

WHO IS AT RISK FOR

Heart Failure?

People at risk for heart failure include those who:



Have high blood pressure



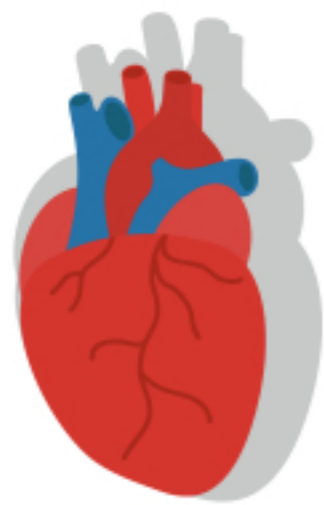
Are living with diabetes



Abuse drugs or alcohol



Are overweight



Have an enlarged (bigger than normal) heart, or a family history of an enlarged heart



Have a history of heart disease or other heart defects



Have had a heart attack

A heart attack can damage the heart muscle

WHAT ARE THE SIGNS & SYMPTOMS OF Heart Failure?

People with heart failure, and their families, should be aware of the signs and symptoms that need medical attention.

Need to know what to look out for? These signs can signal first-time heart failure, or symptoms coming back in people already diagnosed with heart failure.



Shortness of breath (feeling like you can't breathe)



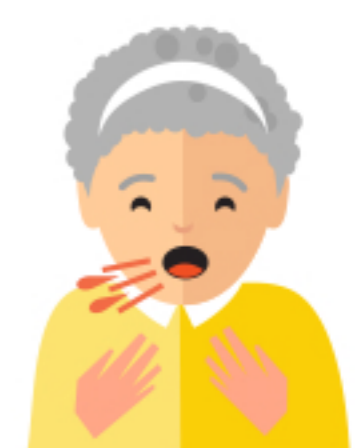
Coughing or wheezing, especially after exercising or while lying down



Feeling sick to your stomach, or not hungry



Feeling dizzy



Coughing up white or pink mucus with blood in it



Feeling tired all the time



Confusion, memory loss, or feeling disoriented



Weight gain or swelling, caused by extra fluid in the body



Becoming weak or tired after everyday activities, such as climbing the stairs or walking



Fast heart beat