EVERY minute at least one person is diagnosed with heart failure

Did you know?

1 in 5 Americans will develop heart failure in their lifetime

Know the facts of HF

TOGETHER, we can all lower risks and live healthier!

The AHA and our Heart Failure Ambassadors are here for YOU!

Looking for help?

Visit www.RiseAboveHF.org to learn more about the campaign and engage with HF ambassadors on our Support Network.


#RiseAboveHF #MyChangeOfHeart

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Heart Failure (HF) can happen to anyone.

It’s what happens when the heart is unable to pump enough blood to the body.

Know the Symptoms

- Shortness of breath with activity
- Swelling of legs, feet, and ankles
- Dry, hacking cough
- Feeling lightheaded, very tired, or dizzy
- Trouble sleeping

Heart Failure contributes to 1 out of every 9 deaths in America, and sends more older Americans to the hospital than any other condition.

You can take steps to lower your risks!

The good news is that you can make changes and lower your risks, even if you’re already facing HF.

Small Changes > Big Results
You can take steps each day to help prevent and manage heart problems like heart failure. We offer tools and resources and also connect you with people to help encourage you to successfully:

- Improve and Manage Symptoms
- Track and Manage Your Weight
- Stop Smoking
- Eat Better

Queen Latifah and Mom Rita Owens share their inner strength and rise above HF

\[\text{Queen: “My mom has always been my rock. She’s stronger than anyone I’ve ever known. Growing up, when life got hard, her strength helped pull us through. And now as she’s managing heart failure, her strength once again shines. She refuses to give up hope. Instead, she chooses to rise above and continue to live her life.”}\]

\[\text{Rita: “To me, strength is hope. If I don’t stay strong it’s like I’m saying I’m giving up on hope. I have too much to live for. My family, my students, my friends – they’re my reason for living a healthier, longer life.”}\]

To learn more about Queen and Rita’s heart failure journey, visit www.RiseAboveHF.org.

You don’t have to face HF alone.

Join in
We have a strong community of people who can support you and your caregivers, too.