

# Chronic Heart Failure

Heart failure happens when the heart cannot pump enough blood and oxygen to support other organs in your body. Heart failure is hard, but it does not mean that the heart has stopped beating.

## Causes for Heart Failure

Health problems that harm your heart also raise your risk for heart failure. Some of these health problems are:

- Coronary heart disease and heart attacks.
- High blood pressure.
- High blood sugar.

Not healthy acts can also raise your risk for heart failure, mainly for people who have one of the health problems listed above. Not healthy acts are:

- Smoking.
- Eating foods high in fat, cholesterol, and salt.
- Not getting enough workout.
- Being obese.



## Signs of Heart Failure

Common warnings of heart failure are:

- Hard breathing during daily acts.
- Having trouble breathing when lying down.
- Weight gain with swelling in the feet, legs, ankles, or stomach.
- Often feeling tired or weak.

## Treating Heart Failure

Early aid can help with quality and length of life for people who have heart failure. Aid often involves taking meds, cutting salt out of meals, and getting daily workout. People with heart failure also track their warnings each day. They can then talk about these with their doctor.