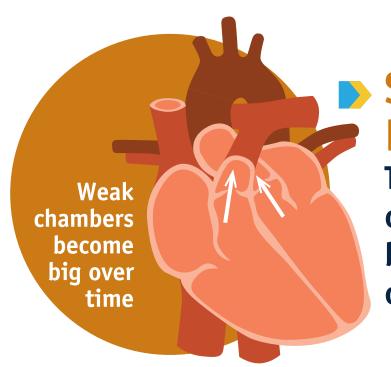
HEART FAILURE

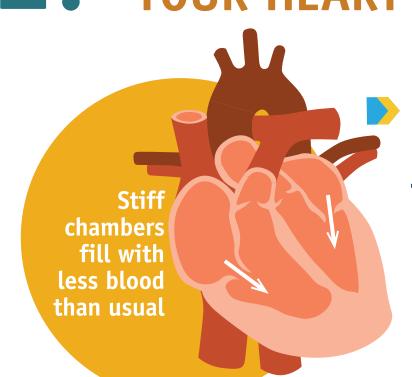


What is HEART FAILURE? A PROBLEM with HOW YOUR HEART PUMPS.



SYSTOLIC HEART FAILURE

The heart can't pump or squeeze enough blood out to the rest of the body.



DIASTOLIC HEART FAILURE

The heart can't fill with enough blood.





What are the **SYMPTOMS?**





Shortness of breath

Rapid or irregular heartbeat





Diabetes

Feeling light-headed



Over 6 million Americans have heart failure

It is the leading cause of hospitalization for people 65+

Family history



- Valve problems
- Heart attack
- Congenital heart problems
- Sleep apnea

Fam



Heart rhythm disorders

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit *CardioSmart.org/HeartFailure*



High blood

pressure