



# "Detect the undetected"

Heart Failure Awareness Days 2023



What are the statistics?

1 in 6 people >65yo will have unrecognised HF



26 million people worldwide are living with Heart Failure

How can you suspected it?

Risk factors  
Symptoms (breathlessness, fatigue, and ankle swelling) and/or signs  
Abnormal ECG

How can the doctor diagnose it?



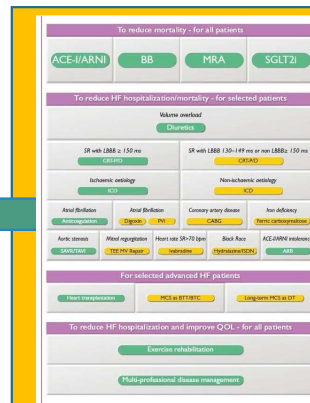
NT-proBNP >125pg/mL  
BNP >35pg/mL.



LV systolic and diastolic function

≤40% (HFpEF)    41-49% (HFmrEF)    ≥50% (HFrEF)

How is HF treated?



What you should do?

- Stop smoking
- Reduce sodium in the diet
- Alcohol intake reduction
- Maintain a healthy weight
- Control your blood pressure
- Control diabetes
- Get daily physical activity

Be aware!  
Stay alert!  
Get informed!