

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^{1,2,3}

There are two distinct types, with half of patients (~13 million) suffering from each^{1,3,4}:



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^{1,4}



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

Symptoms

- Symptoms of heart failure are often non-specific, so it may be confused with other conditions^{6,7}
- Symptoms also may not be present in the early stages⁶



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

Symptoms can affect daily life, worsen over time and include⁷:



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^{5,8}:

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

Women are disproportionately affected by HFpEF⁸

The risk of developing HFpEF **increases with age⁸**

Impact of HFpEF

On patients & caregivers :

People with HFpEF are frequently hospitalized and often lead shorter, more restricted lives⁵. They may experience a lower quality of life than in many other chronic diseases^{5,9,10}.

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 life¹¹.**

On society:

The global economic burden of heart failure is estimated at \$108 billion annually, with expensive HFpEF hospitalizations driving costs¹².

Managing HFpEF

HFpEF is a complex and challenging condition to manage, but **there are steps people living with this disease can take**, including¹³:

- 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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