

## Heart failure/HF



Heart failure (HF) is a global health and socioeconomic problem  
-High rate of hospitalizations and mortality, also incidence and prevalence.

- Advanced HF has poor prognosis despite optimal medications.

Heart failure is a condition in which the heart can't pump blood effectively through the body.

The chambers of the heart stretch to try to hold more blood, but over time, the muscle becomes too weak and cannot pump enough blood to keep up with the body's needs.

Types of HF: There are different types of HF, but we usually talk about heart failure with reduced ejection fraction (HFrEF), Heart failure with mild reduced ejection fraction (HfmrEF) and Heart failure with preserved ejection fraction (HfpEF) based on ejection fraction as a measure of systolic function of left ventricle (measure of pump function).

**The main causes of HF :** Coronary artery disease, diabetes, genetic factors, heart attack, heart valve disease, high blood pressure, inflammation of heart muscle, kidney disease.

**Main lifestyle risk factors:** Smoking, drinking alcohol, being overweight/obese, stressful life

**Treatment:** depends on the cause and the severity of the condition. Medication and device therapy can reduce symptoms of heart failure, slow its progression and improve quality of life.

Patient is **advised and educated** about adequate fluid intake and balance and how to monitor symptoms and signs of fluid retention or worsening of disease.