

What is heart failure?

Our bodies need oxygen and nutrients in the blood to function properly. Heart failure develops when the heart cannot pump enough blood for the body's needs. It does not mean the heart has stopped working. Heart failure is a chronic condition that can get worse over time. With heart failure, the heart becomes enlarged and gets weaker over time.

Heart failure can affect different people in different ways. For some people, their hearts cannot fill with enough blood. For others, their hearts do not have the power to pump enough blood throughout the body. Most people with heart failure have both of these problems.

There is no known cure for heart failure, but it can be managed. Treatment may include a combination of heart failure medicines and lifestyle changes. You can learn more about heart failure and talk to your healthcare provider about what you can do.

What are some of the symptoms of heart failure?

- People with heart failure may feel tired and short of breath.
- Climbing stairs, walking, and some other daily activities may be difficult for them.
- Some people get swelling in their feet, ankles, legs, liver, stomach, and veins in their necks.

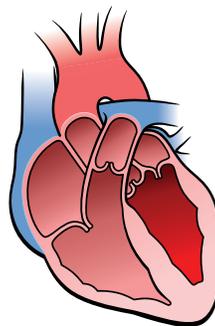
What causes heart failure?

Some of the most common causes of heart failure are:

- Coronary heart disease (CHD)
- High blood pressure
- Diabetes

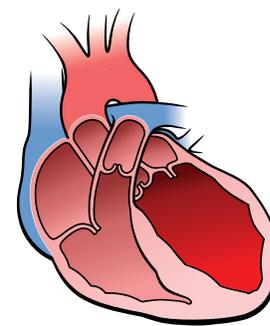
How does the heart change with heart failure?

- **Heart Muscle Thickens**
As the heart muscle gets weaker, its walls may start to get thicker. This is called **dilated cardiomyopathy (DCM)**.
- **Heart May Pump Faster**
Also, as the heart gets weaker, it may start to pump faster in an attempt to get more blood out.



NORMAL HEART

A healthy heart pumps oxygen-rich blood (red) throughout your body.



ENLARGED HEART

In heart failure, the weakened heart cannot pump as strongly.

Talk to your healthcare provider about a treatment plan to help manage heart failure.



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