

WHAT IS HEART FAILURE?

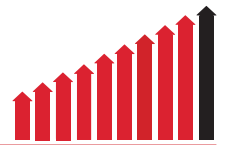
Heart failure is a severe failure of the heart to pump enough blood around the body
Symptoms include **breathlessness, fatigue and swollen limbs**



THE REALITY

Quality of life survival is poor, with **45-60%** reported deaths **within 5 years¹**

The global burden of heart failure is rising



THE REALITY



26M

heart failure patients worldwide ²



>37.7M

is the estimated prevalence due to undiagnosed cases ³



The lifetime risk of developing heart failure is

1 in 5⁵



>50%

of patients are rehospitalized for heart failure within 6 months of discharge

NO.1

cause of hospitalisation



WHAT YOU CAN DO TO PREVENT HEART FAILURE



Exercise regularly
Maintain a heart healthy diet
Don't smoke
Keep an eye on your body weight



Reduce your blood pressure
Control your diabetes
Manage your cholesterol
Take heart protective medications as prescribed

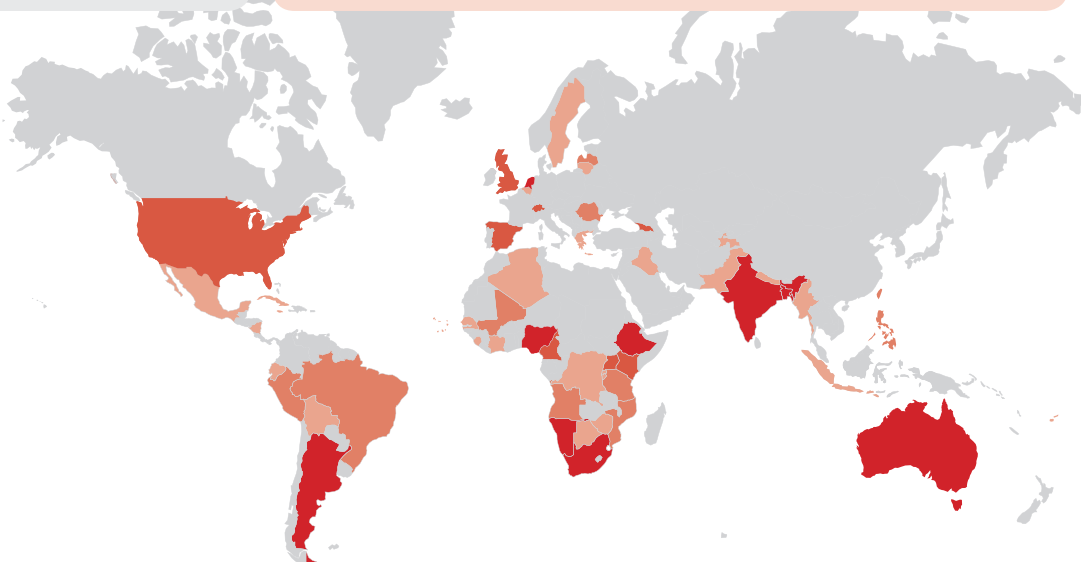


A PICTURE FROM WHF MEMBERS



138
RESPONSES

54
COUNTRIES



PERCEPTION OF HEART FAILURE FROM WHF MEMBERS

50%



of health care practitioners are not fully aware of the risks for heart failure

50%



do not have appropriate and timely access in the cardiology department of a public hospital to diagnostic tests

60%



of patients do not have access to follow up treatment programmes on adherence and lifestyle management

OVERCOMING BARRIERS TO CARE – TOP 3 LISTED BARRIERS

1. Lack of awareness of heart failure among patients, carers, healthcare professionals and the general public
2. Lack of patient follow up and education programmes
3. Limited access to health care facilities with sufficient expertise to diagnose heart failure

Sources

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