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

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