

RECOGNIZING THE SIGNS OF HEART FAILURE



Local presenter of:



American
Heart
Association



Saint Thomas Heart

APPOINTMENT LINE

800.345.5016

Heart failure is a common condition that usually develops over time as the heart weakens and needs to work harder to keep blood flowing through the body. Heart failure typically occurs following injury to the heart, such as damage caused by a heart attack, long-term high blood pressure or simply an abnormality of the heart valves. The weakened heart must work harder to keep up with the demands of the body.

Symptoms of Heart Failure

- Shortness of breath
- Difficulty breathing when lying down
- Weight gain with swelling in the legs and ankles caused by fluid retention
- General fatigue and weakness

Risk Factors for Heart Failure

- High blood pressure (Hypertension)
- Heart attack (Myocardial Infarction)
- Damage to heart valves or history of a heart murmur
- Enlargement of the heart
- Family history of an enlarged heart
- Diabetes
- Diagnosing heart failure

Only your physician can accurately diagnose heart failure. For more information and to schedule an appointment with a Saint Thomas Heart cardiologist in your area, call **800.345.5016**.



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