

Destination Healthy Heart:

A ROADMAP TO MANAGING HEART FAILURE



THE MANY FACES OF HEART FAILURE

Heart Failure

DUE TO HEART VALVE DISEASE

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 Valvular disease?

Heart valve disease occurs when one of the four heart valves (aortic, mitral, tricuspid and pulmonary) doesn't open fully (stenotic), or doesn't close completely (insufficient). Heart valve disease may occur before birth (congenital) or as a result of the normal aging process. Other causes of heart valve disease include rheumatic fever, bacterial infection, heart attack, and after radiation treatment for cancer. Sometimes the cause of heart valve disease is unknown.

How does heart valve disease lead to heart failure? When a heart valve doesn't open fully (valvular stenosis) the heart must work harder to pump blood through the valve and out to the body.

Valvular insufficiency, also referred to as incompetence, regurgitation, or a "leaky valve" occurs when the valve does not close normally. As the leak worsens, the heart has to pump harder to make up for this backward flow.

The severity of heart valve disease varies. In mild cases of heart valve disease there may be no symptoms. In advanced cases the symptoms may lead to congestive heart failure. Treatment of heart valve disease depends on the valve involved and the extent of the disease. Symptoms of heart valve disease can include: chest pain, rapid heart rate, shortness of breath, difficulty catching your breath, fatigue, weakness, unable to maintain a regular activity level and swollen ankles, feet or abdomen.

FOR ALL PERSONS WITH HF, REMEMBER THE FOLLOWING:

- Review all medications you're 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);
 - › Calcium channel blockers (unless prescribed by your HF physician).
- Take your medicines as prescribed.
- Weigh yourself daily.
- Limit the salt (sodium) in your diet to _____ mgs per day
- Try and exercise each day.
- Keep all of your visits with your health care providers.
- Report all new or worse symptoms of heart failure to your healthcare provider right away

FOR HF DUE TO HEART VALVE DISEASE, THE FOLLOWING TIPS MAY BE IMPORTANT

- Know what your ejection fraction is _____. Ask when it will be measured again.
- Do not use diet pills