

# Understanding Heart Failure with Preserved Ejection Fraction (HFpEF)

**-26 million people** worldwide suffer from heart failure, a complex condition where the heart cannot pump and/or fill properly<sup>1,2,3</sup>

There are two distinct types, with half of patients (~13 million) suffering from each<sup>1,3,4</sup>:



**preserved**  
ejection  
fraction  
(HFpEF)



**reduced**  
ejection  
fraction  
(HFrEF)

**HFpEF** occurs when the heart contracts and pumps normally, but its bottom chambers are thickened and stiff and can't expand to fill with enough blood<sup>1,4</sup>



- Rates of heart failure, and specifically HFpEF, are **INCREASING**<sup>3</sup>
- It is expected that by 2020, 65% of patients **HOSPITALIZED FOR HEART FAILURE WILL HAVE HFpEF**<sup>5</sup>

## Symptoms

- Symptoms of heart failure are often non-specific, so it may be confused with other conditions<sup>6,7</sup>
- Symptoms also may not be present in the early stages<sup>6</sup>



Among people 65+ experiencing breathlessness on exertion, **1 in 6 will have unrecognized heart failure (mainly HFpEF)**<sup>1</sup>

**Symptoms can affect daily life, worsen over time and include<sup>7</sup>:**



Shortness of breath



Coughing or wheezing



Swollen limbs due to fluid build-up



Nausea



Fatigue and weakness



Lack of appetite



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## Risk Of Developing HFpEF

**While HFpEF can affect anyone, certain factors place people at greater risk<sup>5,8</sup>:**

- High blood pressure
- Obesity
- Prior heart attack
- Hypertension
- Diabetes
- Metabolic Syndrome

**Women** are disproportionately affected by HFpEF<sup>8</sup>

The risk of developing HFpEF **increases with age<sup>8</sup>**

## Impact of HFpEF

### On patients & caregivers :

**People with HFpEF are frequently hospitalized and often lead shorter, more restricted lives<sup>5</sup>.** They may experience a lower quality of life than in many other chronic diseases<sup>5,9,10</sup>.

Living with HFpEF can also be difficult for patients' support networks. In a study, **caregivers of people with heart failure reported moderately poor physical and emotional health-related quality of life<sup>11</sup>.**

### On society:

**The global economic burden of heart failure is estimated at \$108 billion annually**, with expensive HFpEF hospitalizations driving costs<sup>12</sup>.

## Managing HFpEF

HFpEF is a complex and challenging condition to manage, but **there are steps people living with this disease can take**, including<sup>13</sup>:

- Visiting a cardiologist
- Monitoring symptoms closely and alerting a doctor of changes or worsening early on
- Eating a low-salt diet, maintaining a healthy body weight and participating in appropriate physical activity



**Effective therapies are needed to improve outcomes, reduce hospitalizations and lower associated costs.**

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