

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 caused by 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.
Hereditary cuases

Sodium



What Are The Risk Factors For Conjestive Heart Failure ?

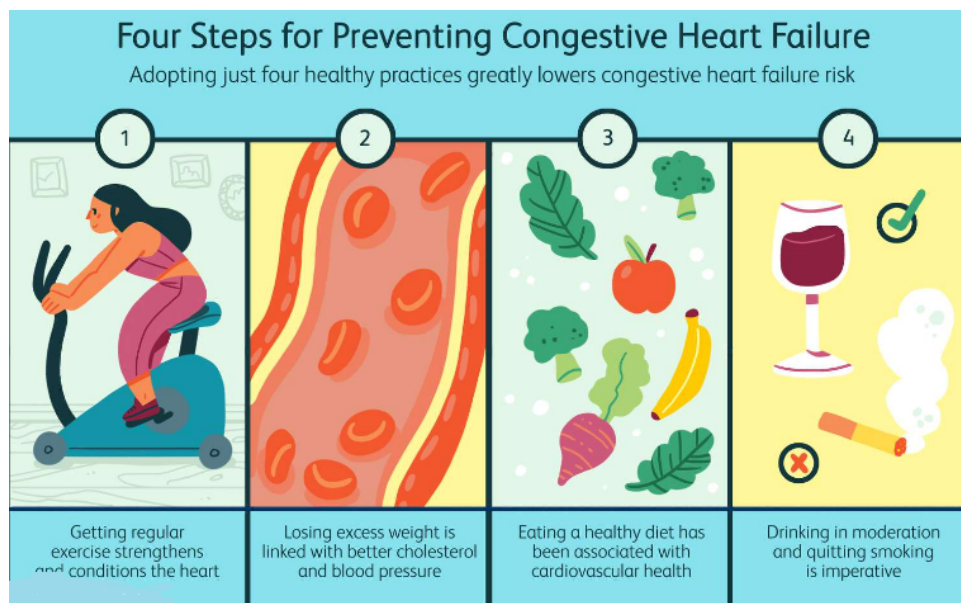
Being older than 65 years or having a family history of heart failure.
Using tobacco products, cocaine or alcohol.
Having an inactive lifestyle (sedentary).
Eating foods that have a lot of salt and fat.

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

Prevention



How Do We Prevent Congestive Heart Failure ?



Treatment



How Do We Manage Congestive Heart Failure ?

