

# Heart Failure

## What is Heart Failure?

- Progressive clinical Syndrome, that results from functional or structural dysfunction of ventricular filling or blood ejection
- Ejection Fraction may be preserved or decreased
- Can affect right heart, left heart, or both
- Initially, the heart tries to compensate its reduced function
- Signs and Symptoms develop when this compensation is not sufficient anymore

## Signs & Symptoms

- Shortness of breath
- Fatigue
- Peripheral edema
- Weight gain
- Lightheadedness

## Causes

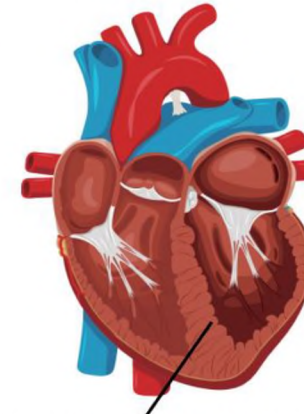
- Coronary Artery Disease (MI)
- Arterial Hypertension
- Cardiomyopathy
- Valvular Heart Disease
- Renal Disease
- Cardiac Arrhythmias
- Myocarditis / Pericarditis

## How to reduce your Risk

- Exercise
- Maintain healthy body weight
- Healthy diet
- Manage your cholesterol
- Control your blood pressure
- Quit smoking
- Manage diabetes

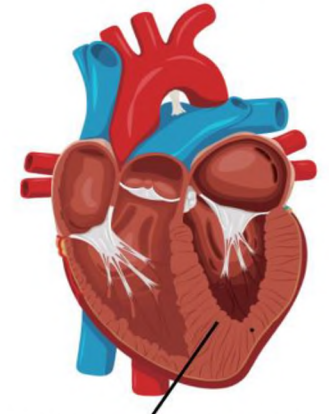
Normal vs. Congestive Heart

Normal heart



Normal ventricular chambers

Congestive heart



Thickening of the ventricular chambers and smaller filling capacity and ejection of blood