Common Signs & Symptoms

- Swollen ankles, legs or abdomen
- Weight gain
- Shortness of breath
- Extreme fatigue
- Cough with frothy sputum

Heart Failure can be caused by medical conditions that damage or add extra workload to the heart. Examples include:

- High blood pressure
- Diabetes
- Electrical dyssynchrony (inappropriate timing or lack of synchrony of contractions in the chambers of the heart)
- Narrowing of the blood vessels that supply oxygen & blood to the heart

Currently, heart failure has no cure. Treatment options for heart failure include:

- Lifestyle changes
- Medications
- Devices & surgical procedures

Treatments can help people who have the condition live longer and more active lives.

Prevalence: At least 15 million people suffer from heart failure in Europe, with 1 in 5 people can expect to live with heart failure at some point in their lives.

For more information visit:

- www.heartfailurematters.org
- www.medtronic.com/whatisheartfailure