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مدينة الشيخ شخبوط الطبية
Sheikh Shakhbout Medical City

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Please contact us:

- to cancel or reschedule your procedure
- for pre-procedure prep or medication questions

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All you need to know about Heart Failure

What is heart failure?

Your heart is a muscle that pumps blood throughout your body. The more blood that your body needs, the harder your heart must pump.

When the body does not receive the amount of blood it needs, this condition is called heart failure.

Causes of heart failure

Heart Failure occurs as a result of a problem that weakens the heart such as:

- Valve disease
- A previous heart attack
- Untreated high blood pressure
- Viruses that cause heart infection
- Long-term alcohol or drug abuse

Signs and symptoms

As the heart is not able to pump enough blood with each beat to supply all the organs with the oxygen they need, the rest of your body cannot function normally. You may experience some of the following symptoms:

- Shortness of breath
- Fatigue
- Persistent cough
- Sudden and unexplained weight gain
- Swelling in feet and legs
- Gradual loss of appetite
- Dizzy spells and fainting

Treatment of heart failure

For most people, heart failure is a lifelong disease and needs close monitoring. Heart failure may make your daily routine more difficult, but you can live a long and fulfilling life by following some guidelines:

1. Take all medications prescribed by your doctor
2. Avoid using salt
3. Stop smoking cigarette
4. Weigh yourself daily

5. Exercise gently
6. Maintain ideal body weight
7. Reduce stress levels
8. Limit the number of fluids you drink, if advised
9. Remember to go to your follow-up appointment

Salt intake

Sodium acts like a sponge to hold extra water in the body. When your body holds on to extra water, you often experience worsening of the signs and symptoms of heart failure including swelling of feet and ankles and shortness of breath.

Substitute salt with lemon or non-sodium salt equivalent and check with your doctor.

Exercise

A regular exercise program is a crucial part of your treatment for the heart failure. Not only has exercise been shown to be an excellent tool in prevention of heart disease but it also offers dramatic benefits for heart failure patients. Regular exercise can lower your blood pressure and may even increase your heart function.

HOWEVER, STOP if you feel

- Chest pain, pressure, or heaviness
- Pain radiating to neck, jaw, teeth, or arms
- Extreme fatigue – abnormal to a particular activity
- Dizziness or lightheadedness
- Extreme shortness of breath
- Irregular heartbeat or pulse
- Nausea and vomiting

CALL 999 IF CHEST PAIN OR ANY OF THE SYMPTOMS LISTED ABOVE DO NOT RESOLVE WITH REST