

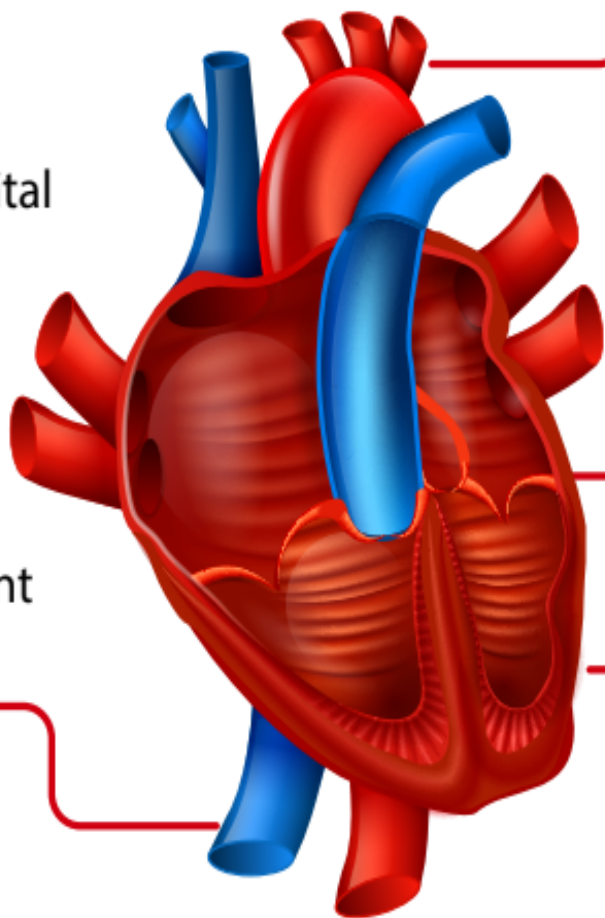
UNDERSTANDING HEART FAILURE

10,000+ new cases of Heart Failure in Ireland each year



heart failure is the leading cause of admission to hospital for over 65s

heart failure causes greater physical impairment than arthritis and chronic lung disease



1 in 5 people will develop heart failure in their lifetime

heart failure causes more deaths than breast and bowel cancer

If left untreated, heart failure deaths are second only to that of Lung Cancer

THE GOOD NEWS MAKING SMALL LIFESTYLE CHANGES CAN REDUCE YOUR RISK

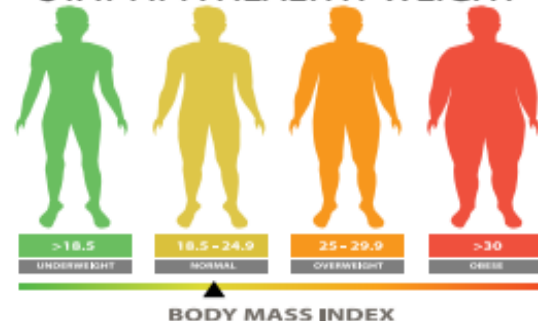
GET ACTIVE



EAT A HEALTHY DIET



STAY AT A HEALTHY WEIGHT



DON'T SMOKE



MANAGE YOUR BLOOD PRESSURE & CHOLESTEROL

