

COULD YOU HAVE HEART FAILURE?

KNOW YOUR RISKS

What causes Heart Failure?

Anything that weakens the heart and prevents it from pumping blood normally can cause heart failure.

- * Coronary artery disease or clogged arteries
- * Previous heart attack
- * High blood pressure (hypertension)
- * Infection of the heart muscle
- * Abnormal heart rhythms
- * Alcohol abuse or heavy drinking
- * Anemia

The following signs and symptoms could signal heart failure. If you have any of these signs or symptoms for more than a week, call your Doctor to have a checkup.

- * Shortness of breath that keeps you from finishing a sentence or that causes you to stop activities prematurely or makes you want to rest after activity
- * Fatigue that is unusual or excessive
- * Swelling in the feet, ankle, legs, abdomen, fingers
- * An unexpected increase in weight
- * Frequent coughing
- * Irregular heart rate (pulse) or racing heart
- * Dizziness or light-headedness
- * Chest pain or tightness, or pain in your jaw, neck, shoulders, or arms

If you think you have any of these signs or symptoms – Know that help is available.

Call your doctor or Teree Rice, BN, BA, CHEN
Mercy Medical Center Heart Failure Coordinator 330-580-4764.