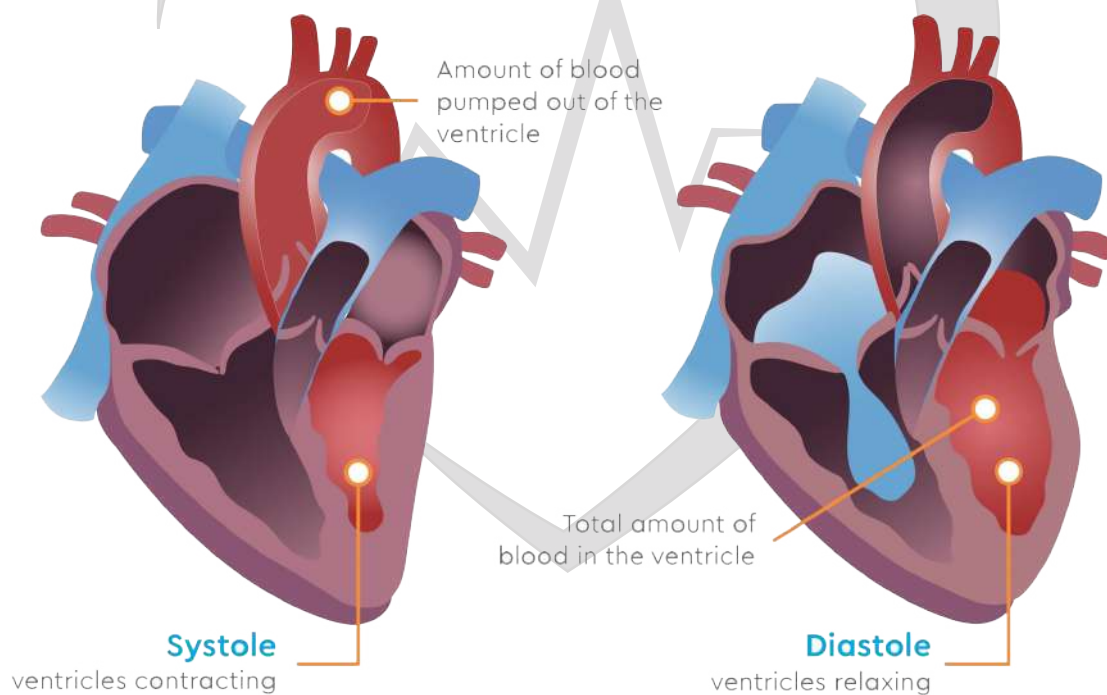


# Ejection Fraction (EF)

The **Ejection Fraction (EF)** is the measurement of oxygen-rich blood ejection from the heart to the rest of the body during each contraction. EF expressed in percentage to reflect the heart health.

**Ejection Fraction**= amount of blood (present in the chamber) + amount of blood (pumped out from the heart)



Amount of blood pumped  
out of the ventricle

—————  
Total amount of blood  
in the ventricle

= Ejection fraction (%)

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## How much blood is pumped out?

**NORMAL Ejection Fraction** is 51–70% blood pumped out during each contraction.

**BORDERLINE Ejection Fraction** is 41– 50% blood pumped out during each contraction.

**REDUCED Ejection Fraction** is less than 40% blood pumped out during each contraction.

*You are advised to have a heart health diagnosis (with apparently normal heartbeat) to avoid the potential risk of heart failure. Timely and effective treatment can improve heart health's ejection fraction and lead towards a long and healthier life.*

**Talk with your healthcare provider about your options.**

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