

Destination Healthy Heart:

A ROADMAP TO MANAGING HEART FAILURE



THE MANY FACES OF HEART FAILURE

Heart Failure

WITH PRESERVED EJECTION FRACTION (HFpEF)

Heart Failure

Heart failure is a syndrome in which the heart is not able to pump enough blood to meet the needs of the body. There are many causes and types of heart failure.

What is unique about HF due to Preserved Ejection Fraction:

About half of all patients with heart failure have an ejection fraction greater than 50% or HFpEF. Generally, patients with HFpEF are older, female and have a history of hypertension but are less likely to have coronary artery disease. HFpEF is caused by “stiffening” of the heart (left ventricle). The heart has a difficult time relaxing and filling. When the heart cannot fill, the extra fluid builds up and heart failure symptoms occur.



FOR ALL PERSONS WITH HF, REMEMBER THE FOLLOWING:

- Review all medicines with your health care provider (including over-the-counter, vitamins, or herbs). Some medicines can make your heart failure worse, so avoid:
 - › Nonsteroidal anti-inflammatory drugs (NSAIDS) such as Aleve, Advil
 - › Calcium channel blockers (unless prescribed by your HF physician)
- Weigh yourself daily
- Limit your salt
- Try and exercise each day
- Take your medicines as prescribed
- Keep all of your visits with your health care providers
- Report all new or worse symptoms of heart failure right away

FOR HF DUE TO HFpEF, THE FOLLOWING TIPS MAY BE IMPORTANT:

- Get regular check ups
- Quit smoking. Nicotine in tobacco can increase your risk of atrial fibrillation
- Avoid alcohol, stimulants (decongestants), and NSAIDS
- Exercise most days of the week
- Reduce stress
- Eat a healthy diet
- If you are overweight, lose weight to lower your blood pressure
- Manage your other medical problems