Which Type of Heart Failure Do I Have?

A Little Bit More

How do you know which type of Heart Failure you have?

You *can't* rely on symptoms alone. Instead, your Ejection Fraction (EF) will indicate the type of Heart Failure you have, along with discussions with your healthcare team.

EF is a measurement that estimates the total amount of blood pumped out of the left ventricle (a heart chamber responsible for circulating blood throughout your body). Your EF is measured by having an Echocardiogram (ECHO) or MRI. For further reading: **qr.pumpingmarvellous.org/EchoGuide**

To learn more about your EF, you can visit our website: **www.pumpingmarvellous.org**

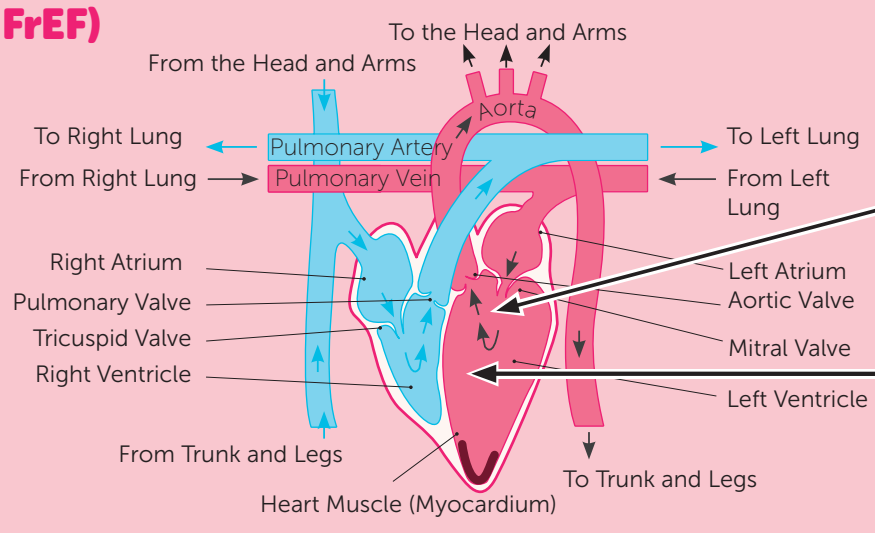
SCAN ME

Why is it important to know your Ejection Fraction (EF)?

Knowing your EF is important because there are different treatment options for different types of Heart Failure. **Find out more about EF and treatment options in the '*A Lot More*' pull-out.**

Heart Failure with reduced Ejection Fraction (HFrEF)

- In **Heart Failure with reduced Ejection Fraction (HFrEF)**, the heart muscle cannot pump as strongly as the body requires.
- In HFrEF, the EF is 40% or less.
- Remember, normal EF ranges from 55-70%, and no one has an EF of 100%.



EJECTION FRACTION IS

Amount of blood **pumped out**

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

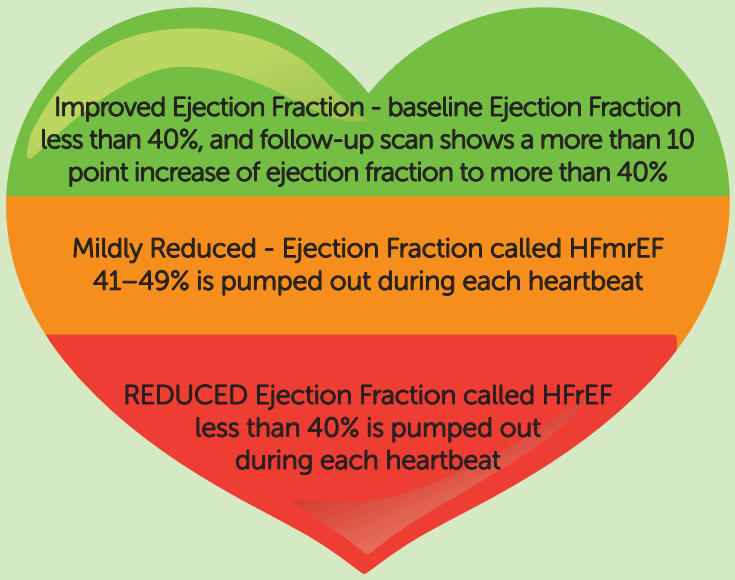
To learn more about HFrEF, scan the QR code to visit our website: qr.pumpingmarvellous.org/HFrEF

Heart Failure with mildly reduced Ejection Fraction/Heart Failure with mid-range Ejection Fraction (HFmrEF)

- In **Heart Failure with mildly reduced**, or **mid-range**, **Ejection Fraction (HFmrEF)**, the heart muscle cannot pump as strongly as the body requires.
- In HFmrEF, the EF is between 41-49%.
- Remember, normal EF ranges from 55-70%, and no one has an EF of 100%.

To learn more about HFmrEF, scan the QR code to visit our website: qr.pumpingmarvellous.org/HFrEF

Those Diagnosed with a Reduced Ejection Fraction



Common causes of HFrEF and HFmrEF

- Narrowed heart arteries
- Previous heart attack
- Hypertension (high blood pressure)
- Atrial fibrillation (AF) and other irregular heart rhythms
- Diabetes
- A virus affecting the heart muscle
- Genetic conditions affecting the heart muscle (e.g. familial cardiomyopathy)
- Excessive alcohol intake
- Damaged heart valves
- Certain types of chemotherapy and radiotherapy
- Rarely, the heart muscle can weaken during pregnancy or soon after delivery (peripartum cardiomyopathy)
- In some cases, the cause remains unknown (idiopathic)

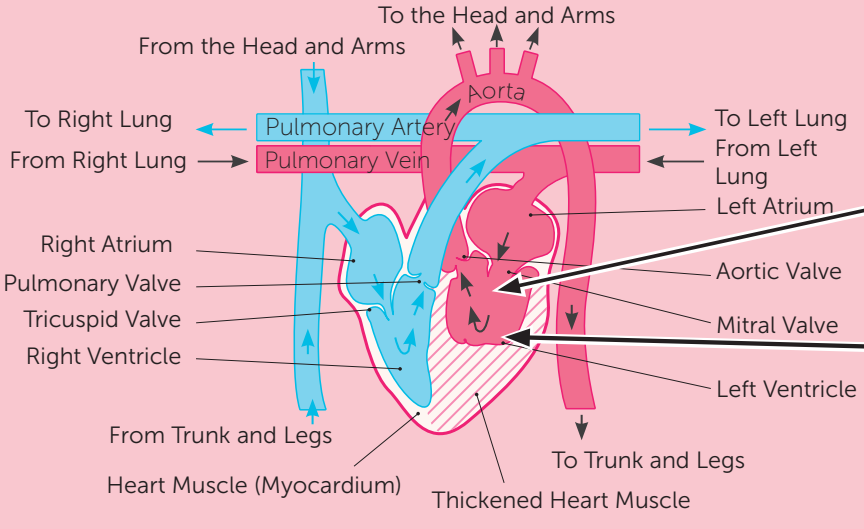
Sometimes, treatments are so effective that heart muscle function either fully or partially recovers (with an improvement in Ejection Fraction observed). This is known as **Heart Failure with improved Ejection Fraction** (**HFimpEF**). The evidence tells us that you must continue to take your medications unless directed otherwise by your Heart Failure team, as the medications are likely to have contributed to this improvement.

CHECK OUT OUR COMMUNITY HUB FOR MORE SUPPORT

qr.pumpingmarvellous.org/CommunityHubWebsite

Heart Failure with preserved Ejection Fraction (HFpEF)

- In **Heart Failure with preserved Ejection Fraction (HFpEF)**, the heart muscle becomes stiff, making it difficult to fill with blood. However, the Ejection Fraction (percentage of blood pumped out with each beat) remains within the normal range when measured (55%) or more. Despite this, individuals experience typical Heart Failure symptoms.
- Remember, normal EF ranges from 55-70%, and no one has an EF of 100%.



EJECTION FRACTION IS

Amount of blood **pumped out**

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

To learn more about HFpEF, scan the QR code to visit our website: qr.pumpingmarvellous.org/HFpreservedEF

SCAN ME

Common causes of HFpEF

- Hypertension (high blood pressure)
- Obesity
- Diabetes
- Atrial fibrillation (AF) and other irregular heart rhythms
- Chronic Kidney Disease (CKD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Sleep apnoea
- Ageing
- Hypertrophic cardiomyopathy
- Infiltrative diseases, such as amyloidosis and sarcoidosis

Heart Failure with preserved Ejection Fraction (HFpEF)

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

HELPING YOU LIVE WELL WITH HEART FAILURE

Now that you've made yourself aware of what type of Heart Failure you have, take a look at the next pull-out: *'A Lot More'*.

AstraZeneca

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B.E.A.T HEART FAILURE

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