

## Heart Failure

- The statistics of CDC (**Center for Disease Control and Prevention**) highlighted the alarming fact about the spread of heart disease among people of the U.S. As per the statistics, approximately 805,000 people are suffering from heart disease every year, in which 605,000 people suffered first time and remaining are already heart patients. Heart failure is one of the most common reasons for peoples' visits to hospitals, specially having age 65 and older. Heart failure is known as congestive heart failure that occurs due to fluid accumulation in various body parts. It develops over the years. If you are not suffering from heart disease currently but at the risk of it. You must change your lifestyle to physically active and perform healthy activities to prevent the potential risk of heart disease.
- The symptoms of heart failure usually develop due to the weakness and incapability of the heart muscles to pump the required amount of blood. Heart failure causes an enlargement of the left heart ventricle.

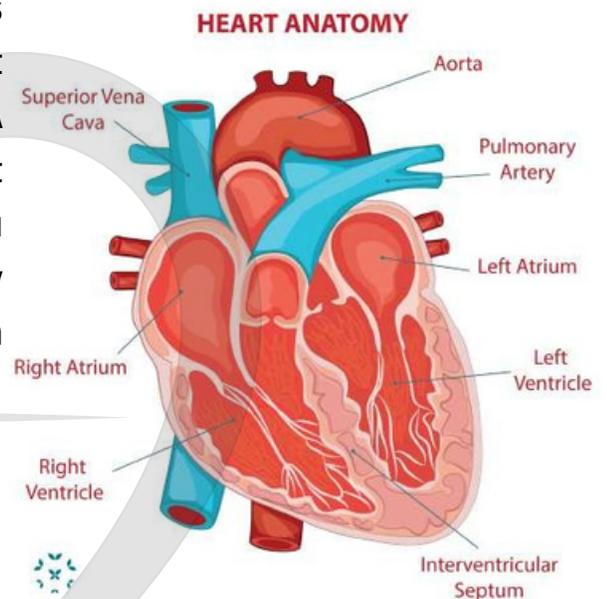


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# Does your heart stop?

Heart failure doesn't mean that your heart has stopped working; It refers to the incapability of the heart's pumping blood. The heart keeps beating, but it doesn't fulfill the body's requirement of blood and oxygen. A heart patient's condition can get worse if the heart failure is not treated immediately and effectively. You must follow the doctor's instructions about healthy changes in lifestyle to feel better and enjoy life much more!



## Condition of heart failure

- The incapability of the heart to pump blood.
- Blood often backs up in your veins and causes fluid buildup in the lungs and legs.
- The fluid accumulation causes shortness of breath and swelling in your feet, ankles, and legs. This condition is called 'edema.'
- Insufficiency of blood, food, and oxygen in the body.
- Shortness of breath, especially when lying down
- Tiredness

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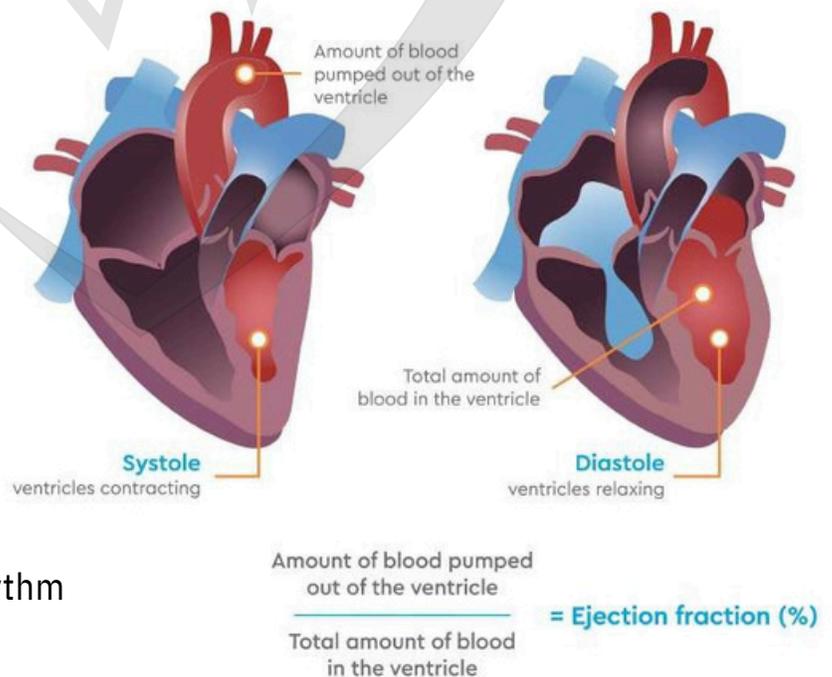
- Coughing or wheezing, especially when exercising or lying down
- Swelling in feet, ankles, and legs
- Sudden weight gain • Unable to think clear

## What are the Causes?

Coronary Artery Disease (CAD) is the most common and prevalent cause of heart failure. CAD occurs due to plaque, which refers to the accumulation of fatty deposits in the arteries. Arteries are responsible for supplying blood to the heart muscle. Moreover, some other risk factors lead to heart failure, such as;

- History of heart disease
- Congenital heart defects
- High blood pressure
- Heart valve disease
- Heart muscle disease
- Heart infection

### Heart failure – ejection fraction



- Being overweight
- Diabetes
- Thyroid problems
- Alcohol or drug abuse
- Chemotherapy
- Irregular and abnormal heart rhythm

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## Treatment of Heart Failure:

Your health care professional may recommend you one of the following treatment or a combination of these, depending upon the symptoms, causes, and severity of disease;

- Medication to strengthen your heart health
- Water pills to prevent fluid excess in the body
- Low-sodium (salt) diet
- Oxygen for use at home
- Certain lifestyle changes
- Surgery or cardiac devices in severe health conditions when other treatment options cannot cure the disease

## Ways to prevent and manage Heart Failure:

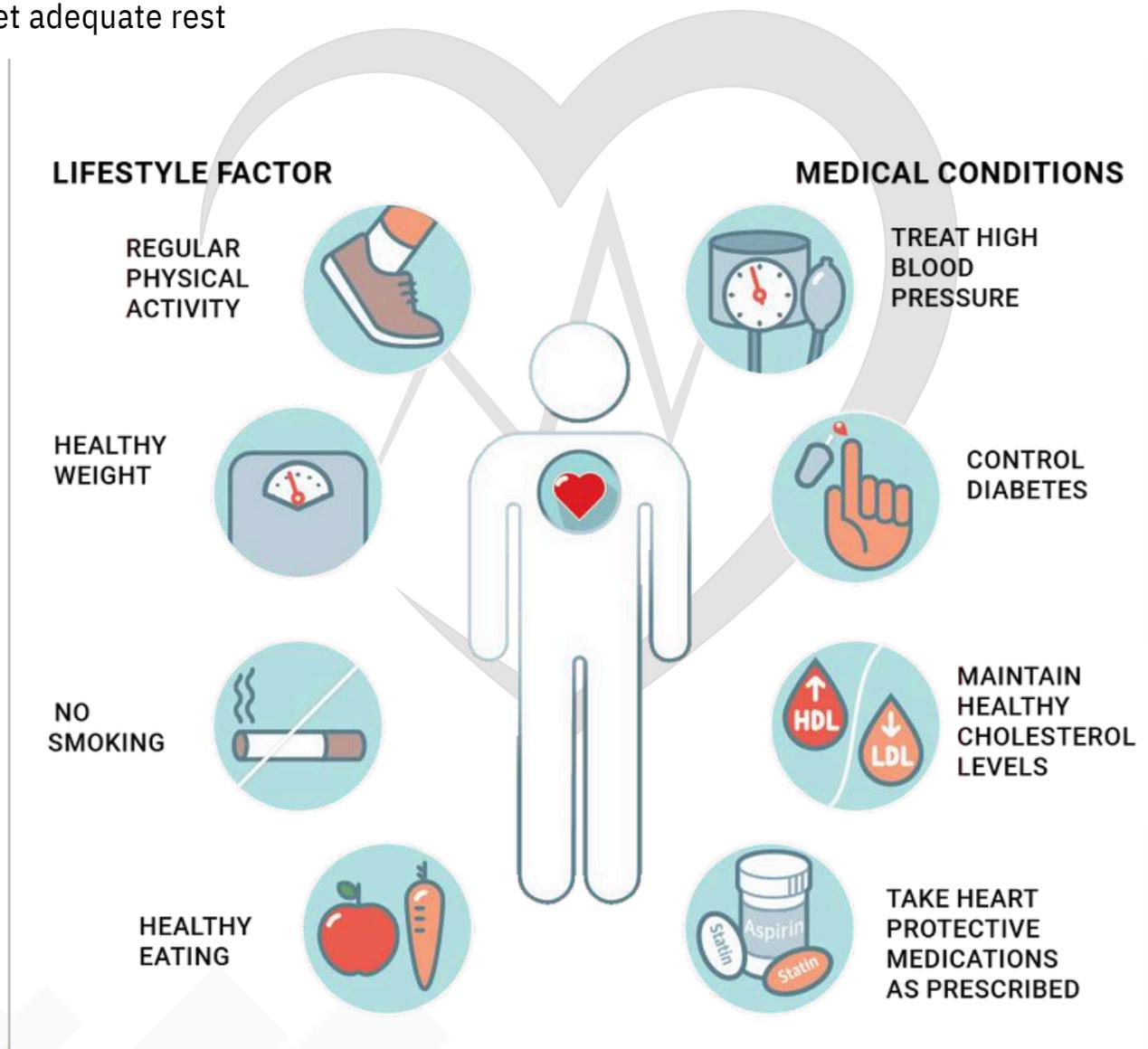
You are strongly advised to follow specific guidelines in order to manage the fatal disease of heart failure;

- Strictly follow your doctor's advice
- Avoid smoking
- Use medicines exactly as prescribed
- Try to reduce body weight as per doctor's recommendations
- Use sufficient amount of fluid intake
- Monitor your blood pressure daily

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- Avoid or limit the use of alcohol and caffeine
- Eat a heart-healthy and nutritious diet
- Use less salt in edible items
- Be physically active
- Get adequate rest



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1013 W Park Ave,  
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### Park Ridge

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### Arlington Heights

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#102, Arlington Heights, IL  
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