Stage A Heart Failure  
*Patient Tip Sheet – Risk Factors & Comorbidities*

Risk factors are conditions or habits that increase the chance that a person may go on to have a disease or illness. Patients with comorbidities have more than one disease or illness at the same time.

Patients who are at high risk for HF but do not have poor heart function or symptoms of HF are said to have Stage A Heart Failure (HF). Patients with Stage A HF should attempt to reduce risk factors and comorbidities that could lead to HF.

**Known Risk Factors & Comorbidities:**

- Alcohol and Tobacco use
- Coronary Artery Disease
- Treatments used to treat cancer
- Diabetes
- Abnormal heart rhythms
- Family History of an enlarged heart
- History of Rheumatic Fever
- High Blood Cholesterol
- High Blood Pressure
- Metabolic Syndrome
- Obesity
- Peripheral Vascular Disease
- Sleep Apnea
- Heart valve disorders

**Ways to Reduce Your Risk Factors and Prevent Disease Progression:**

- Heart Healthy Lifestyle
  - Exercise regularly
  - Follow a low sodium diet
  - Stop Smoking
  - Stop alcohol or drug abuse
- Certain medications can help:
  - A Statin drug may be ordered to treat high cholesterol
  - An Angiotensin Converting Enzyme Inhibitor (ACE inhibitor) or Angiotensin II Receptor Blocker (ARB) may be ordered if you have had a heart attack in the past or if you have Diabetes, High Blood Pressure, or other vascular or heart conditions
  - A Beta Blocker may be ordered if you have had a heart attack in the past or have high blood pressure
  - A drug may be ordered to treat abnormal heart rhythms
- Treatment for sleep apnea may help prevent HF.