

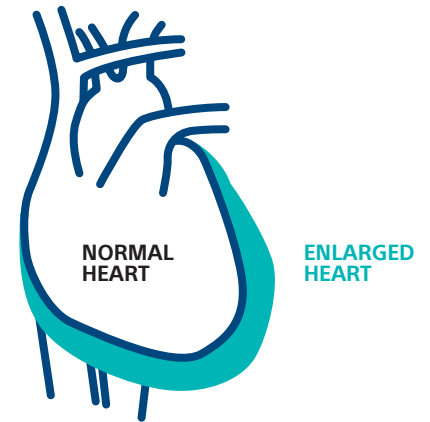


WHAT IS HEART FAILURE?

Heart failure is a chronic, progressive condition where the heart muscle is not able to pump enough blood to meet the body's needs for blood and oxygen.

Because the heart can't keep up with its workload, it tries to compensate for it by enlarging, pumping faster, and developing more muscle mass. These measures help mask the problem of heart failure but don't solve it because they eventually stop working.

Once the heart and body can't keep up, the person starts to feel the symptoms of heart failure. Heart failure can involve the heart's left, right, or both sides.¹



COMMON SYMPTOMS OF HEART FAILURE FOR HISPANICS/LATINOS

Heart failure can sometimes go unnoticed because of the heart's compensation mechanisms. Because of this, symptoms may be mild, nonexistent, or appear suddenly.

HISPANIC PEOPLE ARE MORE LIKELY TO BE YOUNGER THAN WHITES WHEN HOSPITALIZED WITH HEART FAILURE²

Although this is a complex topic, it can be associated with the high rate of risk factors such as diabetes and high blood pressure in Hispanics/Latinos in the US. Talk to your doctor on how you can control or reduce your risk of the conditions that contribute to heart failure development.

If you feel these signs, seek help from a health care provider immediately.⁵



CHEST PAIN



RAPID OR IRREGULAR HEARTBEAT

with shortness of breath, chest pain or fainting



FAINING OR SEVERE WEAKNESS



SUDDEN, SEVERE SHORTNESS OF BREATH / COUGHING UP FOAMY MUCUS



SHORTNESS OF BREATH

with activity or when laying down



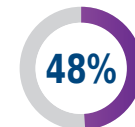
SWELLING IN THE LEGS, ANKLES, AND FEET



REDUCED ABILITY TO EXERCISE

Other symptoms that may occur.⁵

HISPANICS/LATINOS HAVE THE SECOND HIGHEST RISK OF DEVELOPING HEART FAILURE IN THE UNITED STATES BEHIND THE BLACK COMMUNITY⁴



48%

MEN



32%

WOMEN

In Hispanic adults over the age of 20, 48.3% of men and 32.4% of women have cardiovascular disease²



30%

Approximately 30% of Hispanic men and Women have high blood pressure, a major risk factor for heart failure³



Despite being one of the fastest growing groups in the US, Hispanics/Latinos only make up 1-6% of participants in clinical trials⁵

46% INCREASE

Prevalence of heart failure is projected to increase by 46% from 2012 to 2030, affecting over 8 million people older than 18⁴



REDUCING YOUR RISKS

There are things you can do to reduce the risk of developing heart failure, like quitting smoking, taking steps to lower cholesterol, exercising regularly, keeping diabetes and high blood pressure under control and seeing your doctor regularly.



**QUIT
SMOKING**



**LOWER
CHOLESTEROL**



**EXERCISE
REGULARLY**



**CONTROL DIABETES
AND HIGH BLOOD
PRESSURE**



**VISIT DOCTOR
REGULARLY**

Adjustable risk factors such as high blood pressure and diabetes account for over half of heart failure cases. By controlling these risk factors you can greatly reduce your chances of developing heart failure.⁴

QUESTIONS TO ASK YOUR DOCTOR

If you are experiencing any of the symptoms or know that you have certain risk factors, here are some questions you can ask your doctor to help you get access to the care you may need.

- Could I have a heart problem?
- What caused my heart problem?
- What treatments do I need? What are the side effects?
- What should I do if my symptoms get worse quickly?
- What can I do to prevent this from getting worse or having a heart problem again?
- Should I eat different foods?
- How will this affect my day-to-day activities, such as working, or caring for my children or grandchildren?
- What can I do to feel less stress and worry?
- How often do I need to come in for an office visit?
- If I do have a heart failure, how often should I come in for a check up?

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