The Ejection Fraction compares the amount of blood in the heart to the amount of blood pumped out. The fraction or percentage helps describe how well the heart is pumping blood to the body.

**EJECTION FRACTION**

\[
\text{Ejection Fraction} = \frac{\text{amount of blood pumped out}}{\text{amount of blood in chamber}}
\]

- **NORMAL Ejection Fraction**: ≈ 50–70% is pumped out during each contraction (Usually comfortable during activity)
- **BORDERLINE Ejection Fraction**: ≈ 41–49% is pumped out during each contraction (Symptoms may become noticeable during activity.)
- **REDUCED Ejection Fraction**: ≤ 40% is pumped out during each contraction (Symptoms may become noticeable even during rest.)

It is also possible to have a diagnosis of heart failure with a seemingly normal (or preserved) ejection fraction of greater than or equal to 50%.

With the proper care and treatment, many patients are able to improve their ejection fraction and live a longer and healthier life. Talk with your healthcare provider about your options.

Source: 2013 ACCF/AHA Guidelines for the Management of Heart Failure