



HEART FAILURE

What is heart failure?

CLINICAL SINDROM caused by a **STRUCTURAL/ FUNCTIONAL ANOMALLY** that determines reduced cardiac debit or higher intracardiac pressure in resting/stress.

**SYSTOLIC
DIASTOLIC**

EJECTION FRACTION

The contractil capacity of heart to pump a blood volume

**MIDLY REDUCED EJECTION
FRACTION (40-49%)**

**REDUCED EJECTION
FRACTION (<40%)**

The heart can't pump enough blood

Global dilation of the heart chambers

**PRESERVED EJECTION
FRACTION (>50%)**

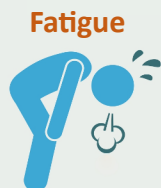
The heart can't fill with enough blood.

Heart chambers with stiff walls

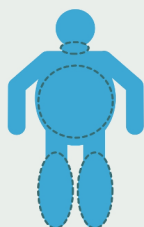
What are the symptoms?



Rapid weight gain



Fatigue



Generalized edema



Heart rhythm disorders and palpitations



Dyspnoea



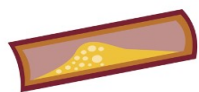
Orthopnoea

In **EUROPE** the **INCIDENCE** of heart failure is **3-5/1000** people and the **PREVALENCE** is **1%** until 50 years old and **OVER 10%** after 70 years old!

4.7% of ROMANIAN POPULATION OVER 35 YEARS OLD suffer of heart failure!
9 OF 10 patients DON'T KNOW they are suffering of heart failure!

In **ROMANIA**, each hour one patient diagnosed with heart failure dies!
Actually, one person diagnosed with heart failure in **2014** have **20%** chances to live until **2024**!

What are the principals risk factors?



Coronary artery disease or miocardial infarction



Valvular disease



Diabetes



High blood pressure



Heart rhythm disorders

What do you have to do?

- 1) Cardiological **MONITORING** (clinical+EKG+echocardiography+BNP)
- 2) Therapeutic **COMPLIANCE**
- 3) **LIFESTYLE** changing

Lifestyle changing?



- 1) Reduce **PHYSICAL EFFORT**
- 2) **HYPOSODATE** diet
- 3) Stop **SMOKING**
- 4) Reduce **ALCOHOL** consumption
- 4) **WEIGHT** gain control

