What should I know about the different types of heart failure?

Heart failure is a chronic, progressive condition where the heart cannot pump enough blood to support the body’s need for blood and oxygen.\(^1,2\)

**Prevalence of heart failure has been increasing worldwide.**\(^3\)

Yet, many people don’t understand the details of heart failure, or that it **can affect the structure of the heart in 2 ways**, with about half of patients suffering from each type.\(^3\)

<table>
<thead>
<tr>
<th>Heart failure with reduced ejection fraction</th>
<th>Heart failure with preserved ejection fraction</th>
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<td>occurs when the lower left chamber of the heart, the main pumping chamber, is <strong>stretched and weakened.</strong>(^4)</td>
<td>occurs when the heart contracts and pumps normally, but its bottom chambers are <strong>thickened and stiff</strong> and can’t expand to fill with enough blood.(^4)</td>
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How does heart failure affect the body?

Regardless of type, heart failure can worsen over time and lead to hospitalization and even death.\(^1\)

When HFrEF leads to death, it’s usually related to a cardiovascular event\(^5\) but with HFpEF, there are more varied causes, potentially involving multiple organ systems\(^5\).

**HFrEF and HFpEF share symptoms**

Heart failure symptoms are often **non-specific**, which may cause delays in diagnosis.\(^4\) Symptoms may **range from mild to severe, and may change over time.**\(^4\)

- Shortness of breath (dyspnea)
- Swollen limbs due to build-up of fluid (edema)
- Fatigue and weakness
- Coughing or wheezing
- Nausea
- Loss of appetite

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If you’re not sure what type of heart failure you have, talk to your doctor or ask for a referral to a specialist.

**Appropriate heart failure treatment is needed**

A goal of heart failure management is to keep patients out of the hospital.

**HFrEF**

**HFpEF**

Treatment options are available, and leading cardiology societies have developed treatment guidelines. is becoming the predominant type of heart failure and has no specific treatments, though new medicines are in development.

**It’s important to take certain steps, regardless of heart failure type**

- Monitor symptoms closely and alert your doctor if they or any of your functioning worsens early on
- Participate in appropriate exercise activity
- Maintain a low-salt diet
- Discuss your goals and a management plan, including heart failure medication options with a cardiologist
- Monitor your body weight

**HEART FAILURE IS SERIOUS**

**TAKE ACTION**

Being armed with accurate information can help ensure you are properly diagnosed and help you and your doctor determine a management plan.

If you’re not sure what type of heart failure you have, talk to your doctor or ask for a referral to a specialist.

**References:**