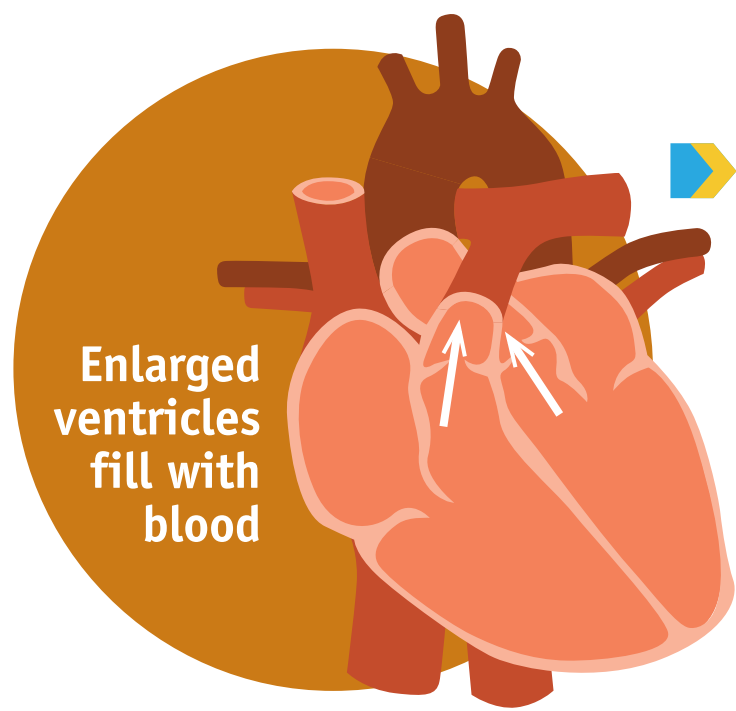


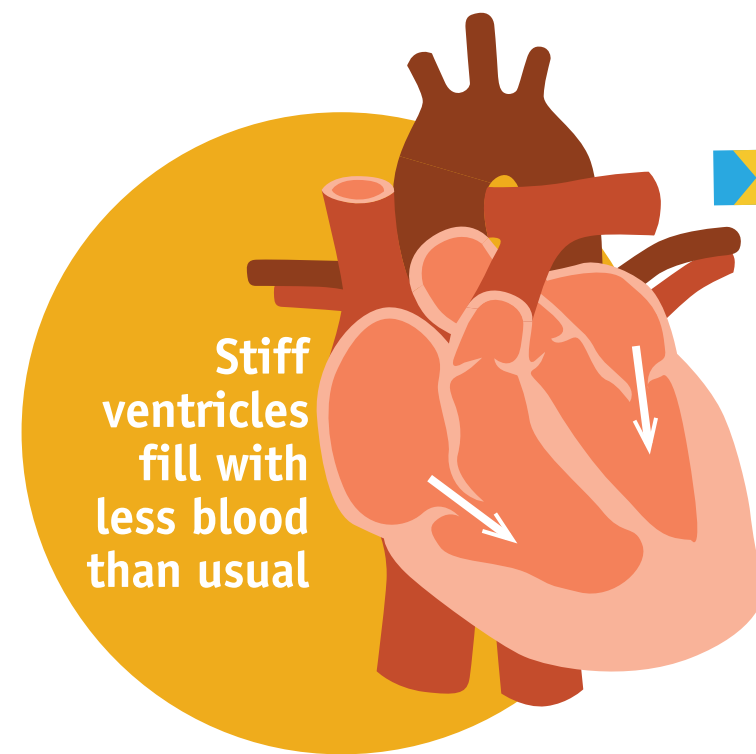
## What is HEART FAILURE?

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



Enlarged ventricles fill with blood

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

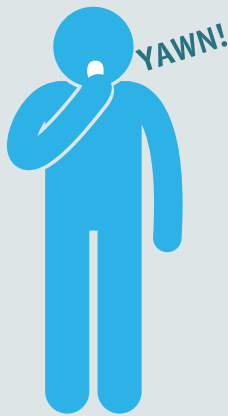


Stiff ventricles fill with less blood than usual

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

## What are the SYMPTOMS?

Extreme tiredness/fatigue



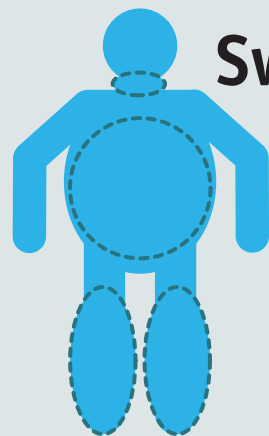
Shortness of breath



Fast weight gain



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



Rapid or irregular heartbeat



Weakness



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](http://CardioSmart.org/HeartFailure)

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