


What should I know about the different types of heart failure?

Heart failure is a chronic, progressive condition where the heart cannot pump enough blood to support the body's need for blood and oxygen.^{1,2}

Prevalence of heart failure has been increasing worldwide.³


Yet, many people don't understand the details of heart failure, or that it **can affect the structure of the heart in 2 ways**, with about half of patients suffering from each type.³

Heart failure with reduced ejection fraction



occurs when the lower left chamber of the heart, the main pumping chamber, is **stretched and weakened**.⁴

Heart failure with preserved ejection fraction

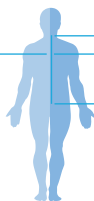


occurs when the heart contracts and pumps normally, but its bottom chambers are **thickened and stiff** and can't expand to fill with enough blood.⁴

How does heart failure affect the body?

Regardless of type, heart failure can worsen over time and lead to hospitalization and even death.¹

When HFrEF leads to death, it's usually related to a cardiovascular event⁵



but with HFpEF, there are more varied causes, potentially involving multiple organ systems⁵

HFpEF and HFrEF share symptoms

Heart failure symptoms are often **non-specific**, which may cause delays in diagnosis.⁴ Symptoms may **range from mild to severe, and may change over time**.⁴



Shortness of breath (dyspnea)



Fatigue and weakness



Nausea



Swollen limbs due to build-up of fluid (edema)



Coughing or wheezing



Loss of appetite

Appropriate heart failure treatment is needed

A goal of heart failure management is to keep patients out of the hospital.

HF_rEF

treatment options are available, and leading cardiology societies have developed treatment guidelines.^{6,7}

HF_pEF

is becoming the predominant type of heart failure and **has no specific treatments**, though new medicines are in development.^{2,8}

It's important to take certain steps, regardless of heart failure type⁹



Monitor symptoms closely and alert your doctor if they or any of your functioning worsens early on



Participate in appropriate exercise activity



Maintain a low-salt diet



Discuss your goals and a management plan, including heart failure medication options with a cardiologist



Monitor your body weight

HEART FAILURE IS SERIOUS TAKE ACTION

Being armed with accurate information can help ensure you are properly diagnosed and help you and your doctor determine a management plan.

If you're not sure what type of heart failure you have, talk to your doctor or ask for a referral to a specialist.

References:

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