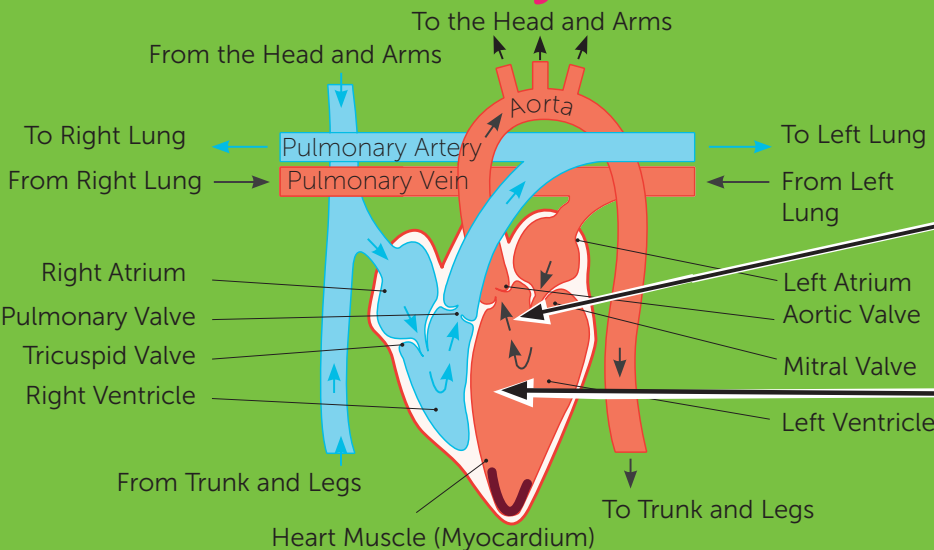


# Know Your Type: What your EF number means



# Heart with reduced Ejection Fraction



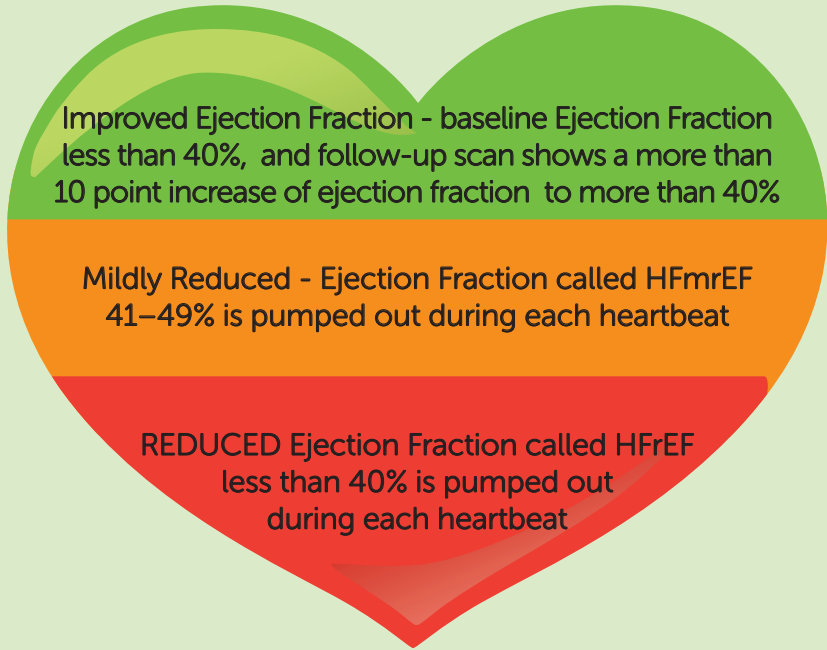
The Ejection Fraction (EF) is the amount of blood pumped out of the left ventricle in one beat. Your doctor or nurse, with other measurements, will use your Ejection Fraction to measure the efficiency of your heart as a pump, in relation to your clinical circumstances.

## EJECTION FRACTION IS

- Amount of blood pumped out
- Total amount of blood in chamber (Measured as a percentage)

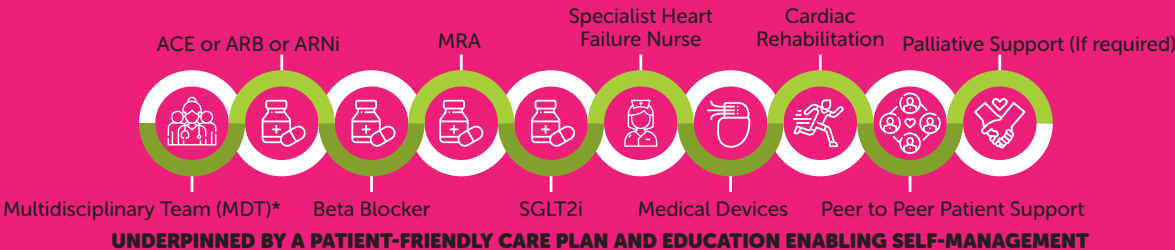
NORMAL IS NEVER 100% AND IS MORE LIKELY 50-70%

# Those Diagnosed with a Reduced Ejection Fraction

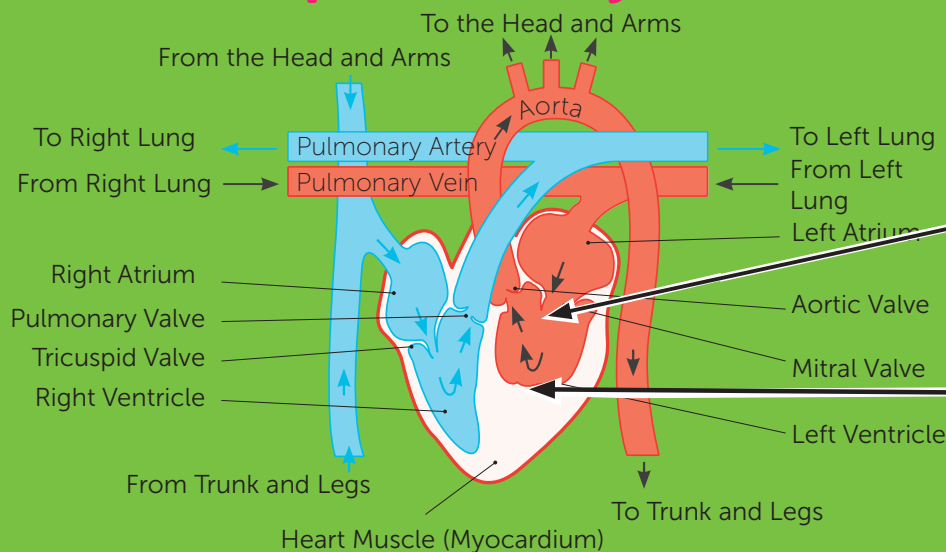


## THE 10 PILLARS TO IMPROVING YOUR HEART AND OVERALL HEALTH FOR THOSE WITH HEART FAILURE WITH REDUCED EJECTION FRACTION (HFrEF)

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



## 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.

## 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

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

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

## 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



## 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*

**Dr Rajiv Sankaranarayanan** Consultant Cardiologist, Aintree University Hospital, Heart Failure Lead NHS Cheshire and Mersey

**Nick Hartshorne-Evans** Heart Failure Patient, Founder and CEO of the Pumping Marvellous Foundation

**Dr Clare J Taylor MBE PhD FRCGP** General Practitioner and NIHR Academic Clinical Lecturer, University of Oxford

**Yvonne Millerick** Heart Failure Palliative Care Nurse Consultant, NHS Greater Glasgow & Clyde, Glasgow Caledonian University, Scotland

# Contact Us



01772 796542



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



[hearts@pumpingmarvellous.org](mailto:hearts@pumpingmarvellous.org)



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