

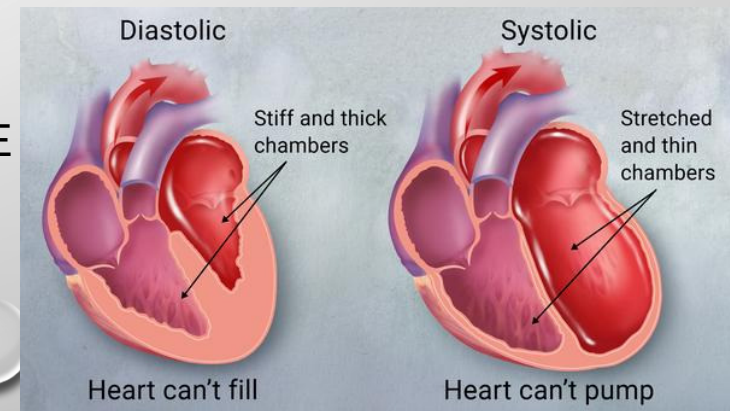
The background of the slide is a light gray gradient. It is decorated with several realistic water droplets of various sizes and shapes, scattered across the top and bottom edges. The droplets have highlights and shadows, giving them a three-dimensional appearance.

WHAT IS HEART FAILURE

WHAT YOU SHOULD KNOW


WHAT IS HEART FAILURE?

- HEART FAILURE IS A PROBLEM WITH HOW YOUR HEART PUMPS.
- THERE ARE TWO MAIN TYPES
 - SYSTOLIC HEART FAILURE
 - WHEN THE HEART CANNOT PUMP OR SQUEEZE ENOUGH BLOOD OUT TO THE REST OF THE BODY
 - DIASTOLIC HEART FAILURE
 - WHEN THE HEART CANNOT FILL WITH ENOUGH BLOOD
- ALMOST 6 MILLION AMERICANS HAVE HEART FAILURE
- HEART FAILURE IS THE LEADING CAUSE OF HOSPITALIZATIONS FOR PEOPLE OVER 65.





WHAT ARE THE SYMPTOMS?

- EXTREME TIREDNESS AND FATIGUE
 - RAPID WEIGHT GAIN
 - 2–3 POUNDS IN ONE NIGHT OR 5 POUNDS IN A WEEK
 - WEAKNESS
 - SWELLING IN THE ANKLES, FEET, LEGS, ABDOMEN, AND NECK
 - SHORTNESS OF BREATH
 - RAPID OR IRREGULAR HEARTBEAT
 - PERSISTENT DRY, HACKING COUGH
 - SLEEPING PROBLEMS
 - UNABLE TO LIE FLAT OR NEEDING EXTRA PILLOWS TO BREATHE
 - DIZZINESS OR LIGHTEADEDNESS
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WHAT ARE THE CAUSES?

- HIGH BLOOD PRESSURE
- HEAVY ALCOHOL OR DRUG USE
- SMOKING
- DIABETES
- KIDNEY PROBLEMS
- ARRHYTHMIAS
- CONGENITAL HEART PROBLEMS
- HEART ATTACK
- HEART MUSCLE/VALVE PROBLEMS
- STRESS-INDUCED CARDIOMYOPATHY
- INFECTION



WHAT ARE THE TREATMENTS?

- LIFESTYLE MODIFICATIONS INCLUDING DIET AND EXERCISE
 - LOW SALT, RESTRICTED FLUID INTAKE
- MEDICATIONS THAT HELP REDUCE STRAIN ON THE HEART OR IMPROVE HEART FUNCTION
- IN SOME CASES, AN IMPLANTED PACEMAKER OR DEFIBRILLATOR MAY BE NECESSARY.

