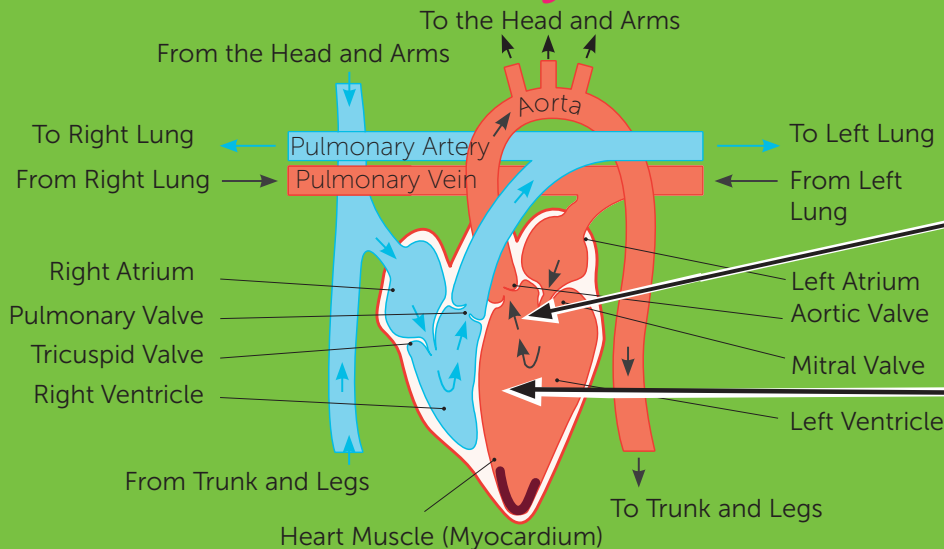


# Know Your Type: What your EF number means



# Heart with reduced Ejection Fraction



## EJECTION FRACTION IS

Amount of blood  
**pumped out**

Total amount of blood  
**in chamber**  
(Measured as a percentage)

**NORMAL IS NEVER 100% AND  
IS MORE LIKELY 50-70%**

The Ejection Fraction (EF) is the amount of blood pumped out of the left ventricle in one beat. Your doctor or nurse, with other measurements, will use your Ejection Fraction to measure the efficiency of your heart as a pump, in relation to your clinical circumstances.

## THE 10 PILLARS TO IMPROVING YOUR HEART AND OVERALL HEALTH FOR THOSE WITH HEART FAILURE WITH REDUCED EJECTION FRACTION (HFrEF)

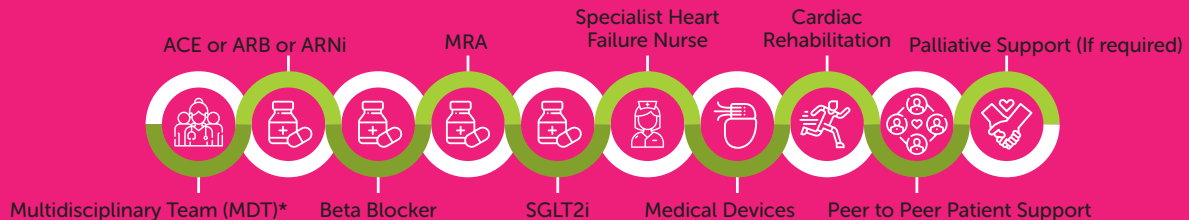
Focussing on the 10 pillars of care for Heart Failure with reduced Ejection Fraction

# Those Diagnosed with a Reduced Ejection Fraction

Improved Ejection Fraction - baseline Ejection Fraction less than 40%, and follow-up scan shows a more than 10 point increase of ejection fraction to more than 40%

Mildly Reduced - Ejection Fraction called HFmrEF 41–49% is pumped out during each heartbeat

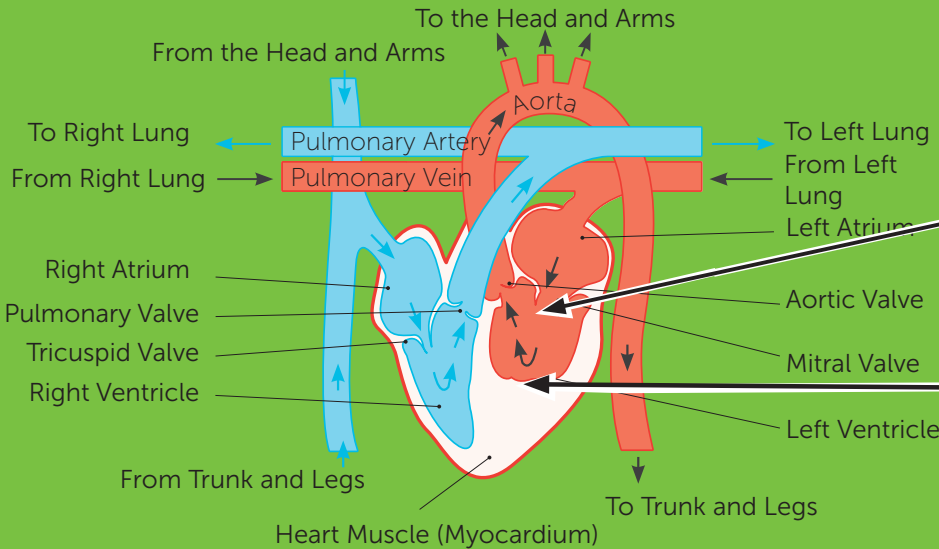
REDUCED Ejection Fraction called HFrEF less than 40% is pumped out during each heartbeat



**UNDERPINNED BY A PATIENT-FRIENDLY CARE PLAN AND EDUCATION ENABLING SELF-MANAGEMENT**

\*MDT team as a minimum needs to include lead Doctor with a subspecialty in Heart Failure, Heart Failure Nurse and a GP

# Heart with preserved Ejection Fraction



## EJECTION FRACTION IS

Amount of blood  
**pumped out**

Total amount of blood  
**in chamber**  
(Measured as a percentage)

**NORMAL IS NEVER 100% AND IS MORE LIKELY 50-70%**

The Ejection Fraction (EF) is the amount of blood pumped out of the left ventricle in one beat. Your doctor or nurse, with other measurements, will use your Ejection Fraction to measure the efficiency of your heart as a pump, in relation to your clinical circumstances.

## THE 10 PILLARS TO IMPROVING YOUR HEART AND OVERALL HEALTH FOR THOSE WITH HEART FAILURE WITH PRESERVED EJECTION FRACTION (HFpEF)

Focussing on the 10 pillars of care for Heart Failure with preserved Ejection Fraction

# Heart Failure with a Preserved Ejection Fraction

THICKENING of the muscular wall of the main pumping chamber (left ventricle) --> STIFFNESS and SMALLER CAVITY

-->INABILITY TO RELAX well enough to receive blood from the upper chamber (left atrium)

Ejection Fraction (preserved at 50-70%) but above abnormalities lead to breathlessness with or without fluid overload

**Common causes include:**  
Ageing, High Blood Pressure, Diabetes Mellitus, Chronic Kidney Disease, Obesity

**Less common causes include:**  
Deposition of abnormal substances in the walls of the heart (abnormal proteins, iron or lipid breakdown products)



# One Step at a Time

We hope that our "Know Your Type Guide" has triggered thoughts around some of the questions you may have. We know this is not a position you want to be in but it's about taking small steps, which is a good thing. You may never have had to deal with something like Heart Failure but if you wish to, self-management can be the key to a better life enabling you to find your new normal again.

If you need help do seek out further advice from your Healthcare Team or visit our website

[www.pumpingmarvellous.org](http://www.pumpingmarvellous.org)

## Other 'Marvellous Guides' in the Series

**All guides are written by patients and clinically validated for accuracy by leading UK Heart Failure specialists.**

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If you have any concerns or questions, get in touch with  
**Pumping Marvellous Foundation.**



*Another Mini Toolkit by the Pumping Marvellous Foundation  
Crowdsourced information from REAL patients.*

*Acknowledgements and thank yous*

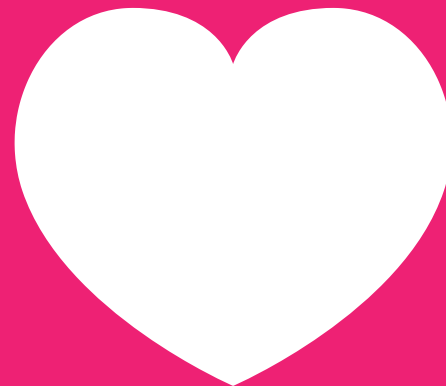
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