

DISCLAIMER

All materials provided are for information only and do not necessarily reflect the views or positions of Riverside County Medical Association (RCMA) nor do they necessarily represent or create a standard of care with respect to the practice of medicine. If you have questions, please direct those questions to the original source and authors of those materials who did the research and writing.



Heart Failure

By: David Horner, MD & Jerry Hizon,
MD



Heart failure

- Complex syndrome that results in impairment of the heart as a pump
- Decreased exercise tolerance
- Shortness of breath
- Edema in the legs



Causes of heart failure

- High blood pressure
- Diabetes
- Metabolic Syndrome
- Coronary artery disease
- Sleep apnea
- Dysfunctional valves
- Rare infections
- Alcoholism, cocaine, medications



Diagnoses of heart failure

- Clinical diagnosis
- EKG and labs (BNP)
- Echocardiogram or heart scan
- Reduced ejection fraction (exit)
- Preserved ejection fraction(enter)
- Classes 1-4 base on symptoms
- Stages A-D base on heart disease



Treatment of heart failure

- Smoking cessation
- Salt restriction
- Moderate, not vigorous exercise
- Fluid restriction for severe disease
- Close management of health problems that caused the heart failure or make it worse
- Avoid NSAIDS
- ACE/ARBs
- Daily aspirin
- Beta blockers
- Statin medication
- Diuretics
- Spironolactone
- Digoxin or pacemaker
- Omega-3 fatty acids and heart healthy diet

