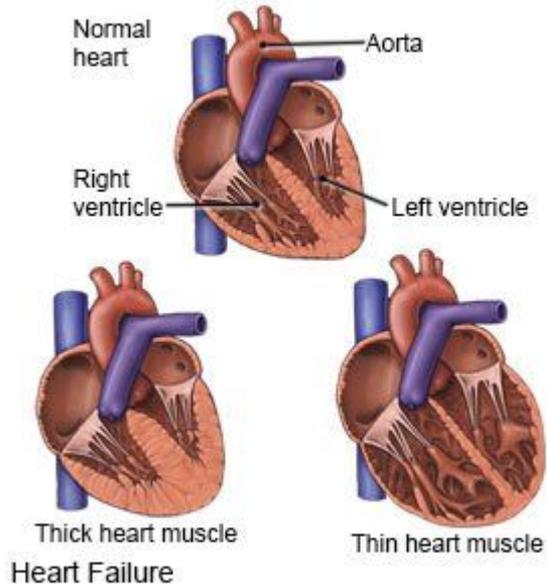


The Heart



Community Resources

Beebe Heart Failure Support: The group meets every **second Thursday of the month at 10 a.m. in the Cardiovascular Conference Room at Beebe's main campus in downtown Lewes.**

Local Gyms: Planet Fitness, YMCA, etc.

Beebe's cardiologists and cardiothoracic surgeons

Cardiac Rehabilitation Program (offered at Beebe)

Outpatient Heart Failure Monitoring (offered at Beebe)

American Heart Association (online resource for more education)

Heart Failure Society of America (online resource for more education)

Heart Failure

The Heart normally works by delivering oxygen-rich blood to all areas of the body.

What is **Heart Failure**?

Heart failure is when the heart fails to pump effectively. This leads to a decreased output of blood from the heart and a buildup of fluids in the body. The fluid buildup is due to the blood not circulating properly to remove waste and fluid.

There are **different types of heart failure, left and right.** Left-sided heart failure is when the heart cannot pump to delivering oxygenated blood out to the body. While right-sided heart failure is when the heart cannot to get blood to the lungs to be oxygenated. Right-sided heart failure is usually caused by left sided heart failure due to backup of fluid stretching and damaging the heart, but can still occur on its own. Both types of heart failure can either have thinning or thickening of the heart wall creating the problem.

Causes w/ Signs & Symptoms

Risk Factors

- Obesity
- Atherosclerosis
- Hypertension
- Smoking
- Inactivity
- Race: African American
- Diet

Signs & Symptoms

Left-sided Heart Failure

- Crackles in the lungs
- Shortness of breath
- Needing to sit-up to sleep
- Coughing
- Blue-tinged skin

Right-sided Heart Failure

- Swelling in the legs
- Visible jugular vein in the neck
- Rapid weight gain

Prevention

Be smart and protect your heart!



Control your blood pressure.

Exercise 3 times a week for at least 30 minutes (walk, swim, riding a bike).

Limit salt and fat intake.

If you smoke, STOP smoking.

Make appointments to see your doctor yearly.

Reduce your stress.

Avoid alcohol.

Treatment

Blood pressure medicine

Cholesterol medicine

Diuretics

Fluid restriction: 2 L/day

Salt restriction: 2 g/day

Light exercise

