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Aha heart failure guidelines summary

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Fogoros, MD Symptoms and Complications of Heart Failure By Richard N. Fogoros, MD Heart Failure: Causes and Risk Factors By Richard N. Fogoros, MD How Heart Failure Was Diagnosed by Richard N. Fogoros, MD How Heart Failure Was Treated by Richard N. Fogoros, MD Heart Failure: Coping, Supporting, and Living Well By Richard N. Fogoros, MD Congestive Heart Failure (CHF): Overview and more medically reviewed by Yasmine S. Ali, MD, MSCI Carvedilol: Use, Side Effects, Dosages, Medical Precautions reviewed by Jeffrey S. Lander, MD How Ace Inhibits Effective Heart Failure Treatment , MD, MSCI Right-Sided Heart Failure: What is the more medical and overview reviewed by Yasmine S. Ali, MD, MSCI? Medical reviewed by Yasmine S. Ali, MD, MSCI The Link Between Insomnia and Heart Failure Medically reviewed by Yasmine S. Ali, MD, MSCI Bendopnea: Overview and More Medically reviewed by Yasmine S. Ali, MD, MSCI How Aerobic Exercise Fights Stiff Heart Medically reviewed by Jeffrey S. Lander, MD Left Ventricular Assist Device - LVAD Medically reviewed by Yasmine , MD, MSCI How Diastolic, MD Overview of Systolic Dysfunction and Heart Failure Medically Reviewed by Yasmine S. Ali, MD, MSCI Tim Resynchronization Therapy for Heart Failure By Richard N. Fogoros, MD The Importance of Cardiac Remodeling Medical Review by Yasmine S. Ali, MD, MSCI Entresto: Use , Side effects, Dosage, Medical Precautions reviewed by Yasmine S. Ali, MD, MSCI Dilated Cardiomyopathy Symptoms, Causes, Diagnosis, and Medical Treatment Reviewed by Yasmine S. Ali, MD, MSCI Treatment of Heart Failure due to Myocardial Dilation Medically Reviewed by Yasmine S. Ali, MD, MSCI Treatment of Mental Dysfunction and Medical Heart Failure Review by Yasmine S. , MD, MSCI Common Causes of Medical Myocardial Dilation reviewed by Yasmine S. Ali, MD, MSCI Ejection Fraction: Meaning, Medical Outcome Explanation reviewed by S. Ali, MD, MSCI Prevent Heart Failure After a Medical Heart Attack Reviewed by Yasmine S. Ali, MD, MSCI Paroxysmal Nocturnal Dyspnea: Overview and Medical Review by Yasmine S. Ali, MD, MSCI Orthopnea: Symptoms, Causes, Diagnosis, and Medical Treatment Reviewed by Yasmine S. Ali, MD, MSCI Effective Care for a Loved One With Heart Failure Review by Yasmine , MD, MSCI Drugs That May Make Heart Failure Worse Medically Reviewed by Yasmine S. Ali, MD, MSCI Cough and Heart Failure: Medically Explained Heart Cough Reviewed by Jeffrey S. Lander, MD Preventing Contusion Heart Failure with Lifestyle Health Review by Yasmine S. Ali , MD, MSCI The main signs of heart failure can be very subtle, however it is alarming to ignore them. The body of activity slows down when the person is sixty-seventy years old. Climbing stairs becomes a difficult task, even if it used to be easy for you. Exhaustion and shortness of breath can also point to heart problems. Heart failure is caused by something that damages muscles or reduces the heart's ability to function properly. The most common reasons for damage to this body are heart attack and coronary heart disease. Diseases, coming from genetics, high blood pressure and heart valve defects can also stimulate it. Photo: Getty Images Heart failure occurs when the heart is unable to pump enough blood throughout the body, leading to symptoms such as shortness of breath and fatigue. Here's what you need to know about the cardiovascular condition. One in four deaths in the United States is due to heart disease, according to the Centers for Disease Control and Prevention - in other words, this important agency care should be a top priority for everyone. But how do you know if you are at risk of heart disease? All back seven key figures can serve as key clues to your health. Advertising credit: Getty Images Heart failure can affect the left heart, right heart or both. The most common form is systal heart failure, when the function of the heart muscle is reduced and, as a result, blood does not flow easily throughout the body. A form of heart failure, called systhmal heart failure, occurs when the heart is in relaxation and cannot properly fill blood due to muscle stiffness. Systhmic heart failure is common in older patients with hypertension and diabetes, especially in older women, Biykem Bozkurt, M.D., professor of cardiology at Baylor College of Medicine in Houston, Texas, and president of the American College of Cardiology Heart Failure and Transplant Council.Heart failure is commonly referred to as hemolytic heart failure. , which means that fluid has accumulated in other parts of the body (such as in the lungs and liver) as a result of improper blood circulation. But not all cases of heart failure are prolific. Credit: Gety Images Heart failure tends to follow another Specifically, people with diabetes, high blood pressure, coronary artery disease or heart attack are more likely to also have heart failure. Why? Over time, there are diseases that can lead to weakening of the heart muscle, explains Dr. Steinbaum.The good news? Many of these conditions are connected to lifestyle choices (more on this later), so taking the right steps to keep your risk factors under control can significantly reduce your chances of developing heart failure. Ads Determine whether some of the symptoms you are experiencing are actually related to your cardiovascular health can be a challenge. However, when the heart is unable to meet the needs of the body, typical symptoms will include shortness of breath, swelling of the extremity (think: feet, ankles and legs), chronic cough, fatigue, decreased loss of appetite or tachycardia. The cause of these unpleasant symptoms returns to your heart. Take your breathing difficulties, eg Since the weakened heart cannot keep up with a constant supply flow, fluid begins to inject into the lungs, making it harder to inhale and out easily. As for why can you feel less hungry than usual? When less blood is sent to the digestive system, your appetite can get all out of the whack, making you less likely to reach for that second serve. Photo: Getty Images According to the American Heart Association, these symptoms are usually not disturbing (we've definitely all felt tired before). But if you always experience a combination of one or more potential red flags, it's a good idea to consult your doctor and make sure they are not the cause for cardiovascular concern. Heart failure is diagnosed by symptoms more than anything, explains Dr Steinbaum. If someone has worsening shortness of breath, is incapable of walking down the street, or they cannot lie flat in bed without difficulty breathing, their doctor may want to do an EKG to find heart damage or an ultrasound of the heart, which looks at the function of the heart muscle. If you are experiencing any of these symptoms, schedule an appointment with your doctor to make sure that it does not signal something more serious. Photo: Getty Images Many types of heart disease (such as heart failure, heart attack, coronary artery disease) are preventable, says Dr Steinbaum. Lifestyle factors play a huge role in reducing the risk of one cardiovascular disorder. At the top of the list of habits to prevent? Smoking. Every time someone inhales from a cigarette, they're capable of tearing the arterial mucosa, known as endometriosis, Dr. Steinbaum.As this lining wears out, she explains, a person's risk of developing coronary artery disease- as well as heart attacks and heart failure that follow-up. Stopping smoking is the most preventable thing we can do, she added. Need help finding ways to kick the habit? This is the best way to quit smoking, according to Advertising credit: Getty Images In addition to quitting cigs, you should also start exercising regularly if you are at risk of heart disease. Aerobic activity prevents weight gain (reduces the chances of developing important heart failure risk factors, such as diabetes and obesity), and also keeps your arteries healthy and controls blood pressure and cholesterol levels. The American Heart Association recommends at least two and a half hours of moderate-intensity physical activity per week. Photo: Getty Images Step out of fries. As you probably know, consuming too much sodium causes the body to retain more water (which is why super salty foods can make you feel bloated). So why is this important for heart failure? Excess salt increases the risk of high blood pressure, thereby increasing the risk of the heart even more, explains Dr. Bozkurt: Pronounced fluid overload can lengthen the heart chambers and can contribute to a decrease in the pumping mechanism of the heart in patients with heart failure. The easy kitchen repair? Try using flavor boosters instead that won't send your sodium intake skyrocketing, such as parsley, basil and ginger. Photo: Getty Images A balanced diet is important for heart failure patients, says Dr Bozkurt. As with other forms of cardiovascular disease, be sure to load your plate with a variety of heart-healthy foods. Some of the best options: salmon (it is packed with omega-3 fatty acids), butter (another healthy fat), oatmeal (which is an excellent source of soluble fiber, which can help reduce cholesterol), nuts (more fiber, plus vitamin E) and many fresh products, such as blueberries, citrus fruits and tomatoes. Advertising credit: Getty Images If you have been diagnosed with heart failure, know that there are many treatment options to manage the condition. Treatment of potential causes of heart failure such as coronary artery disease, high blood pressure, or diabetes is often the first step. From there, the doctor can do a blood vessel or put the cardiac catheter to look inside the artery and determine if there is a blockage, says Dr. Steinbaum.If the plaque buildup is present, it is likely that a doctor will prescribe the drug. Some treatment options include angiotensin conversion enzyme inhibitors (ACE), angiotensin II (APA) blockers, beta-blockers and urine (they work to remove excess fluids in the body). These treatment strategies improve survival and reduce hospitalization in patients with symptomatic heart failure with sycetic heart failure,Dr. Bozkurt.In more severe cases, heart failure patients may consider heart transplantation or left sythetic assist devices, also known as LVADs. These are only necessary if medications and lifestyle changes really don't work, says Dr Steinbaum. Credit: Getty Images The bottom line? Because lifestyle choices can make all the difference in preventing heart failure, Dr. Steinbaum emphasizes that patients have an important role to play in preventing heart failure. The best way to eat and take the time to get up and move - even if it only walks 10,000 steps a day - is a huge part of staying healthy and preventing heart failure down the road, she said. Plus, it's a progressive disease. Let's make healthy choices now so we never have to go there.