

## What is heart failure?

It is the heart's inability to adequately pump blood throughout the body. Because of this, muscles and other organs receive less blood, and fluids tend to be retained in the lungs, legs, and abdomen. As a consequence, the body tires easily and can swell.

This disease worsens over time and cannot be cured, but it can be controlled by making changes in lifestyle habits and with appropriate treatment.

### Main causes

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- Coronary artery disease: narrowing of the arteries of the heart (ischemic heart disease).
- High blood pressure.
- Heart valve disease.
- Heart muscle disease (cardiomyopathy).

### Important

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- Medicines have a unique function. Therefore, you shouldn't suspend them without medical indication.
- Carry on your prescription always.
- weigh yourself daily.
- Avoid smoking and drinking alcohol.
- Inform your treating doctor or the program nurse if you have warning signs or side effects from the medications (suffocation, extreme tiredness, swelling in the legs or abdomen).
- Ask the specialized staff for complementary therapies.

