

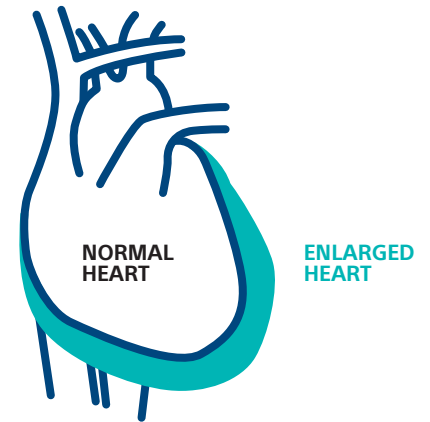


WHAT IS HEART FAILURE?

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 WOMEN

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

COMPARED TO MEN, WOMEN ARE LESS LIKELY TO RECEIVE APPROPRIATE MEDICAL THERAPY FOR HEART FAILURE TREATMENT.⁴

The reasons for this are complex, but you can take action and ask your doctor if your current medications are appropriately controlling your heart failure.

If you feel these signs, seek help from a health care provider immediately.⁶



CHEST PAIN



RAPID OR IRREGULAR HEARTBEAT

with shortness of breath, chest pain or fainting



FAINTING OR SEVERE WEAKNESS



SUDDEN, SEVERE SHORTNESS OF BREATH / COUGHING UP FOAMY MUCUS

Other symptoms that may occur.⁶



SHORTNESS OF BREATH

with activity or when laying down



SWELLING IN THE LEGS, ANKLES, AND FEET



REDUCED ABILITY TO EXERCISE

CARDIOVASCULAR DISEASE IS THE #1 KILLER OF WOMEN IN THE U.S.^{2,3}



60 DEATHS PER HOUR

In the U.S., one woman dies every minute from heart disease



Women made up over half of heart failure deaths in 2018⁵



1 in 31 women die from breast cancer each year; heart disease claims 1 out of every 3 women each year

46% INCREASE

Prevalence of heart failure is projected to increase by 46% from 2012 to 2030, affecting over 8 million people older than 18⁵



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**

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?

SOURCES:

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5. Virani SS, et al.; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2021 update: a report from the American Heart Association [published online ahead of print January 27, 2021]. *Circulation*. doi: 10.1161/CIR.0000000000000950
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