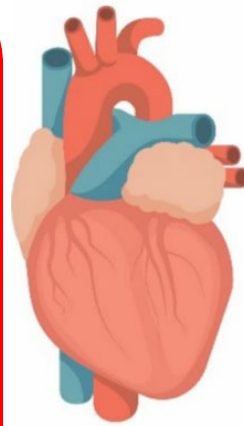


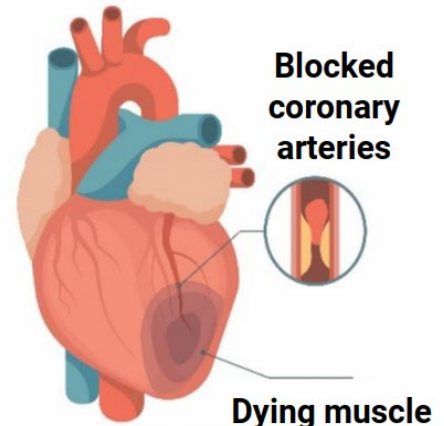
What to Know About Heart Failure

What is it?

Congestive heart failure is a condition when the heart is unable to pump enough blood to meet the body's need for oxygen and nutrients. (See picture on the right)



Healthy heart



Heart failure

Common Symptoms

- ❖ Lightheaded or Dizziness
- ❖ Swelling
- ❖ Fatigue
- ❖ Shortness of Breath
- ❖ Irregular or Rapid Heart Rate

Facts and Statistics

- About 915,000 NEW diagnosis each year
- 1 in 5 AMERICAN will develop CHF in their lifetime
- Leading CAUSE of DEATH for ADULTS over the age of 65



Medication



Weight Management



Good Nutrition and Diet



Exercise



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