



GNRC
Quality • Value • Trust

Living with **Heart Failure**

DON'T
IGNORE TO
READ THIS

Download a free eBook from our website www.gnrchospitals.com

*For Educational Purpose Only

Hear Failure (HF) is a serious health hazard and can be life threatening if ignored. According to a study, In India, 23% of heart failure patients die within one year of diagnosis. Despite advances in therapy and management, HF remains a deadly clinical

syndrome leading to the risk of death. One of the major reasons for the high mortality rate is that patients reach hospitals at a later stage of the disease, along with an associated high prevalence of risk factors such as diabetes and hypertension.

What is Heart Failure?



Heart failure, also called Congestive Heart Failure (CHF), means your heart does not pump blood as well as it should. This does not mean your heart has stopped working, but that it is not as strong as it used to be and fluid builds up in the lungs and other parts of your body.

Heart failure often develops after other conditions have damaged or weakened your heart. However, the heart doesn't need to be weakened to cause heart failure. It can also occur if the heart becomes too stiff. Heart failure

starts slowly and can get worse over time, if ignored.

This can cause shortness of breath, swelling in the legs, feet, and stomach. Although these signs and symptoms may be due to heart failure, there are many other possible causes, including other life-threatening heart and lung conditions.

Don't try to diagnose yourself. Visit nearest Hospital. Healthcare Specialist will try to stabilize your condition and determine if your symptoms are due to heart failure or something else.

What are the common Sign & Symptoms of heart failure:

- Shortness of breath
- Excessive tiredness in performing daily routine work
- Palpitation / abnormal heart rhythm
- Swelling in ankles, legs and stomach
- Needing 2 or more pillows at night or having to sleep in the chair



What are the common causes of Heart Failure?



- Heart Attack, Ischemic heart disease or Coronary artery disease
- Heart valve diseases or Heart muscle diseases
- Long term – uncontrolled High Blood Pressure / Diabetes
- Irregular medicine intake (Heart Patient)
- Sepsis (Infections)
- Anemia
- Disorder of thyroid, kidney disease etc.

What is EF?

EF means - ejection fraction. Your EF is the percentage of blood that pumps out of the heart during each beat. An ejection fraction is an important measurement of how well your heart is pumping and it is used to help classify heart failure and guide Cardiologist for proper treatment.

What does your EF number mean?

NORMAL

A healthy EF is between 50-75%

The heart is pumping normally and can deliver an adequate supply of blood to the body and brain.

BELOW NORMAL

An EF that falls between 36-49%

Could indicate that the heart is not pumping well enough to meet the body's needs.

LOW

An EF below 35%

Indicates a weakened heart muscle and poorly pumping heart. A low EF increases the risk of Sudden Cardiac Arrest (SCA)

What should you do?

- *Ask Cardiologist Consultant, if your EF should be measured.*



What are your treatment options?

How to get EF measured?

EF is often measured using an Echocardiogram (ECHO) Test. This simple, painless test uses sound waves (ultrasound) to take a moving picture of your heart. Our Cardiologist Consultant will recommend a test that's right for you.

Heart failure is a chronic disease needing lifelong management. However, with right treatment, signs and symptoms of heart failure can improve, and the heart sometimes becomes stronger. Treatment may help you live better and reduce your chance of sudden death.

Doctors sometimes can correct heart failure by treating the underlying cause. For example, repairing a heart valve or controlling a fast heart rhythm may reverse heart failure. But for most people, the treatment of heart failure involves a balance of the right medications and, in some cases, use of devices that help the heart beat and contract properly.



Lifestyle and Home Remedies

Making lifestyle changes can often help relieve signs and symptoms of heart failure and prevent the disease from worsening. These changes may be among the most important and beneficial you can make. Lifestyle changes your doctor may recommend include:

- Taking prescribed medicine regularly (Heart Patient)
- Avoid tobacco and alcohol usage
- Avoid sedentary lifestyle
- Eat a healthy diet
- Maintain a healthy weight
- Regular check-up and follow ups

*For more information
log on to our website: www.gnrchospitals.com*

GNRC
Quality • Value • Trust



Dispur | Sixmile | North Guwahati (Sila Grant)

For Free Ambulance call : 1800 345 0011 (Toll Free Number)

For appointment call : 1800 345 0022 (Toll Free Number)