HEART FAILURE

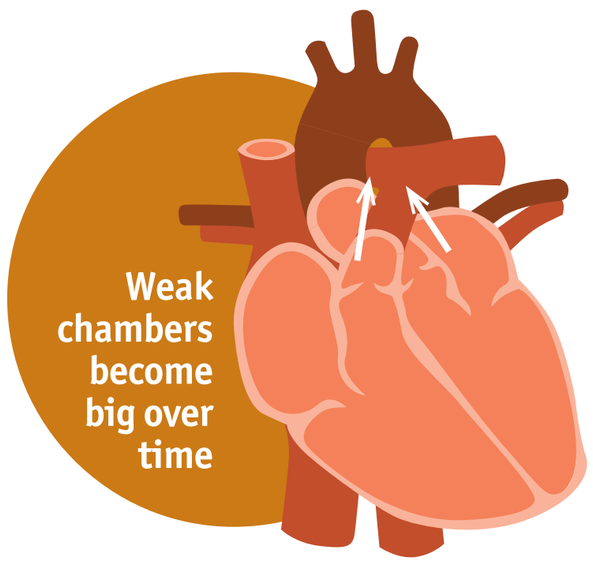
CardioSmart
American College of Cardiology

What is HEART FAILURE?

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

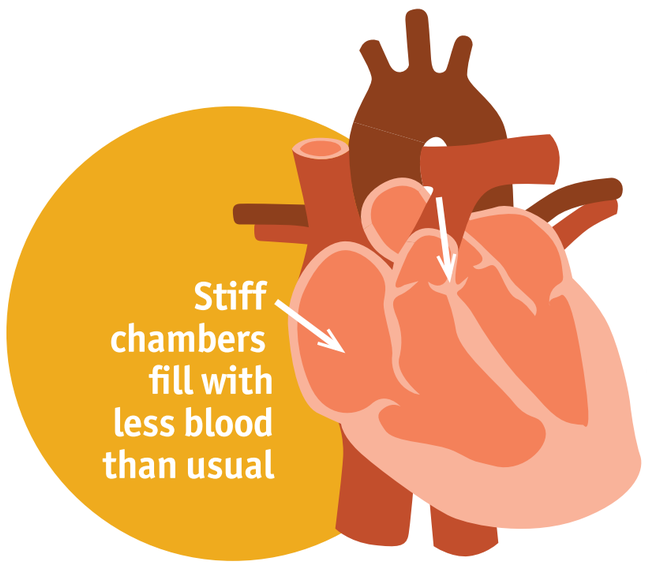
Ejection fraction is a measure of how much blood your heart is pumping out with each beat.

There are two main types of heart failure:



REDUCED EJECTION FRACTION

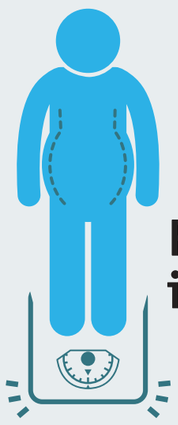
The heart can't pump or squeeze enough blood out to the body.



PRESERVED EJECTION FRACTION

The heart can't fill with enough blood.

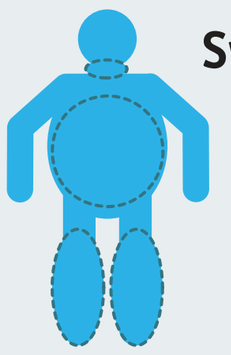
SYMPTOMS



Rapid changes in weight

Extreme tiredness or weakness

Feeling light-headed



Swelling in the ankles, feet, legs or tummy

Rapid or irregular heartbeat

Shortness of breath

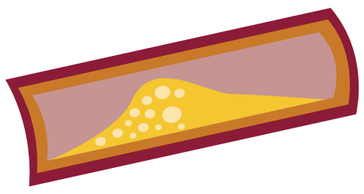
Trouble breathing when lying down

Over 6 million Americans have heart failure

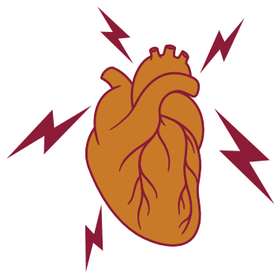
It is the **leading cause of hospitalization** for people 65+

COMMON CAUSES

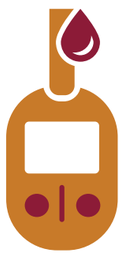
Coronary artery disease



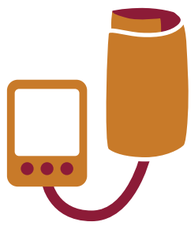
Heart attack



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*

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