

Austrian Heart Failure Awareness Day „Living with Heart Failure - Hiking with Heart Failure“

LEBEN *mit* HERZ
Schwäche



Austrian HFAD event

Guided **hiking tour** through Cynthian Alps

More than **100 patients** with chronic heart failure participated

Press conference with Austrian **Olympic medal winner Fritz Strobl**

Social media awareness campaign (Facebook, Twitter)

Austrian-wide media response: press releases, TV and radio reports



When to suspect heart failure

Leading symptom: breathlessness with exertion, palpitations

Leading signs: ankle oedema, pleural effusion



ÖKG
Österreichische
Kardiologische
Gesellschaft

How to diagnose heart failure

Electrocardiogram

Lab: NT-proBNP

Echocardiography

How to treat heart failure

Lifestyle: healthy diet, fluid restriction, physical activity

Drug therapies → **Ask your**

Invasive therapies → **doctor!**