

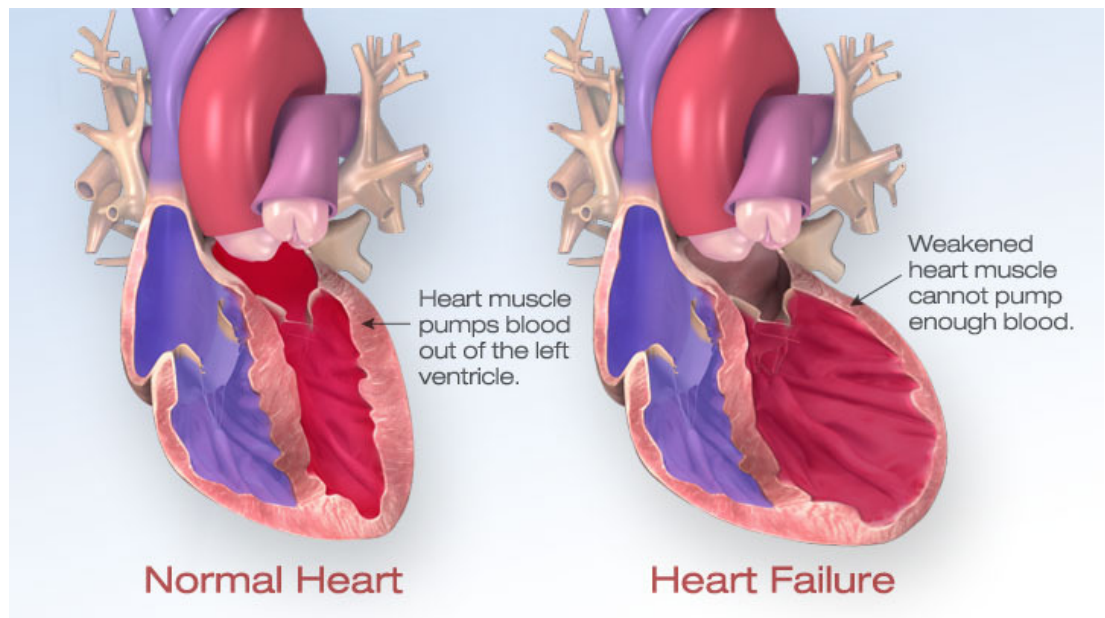


American Heart Association.

Healthy for Good™

## WHAT IS HEART FAILURE?

If you have heart failure, you're not alone. About 5.7 million Americans are living with it today. The term heart failure can be confusing because it does not mean that the heart has stopped pumping; it means the heart is not pumping like it should. If the heart is not working properly, then not enough blood is being pumped to the rest of the body. This can cause the body to stop functioning properly. There are many conditions that can lead to heart failure including high blood pressure, coronary heart disease and diabetes. It can take years for heart failure to develop, so it is important to know the signs and symptoms. Many people who have heart failure can lead an enjoyable life when they commit to making lifestyle changes, manage their symptoms and take their heart failure medications.



### WHAT CAN HAPPEN?

Your heart does not pump enough blood.

Blood backs up in your veins.

Fluid builds up in your body, causing swelling in your feet, ankles & legs (edema).

Fluid builds up in your lungs (pulmonary edema).

Your body does not get enough blood, food and oxygen.

For more tools and information on managing heart failure visit: [www.heart.org/northbayheartfailure](http://www.heart.org/northbayheartfailure)

Locally sponsored by  
**St. Joseph Health**