

# NAVIGATING & LIVING WITH HEART FAILURE



Heart failure is a problem in the structure and function of the heart. It occurs when the heart cannot pump enough blood to meet the body's needs.

## CAUSES AND RISK FACTORS :



**Direct causes:** Conditions which affect the heart muscle, e.g coronary heart disease, genetic conditions, infections, exposure to certain toxic substances.



**Indirect causes:** Conditions that place extra strain on the heart or cause it to work extra hard and stiffen the heart muscle, e.g chronic conditions.



**Unknown causes (idiopathic):** Can be a combination of direct and indirect causes, with exact triggers hard to identify.

## OTHER RISK FACTORS INCLUDE :



Living with chronic conditions (e.g. hypertension, diabetes, kidney disease)



Obesity and Poor diet



Excessive alcohol consumption



Smoking

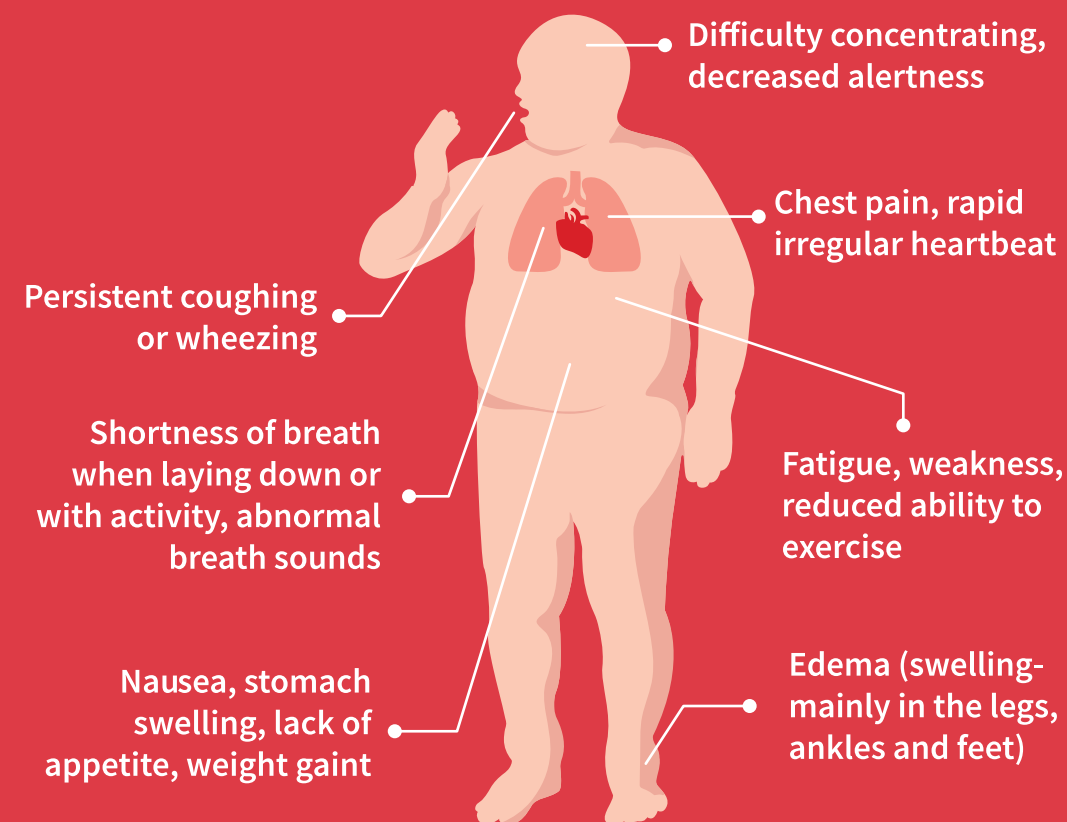


Old age



Exposure to certain chemo/radiation therapies

## SYMPTOMS OF HEART FAILURE :



## DIAGNOSIS :

To identify the cause of heart failure symptoms, rule out other conditions, and confirm a diagnosis, your healthcare provider will conduct a variety of tests.



Blood tests



Electrocardiogram (ECG) & Echocardiogram (Echo)



Chest X-Ray, CT Scan/MRI



Stress Tests



Angiogram



Myocardial Biopsy

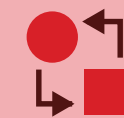
While heart failure can lead to serious health problems, it is a manageable condition through medical interventions that target the underlying causes along with nutrition and lifestyle approaches.

## BUILDING A RELATIONSHIP WITH HEALTHCARE PROVIDER :

Strong communication for better healthcare provider-patient relationships:



Understanding your HF



Exploring different HF treatments



Understanding treatment goals



Identifying patient needs

## TREATMENT:

- Treatment is tailored to the patient needs but will always focus on improving symptoms, reducing hospitalization, slowing disease progression and helping patients live longer, more active lives
- Heart failure requires long-term care and monitoring by a healthcare provider so it is important to build a strong patient-healthcare provider relationship
- Guidelines also recommend lifestyle modifications to reduce or control risk factors
- Discuss with your healthcare provider about how you can engage in physical activity, reduce weight, improve your diet, etc

Heart failure can be very challenging for both patients and caregivers. If you or your loved ones live with heart failure or are currently suffering from these signs and symptoms, here is a useful resource to help you navigate this journey. Please refer to a licensed healthcare provider for diagnosis and treatment.



### Scan For Full Paper

*Navigating heart failure:  
A plain-language summary to empower  
people with heart failure*

\*Made possible by support from Bayer Pharma | December 2025