

What Is Congestive Heart _____ Failure ?



Definition

What Is Congestive Heart Failure?



Congestive heart failure is a long-term condition that happens when your heart can't pump blood well enough to give your body a normal supply. Blood and fluids collect in your lungs and legs over time.

There is two kinds of congestive heart failure: Systolic heart failure caused by failure of the pump to pump and diastolic heart failure causedby failure of the heart to relax.

Presentation

How Does Conjestive Heart Failure Present?



Shortness of breath, Waking up short of breath at night.

Chest pain, Heart palpitations.

Fatigue. Need to urinate while resting at night.

Swelling in your ankles, legs and abdomen. Weight gain. A full (bloated) or hard stomach.

Causes

What Are The Causes Of Congestive Heart Failure?



High blood pressure.

Arrhythmia.

Kidney disease.

Obesity.

Tobacco and recreational drug use.

Alcohol use.

Medications such as cancer drugs.

Coronary artery disease and/or heart attack.

Cardiomyopathy (genetic or viral)

Heart issues present at birth (congenital heart disease).

Diabetes.

Heriditary cuases

Sodium

What Are The Risk Factors For Conjestive Heart Failure?



Being older than 65 years or having a family history of heart failure.

Using tobacco products, cocaine or alcohol.

Having an inactive lifestyle (sedentary).

Eating foods that have a lot of salt and fat.

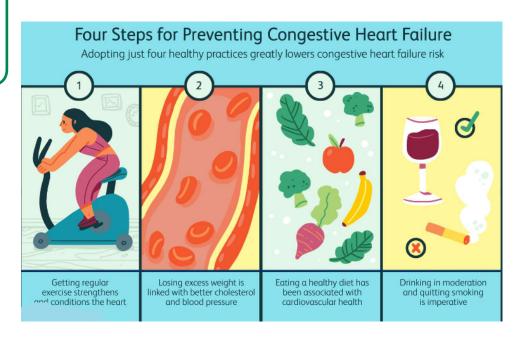


High blood pressure. Coronary artery disease. History of heart attack.

Prevention

How Do We Prevent Conjestive Heart Failure?







How Do We Manage Conjestive Heart Failure?



Congestive Heart Failure



General Measures

- Treat underlying cause or precipitating factors
- Diet modifications
 - · Sodium restriction
- Possible fluid restriction
- Adequate rest
- · Mild exercise
- · Alcohol/Smoking cessation
- · Adequate oxygen

Vaccines, wellness checks

Medications

Treatment

- Wedication
- Diuretics
- · ACE Inhibitors
- Angiotensin Receptor Blockers (ARBs)
- Beta Blockers
- · Cardiac Glycosides

Surgical

- Revascularization
- · Angioplasty, CABG
- · Valve Repair/Replacement

Device Therapy

- Cardiac Resynchronization (CRT)
- Biventricular pacing
- Implantable Cardioverter
 Defibrillator (ICD)
 - To reduce incidence of cardiac death seen
- Ventricular Assisted Devices (VAD)
- Often used as a bridge while waiting for definitive therapy

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