

MCLB ALBANY SAFETYGRAM

Did you know? **1 in 5 Americans will develop Heart Failure.**



Queen Latifah and her mother, Rita Owens, living with heart failure

Heart Failure Awareness Week

February 14–20, 2016



Let's Rise Above HF **TOGETHER!**



American Heart Association **life is why**



Rise Above Heart Failure seeks to increase the dialogue about HF and improve the lives of people affected by the condition through awareness, education and support. Through the initiative, AHA strives to make a measurable impact on HF by 2020, by increasing the dialogue about the condition, empowering patients to take a more active role in their care, and encouraging small changes that can lead to healthier lifestyles and better disease management to help keep patients out of the hospital.



1 Understand HF

The term "heart failure" makes it sound like the heart is no longer working at all and there's nothing that can be done. Actually, heart failure means that the heart isn't pumping as well as it should be.

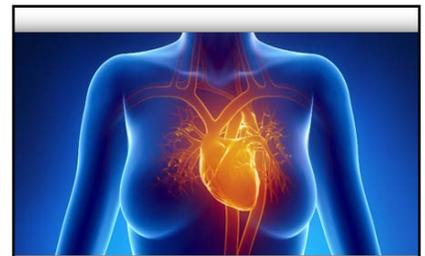
- Your body depends on the heart's pumping action to deliver oxygen- and nutrient-rich blood to the body's cells. When the cells are nourished properly, the body can function normally.
- With HF, the weakened heart can't supply the cells with enough blood. This result in fatigue and shortness of breath and some people have coughing. Everyday activities such as walking, climbing stairs or carrying groceries can become very difficult.
- Heart failure is a serious condition, and usually there's no cure. But many people with HF lead a full, enjoyable life when the condition is managed with HF medications and healthy lifestyle changes. It's also helpful to have the support of family and friends who understand your condition.



2 Identify Your HF Needs

Heart failure requires you to pay close attention to changes in symptoms. Reduce your chances of hospital visits by understanding your symptoms and knowing when they signal trouble.

It's always important to have regular check-ups even if you're not noticing any particular symptoms. If you do notice any of the potential signs of HF, take action and talk to a healthcare professional.



- Begin testing for HF if you or a family member have any of the potential signs of heart failure, such as:
 - Shortness of breath
 - Persistent coughing or wheezing
 - Buildup of excess fluid in body tissues (edema)
 - Unusual fatigue
 - Lack of appetite or nausea
 - Impaired thinking
 - Increased heart rate



3 Explore HF Options

Take steps to manage HF.



Monitored Cardiac Rehab



Lifestyle Changes



Prescription Medications



Implanted Devices



Surgical Procedures

Your action plan may include a combination of these steps.

Heart failure caused by damage to the heart that has developed over time can't be cured. But it can be treated, quite often with strategies to improve symptoms. Successful treatment depends on your willingness to get involved in managing this condition, whether you're the patient or a caregiver. You and your loved ones are an active part of the healthcare team.

For more information on Rise Above Heart Failure: Queen Latifah's Story click on the link below:



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