

Heart Failure Awareness Days 2022

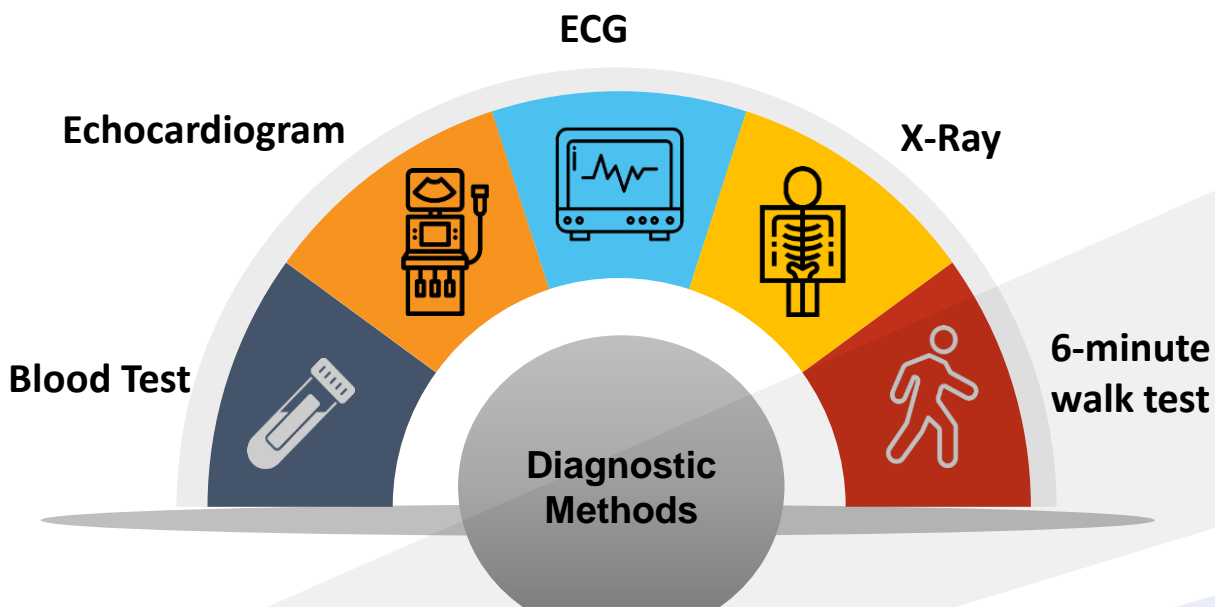


Causes and Risk Factors of Heart Failure

- Damage to the heart muscle caused by a heart attack
- High Blood Pressure
- Infection of the heart valves
- Diabetes Mellitus
- Abnormalities of thyroid gland
- Smoking or using tobacco
- Congenital heart disease
- Cardiomyopathy
- Variation in heart rate
- Obesity
- Excessive Alcohol use
- Use of certain medications

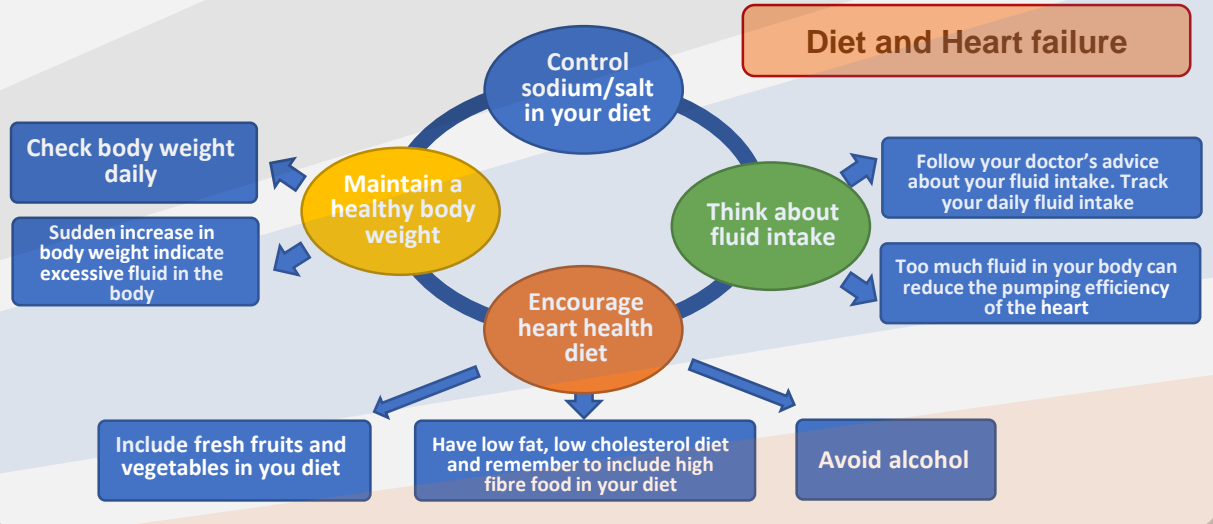
Symptoms

- Fatigue and weakness
- Persistent cough
- Shortness of breath
- Swelling in the legs, ankles and feet and belly area
- Inability to lie down flat at night



Management of Heart Failure

- Should take prescribed medicines regularly.
- Follow the lifestyle advised by the doctor
- Should abstain totally from alcohol and tobacco use
- Regulate the amount of water intake
- Should receive specific dietary guidelines
- Maintain regular exercise as advised by the doctor
- Maintain a balanced body weight
- Early diagnosis and treatment of diseases like diabetes and hypertension
- Should get adequate vaccinations to prevent further complications of heart failure. Eg: pneumococcal vaccine, influenza vaccine, etc.
- When therapeutic treatments fails or severity of heart failure increases, pacemaker or surgery may be needed.
- Balloon treatment for heart valves, bypass surgery, surgery to reduce the size of the heart etc are effective in some patients.
- Special pacemakers to coordinate the pumping of left and right chambers of the heart
- Ventricular assist devices which can temporarily takeover the functions of heart, are gradually popularizing
- When all other treatments fail, heart transplantation surgery will be preferred



Exercise & Heart failure

