What should I know about the different types of heart failure?

Heart failure is a chronic, progressive condition where the heart cannot pump enough blood to support the body's need for blood and oxygen.[1,2]

Prevalence of heart failure has been increasing worldwide.[3]

Yet, many people don't understand the details of heart failure, or that it **can affect the structure of the heart in 2 ways,** with about half of patients suffering from each type.[3]

Heart failure with *reduced* ejection fraction

occurs when the lower left chamber of the heart, the main pumping chamber, is **stretched and weakened.**[4]

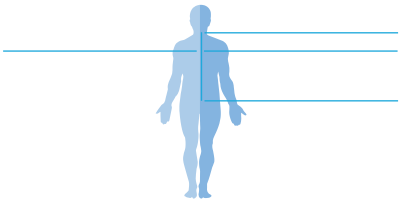
Heart failure with *preserved* ejection fraction

occurs when the heart contracts and pumps normally, but its bottom chambers are **thickened and stiff** and can't expand to fill with enough blood.[4]

How does heart failure affect the body?

Regardless of type, heart failure can worsen over time and lead to hospitalization and even death.[1]

When HFrEF leads to death, it's usually related to a cardiovascular event[5]



but with HFpEF, there are more varied causes, potentially involving multiple organ systems[5]

HFrEF and HFpEF share symptoms

Heart failure symptoms are often **non-specific,** which may cause delays in diagnosis.[4] Symptoms may **range from mild to severe, and may change over time.[4]**

- Shortness of breath (dyspnea)
- Fatigue and weakness
- Nausea
- Swollen limbs due to build-up of fluid (edema)
- Coughing or wheezing
- Loss of appetite

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Appropriate heart failure treatment is needed

A goal of heart failure management is to keep patients out of the hospital.

HFrEF

treatment options are available, and leading cardiology societies have developed treatment guidelines.[6,7]

HFpEF

is becoming the predominant type of heart failure and **has no specific treatments,** though new medicines are in development.[2,8]

It's important to take certain steps, regardless of heart failure type[9]

Monitor symptoms closely and alert your doctor if they or any of your functioning worsens early on

Maintain a low-salt diet

Monitor your body weight

Participate in appropriate exercise activity

Discuss your goals and a management plan, including heart failure medication options with a cardiologist

HEART FAILURE IS SERIOUS

TAKE ACTION

Being armed with accurate information can help ensure you are properly diagnosed and help you and your doctor determine a management plan.

If you're not sure what type of heart failure you have, talk to your doctor or ask for a referral to a specialist.

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