness/fatigue

Shortness of breath

Fast weight gain

Rapid or irregular heartbeat

Weakness

Swelling in the ankles, feet, legs, abdomen and neck

Almost 6 million Americans have heart failure

It is the leading cause of hospitalization for people 65+

What are the CAUSES?

Diabetes

High blood pressure

Heavy alcohol or drug use

Kidney problems

• Arrhythmia

• Congenital heart problems

• Heart attack

• Heart muscle/valve problems

• Infection

• Stress-induced cardiomyopathy

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

For more information, visit CardioSmart.org/HeartFailure

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