

HEART FAILURE

What is heart failure ?

Heart failure occurs when the heart muscle is weakened and cannot pump enough blood to meet the body's needs for blood and oxygen. Learn more about how this can develop

Can heart failure can kill me?

Heart failure is a very serious condition and can shorten your life. However, by working with your doctor you can get effective treatments and make changes to your lifestyle that will both ease your symptoms and also prolong your life.

Is heart failure untreatable ?

No, There are many treatments available for heart failure that are very effective at reducing symptoms and delaying the progression of the condition. Your cardiologist is the best person to guide you for the same

Can I exercise with heart failure?

Yes and It is very important for people with heart failure to exercise. However, it is also important that you don't overdo it. The cardiac rehabilitation programme according to the cardiologist advise can alleviate the symptoms and improve life quality.

Is heart failure occurs due to old age ?

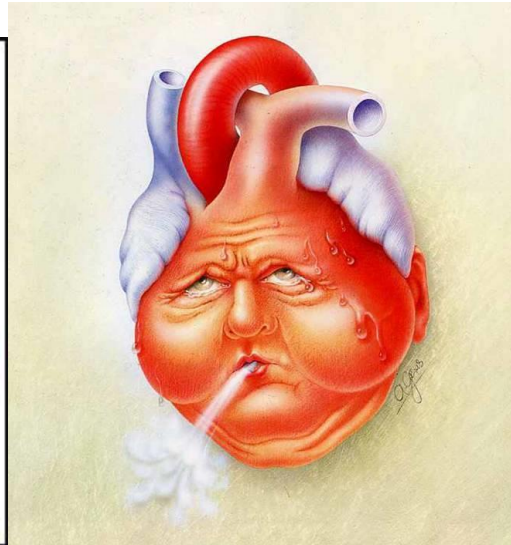
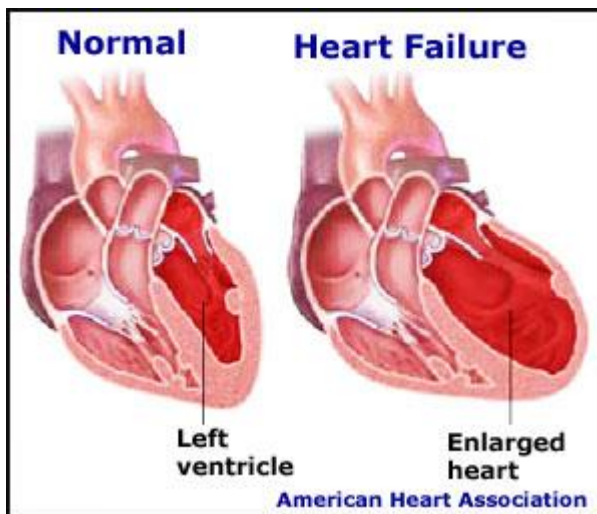
No Although most people with heart failure are elderly, heart failure is not necessarily a part of the ageing process. It is a very serious cardiovascular condition that can be prevented and greatly helped with available treatments.

Is there any diet restriction in heart failure ?

Yes , main diet restrictions are salt restricted diet, no more than 2 grams of salt per day and total fluid restriction of around 1250 to 1500 ml per day or as per advised by your cardiologist.

Is it normal to gain weight with heart failure treatment ?

No , it is abnormal to gain weight with treatment. Patient with heart failure should weigh every weekly and any weight gain should be reported to the cardiologist as it denotes fluid overload and requires diuretic dose adjustment .



Heart failure is a very misunderstood subject. It does not have to be a death sentence. It is manageable. In worst cases, it requires a heart transplant. Most of the time, medications and modified lifestyles can control this condition.

- **Heart failure is untreatable** – There are treatments and medications that can reduce symptoms and delay its progress. Your doctor can devise a treatment plan.
- **People with heart failure should never exercise** – Exercise helps strengthen the heart and improves circulation. Aggressive exercise should be avoided. Cardiac rehab programs teach you how to exercise safely.
- **Heart failure kills** – Heart failure can shorten your life. It is not always a death sentence. It is treatable under a doctor's watchful care.
- **Congestive heart failure is a death sentence** – Congestive heart failure is a fluid build-up on the lungs. Fluid can be removed

and future build-up managed with proper medication, exercise and dietary changes.

- **Heart failure means you must halt activities you enjoy** – While it is true lifestyle modification and medication are the rule, a proper treatment regimen makes heart failure manageable so you can enjoy a good quality of life.
- **Heart failure has no symptoms** – Quite often you will experience swelling in your ankles, feet, legs or abdomen. It also causes unexplained weight gain, nausea, dizziness, shortness of breath, lung congestion, coughing, wheezing, rapid heartbeat, chest discomfort and extreme fatigue.
- **Symptoms of heart failure are no big deal** – If you suffer any symptoms of heart failure, you should call your doctor immediately. The sooner heart failure is treated, the better your outcome and less damage to your heart.