



## What is Heart Failure?

- Heart failure happens when your heart no longer pumps enough blood for you to keep up with normal activities.
- The heart begins to change shape and becomes enlarged.

Understanding the reason(s) for your heart failure can help you understand ways to improve it:

### Most Common Causes of Heart Failure

#### **Blockages and Heart Attacks:**

The heart tissue becomes scarred or damaged. As a result, the heart does not contract as well and non-damaged heart tissue must work harder and in time can fail.

#### **High Blood Pressure:**

The heart has to work harder and it can become stiff over time.

#### **Severe Lung Disease:**

If the lungs are not working well, the heart has to work harder.

#### **Alcohol abuse:**

Abusing alcohol can damage the heart muscle.

#### **Cocaine abuse:**

Toxic effects of cocaine can damage the heart muscle.

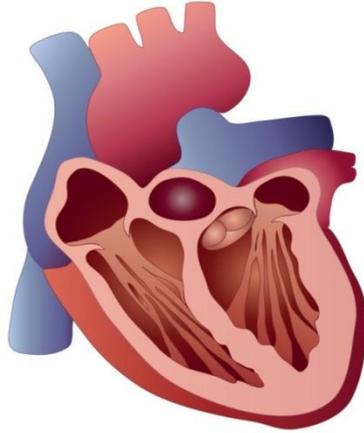
#### **Diabetes:**

High blood sugars damage all body parts including the heart.

#### **Abnormal Heart Rhythm:**

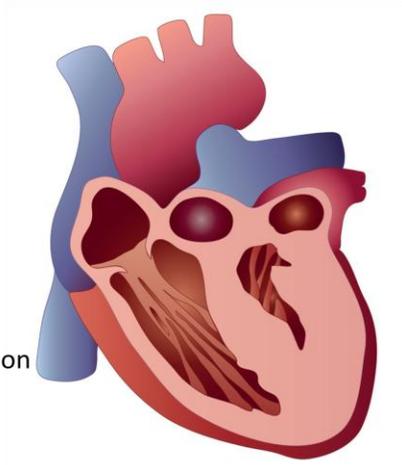
An irregular, fast, or slow heartbeat may not allow the heart to pump enough blood to the body.

## Normal heart



### Most Common Types of Heart Failure:

Diastolic  
Dysfunction

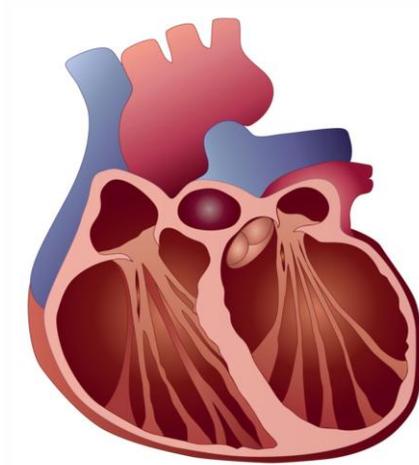


### **Diastolic heart failure**

The muscle becomes stiff and the heart can't relax.

Then the heart can't properly fill with blood so it can't pump well.

Systolic  
Dysfunction



### **Systolic heart failure**

The heart becomes larger and rounder, like an over-inflated balloon.

The heart cannot pump with enough force to push enough blood through the body.

Blood coming into the heart from the lungs may back up and cause fluid to leak into the lungs.

**My type of heart failure is:** \_\_\_\_\_