



# **YOUR INFORMATION**

**Hypertension**

# HYPERTENSION

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## Your diagnosis

You have been given a diagnosis of heart failure, which usually means your heart is working inefficiently. This inefficiency is usually due to two main causes: firstly, the incapacity of the heart to pump correctly and secondly, its inability to relax sufficiently to fill up with blood. There is generally an underlying problem which has caused this inefficiency. Occasionally, we don't know the exact cause of why your heart is working inefficiently (clinicians call this idiopathic). The question most patients want answering is "WHY is my heart not working efficiently; what has gone wrong?"

We believe that the cause of your heart failure is due to high blood pressure. The medical term for this is **hypertension**.

## **How has high blood pressure resulted in damaging my heart?**

This may be the first time that you have been told you have high blood pressure; indeed, many people are unaware that they have high blood pressure. It may be that you have been receiving treatment for high blood pressure over a number of years. We do know that as a result of high blood pressure, the heart has to work a lot harder to pump blood around the body. As a result, the heart muscle will become thicker and stiffer, resulting in the heart having more work to do. In particular, the bottom left-hand chamber of the heart, the left ventricle (which is the chamber that has to pump the blood in order for it to travel around the body), has become enlarged. Therefore, clinicians call this left ventricular hypertrophy (LVH). If you look at the section of the guide on how the heart works, then this may help you build a picture of what's going on.

## **How do you know that this is the reason why my heart is failing to do its job efficiently?**

You will have had various tests and investigations including tracings of your heart, ECGs, and scans of your heart called an echo.

## **What is the treatment I will receive for this underlying cause of my heart failure?**

The treatment for hypertension and heart failure are often the same drugs, therefore you may already be on one or two of these drugs already. Your clinicians will now look to get you on a range of drugs to support your heart to function more efficiently, which will also have the result of lowering your blood pressure.



## Contact Pumping Marvellous



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**helpforhearts (closed support group)**

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