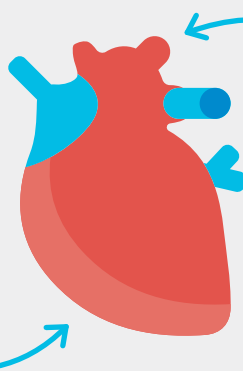


## WHAT IS HEART FAILURE?

Heart failure means that your heart is failing to pump as efficiently as it should in order to supply the body with the oxygen and nutrients that it needs.

**HF<sub>r</sub>EF (Heart Failure with Reduced Ejection Fraction)** means that the bottom left chamber of the heart which sends the blood around the body is failing to pump effectively.



**HF<sub>p</sub>EF (Heart Failure with Preserved Ejection Fraction)** means that the heart is failing to fill efficiently therefore it fails to send enough blood to meet the body's needs.

## WHAT ARE THE COMMON SYMPTOMS OF HEART FAILURE?



**Suddenly breathless** upon activity or waking during the night breathless

**Extreme fatigue** and lethargy

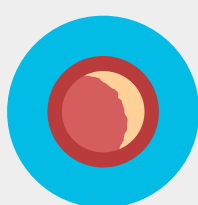


**Swelling** in feet, ankles, legs or tummy

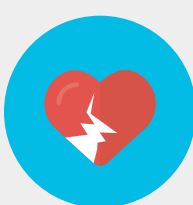
Unexplained **weight gain**



## WHAT ARE THE COMMON CAUSES OF HEART FAILURE?



Coronary heart disease



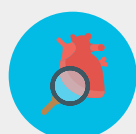
Previous heart attack



Prolonged high blood pressure



Irregular heart rhythms – such as atrial fibrillation



Cardiomyopathies – conditions affecting the heart muscle



Diabetes



Congenital heart complications



Faulty heart valves



A virus or infection



Anaemia



Overactive thyroid



Reaction to some cancer drugs



Excess alcohol intake



Recreational drug use

## FACTS & FIGURES



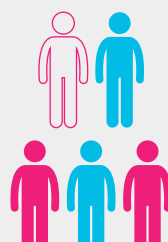
Over **900,000 people** are affected by heart failure in the UK<sup>1</sup>



Leading cause of **hospitalisation** in people 65 years or older in the UK<sup>2</sup>



Costs the NHS over **£2 billion** per year<sup>3</sup>



**One in five people** will deal with heart failure sometime in their life<sup>4</sup>



Worse **prognosis** than most forms of common cancers<sup>5</sup>

## POSITIVE STEPS



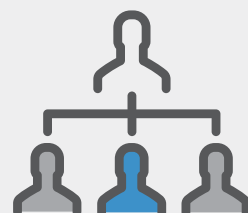
A **simple blood test** and rapid access to heart scans means getting to specialists quicker

Getting the appropriate medications and cardiac devices leads to a **marked reduction in hospitalisation and death**<sup>6</sup>



Having a **heart failure specialist nurse** ensures patients get appropriate treatment and care<sup>7</sup>

Having a **patient to patient support network** ensures patients are able to self-manage their condition better<sup>8</sup>



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**heart failure aware**



**help for hearts (closed support group)**

