DOWNLOAD PDF AVOIDING CONGESTIVE HEART FAILURE

Chapter 1 : Heart Failure | National Heart, Lung, and Blood Institute (NHLBI)

How to Prevent Congestive Heart Failure. In this Article: Understanding the Causes of Congestive Heart Failure Adjusting Your Diet Adjusting Your Lifestyle Community Q&A. Congestive heart failure (CHF) is a serious health condition that occurs when your heart isn't pumping blood efficiently throughout your body.

Prevention, Treatment and Research Reviewed By: Steven Richard Jones, M. Rather, it means that the heart muscle has become less able to contract over time or has a mechanical problem that limits its ability to fill with blood. The body tries to compensate in different ways. The heart beats faster to take less time for refilling after it contractsâ€"but over the long run, less blood circulates, and the extra effort can cause heart palpitations. The heart also enlarges a bit to make room for the blood. The lungs fill with fluid, causing shortness of breath. With or without treatment, heart failure is often and typically progressive, meaning it gradually gets worse. More than 5 million people in the United States have congestive heart failure. One in nine deaths has heart failure as a contributing cause. Heart failure has enormous costs, but existing therapies are often inadequate. Also steer clear of secondhand smoke. Eat in heart-healthy ways. The foods that help you are those that contain little saturated fat, trans fat, sugar or sodium. Get practical ideas to eat for heart health in Eat Smart. Along with diet, being physically active helps achieve this goal and is also great for your heart. If you have another type of heart disease or related condition, closely follow your treatment program. Ongoing care and adherence to prescribed medications, such as statin drugs to treat high cholesterol, can make a big difference. Your doctor will consider your medical history, family history, a physical exam and the results of various tests. These tests can include: A picture of the heart, lungs and other chest structures that reveals whether the heart is enlarged or there are signs of lung damage. An ultrasound image of the heart. You walk on a treadmill or ride a stationary bicycle to see how your heart performs when it has to work hard. Treatment aims to relieve symptoms and slow further damage. The exact plan depends on the stage and type of heart failure, underlying conditions and the individual patient. Among the components of a treatment plan: These are the same changes as those for preventing heart failure. In addition, you may be advised to avoid salt because of fluid retention and caffeine because of heartbeat irregularities. Your doctor will advise how much fluid and what kinds to drink, as sometimes fluid intake should be limited. According to Jones, the types of medications typically prescribed include these: Vasodilators expand blood vessels, ease blood flow, and reduce blood pressure. Diuretics correct fluid retention. Aldosterone inhibitors help with fluid retention and improve chances of living longer. Anticoagulants or antiplatelets such as aspirin help prevent blood clots. Beta-blockers improve heart function and chances of living longer. In more severe cases, surgery is required to open or bypass blocked arteries, or to replace heart valves. Some congestive heart failure patients are candidates for a type of pacemaker called biventricular pacing therapy, which helps both sides of the heart work in concert, or an implantable cardioverter defibrillator, which shocks the heart into converting a potentially fatal fast rhythm to a normal one. Ventricular assist devices VAD therapy may be used as a bridge to heart transplantation or as a treatment in lieu of transplant, says Jones. A heart transplant is considered the last resort, with success rates of about 88 percent after one year and 75 percent after five years. Because sleep apneaâ€"a condition in which the muscles that allow air into the lungs briefly collapseâ€"is linked to heart failure, you may be evaluated and treated for it. Heart failure worsens over time, so you need to be familiar with changes in your body. Some of these can be addressed with different medications. Weighing yourself daily is one of the easiest ways to track fluid retention, indicated by a sudden gain. Swelling in the legs and feet can also mean more fluid is accumulating. Keep track of blood pressure, weight and other vital signs as your doctor advises. Get lab work done as recommended, as it gives key clues to your heart health and medication needs. A flu shot and pneumonia vaccine can help you avoid infections that would be especially hard on your compromised lungs. Try to keep a positive attitude. Congestive heart failure is a serious condition, says Jones, but with the right help you can still lead a long and productive life. Because anxiety and depression, which can cause you to feel stressed, are common side effects, try to find outlets for your stress. This might be a support group or therapist, relaxing hobbies you love or confiding your concerns to someone

you trust. Depending on the stage of disease, your doctor will have different recommendations about how active you should be, including work, exercise and sex. Among their recent findings: African-Americans are at increased risk of congestive heart failure. This is due to diabetes and high blood pressure, rather than race alone. In a study involving nearly 7, men and women, Johns Hopkins researchers were able to discover the underlying reason that African-Americans are known to develop heart disease more than any other race. When diabetes and high blood pressure are factored out, they face no higher risk. A simple blood test can determine which patients will fare better after hospital discharge. Johns Hopkins researchers realized that congestive heart failure patients with a certain level of a protein linked to heart stress were 57 percent more likely to be readmitted to the hospital. Find a Doctor Search by specialty, disease or condition. Search the Health Library Get the facts on diseases, conditions, tests and procedures. Follow Johns Hopkins Medicine.

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Chapter 2 : Heart failure - Symptoms and causes - Mayo Clinic

Congestive heart failure (also called heart failure) is a serious condition in which the heart doesn't pump blood as efficiently as it should. Despite its name, heart failure doesn't mean that the heart has literally failed or is about to stop working.

Avoiding Triggers for Sudden Heart Failure Introduction Sudden heart failure can be prevented by avoiding the triggers that cause it. Not all people are sensitive to or react to the same triggers. What may cause sudden heart failure in one person may not cause another person any difficulty. To avoid sudden heart failure: Pay attention to your symptoms. Changes in your weight, difficulty breathing, decreased appetite, and swelling usually first noticed in the feet and legs may be signs that your heart failure is getting worse. Keep your diet, exercise, and medicine routine as close to the same schedule as possible. Avoid things that you know can trigger heart failure, such as eating too much salt. How can you avoid triggers for sudden heart failure? Watch for signs of sudden heart failure. As you live with your heart condition, become familiar with changes in how you feel, and let your doctor know if your heart condition is getting worse. Keeping a record of your symptoms What is a PDF document? Weigh yourself every day before breakfast. Call your doctor if you have sudden weight gain, such as more than 2 lb 0. Your doctor may suggest a different range of weight gain. Sudden weight gain could signal the beginning of sudden heart failure. Know the signs of sudden heart failure. Post a list of the symptoms where you can refer to it as needed, and keep a copy in your wallet. Make sure your friends and family know the symptoms. If you have symptoms of sudden heart failure, seek emergency help immediately. Avoid your triggers Talk with your doctor about the following possible triggers. If these are triggers for you, use the suggestions to help you avoid them. Is eating too much sodium a trigger for you? Too much sodium is a common trigger for sudden heart failure. Be aware of how much sodium you are consuming. Your doctor might recommend that you not eat or drink more than 2 g mg of sodium in your diet each day. Know how to find out how much sodium is in your foods and liquids. Ready-to-eat and canned foods tend to have more sodium. Choose fresh fruits and vegetables whenever possible. Talk with your doctor before taking any medicines that you can buy without a prescription. Is overexercising a trigger for you? When you exercise, watch for signs that your heart is being stressed. If you become out of breath, have chest pain, or become dizzy, stop exercising. Talk with your doctor about whether you need to slow down, decrease your time, or avoid those activities. Is not taking medicines properly a trigger for you? It is important to take all your medicines and to take them at the times you and your doctor decided upon.

Chapter 3 : What is the Diet for Congestive Heart Failure (Foods to Include & Foods to Avoid)

Ways to Prevent CHF. It's important to prevent congestive heart failure (CHF)â€"the Centers for Disease Control and Prevention (CDC) reports that heart failure contributed to 1 in 9 deaths in the United States in

Chest pain that radiates through the upper body can also be a sign of a heart attack. If you experience this or any other symptoms that may point to a severe heart condition, seek immediate medical attention. Symptoms of heart failure in children and infants It can be difficult to recognize heart failure in infants and young children. Poor growth and low blood pressure can also be signs of heart failure in children. How is CHF diagnosed? After reporting your symptoms to your doctor, they may refer you to a heart specialist, or cardiologist. Your cardiologist will perform a physical exam, which will involve listening to your heart with a stethoscope to detect abnormal heart rhythms. There are a variety of tests used to diagnose heart conditions. Because these tests measure different things, your doctor may recommend a few to get a full picture of your current condition. That could be a warning sign for a heart attack. Stress test Stress tests show how well your heart performs under different levels of stress. Making your heart work harder makes it easier for your doctor to diagnose problems. Blood tests Blood tests can check for abnormal blood cells and infections. They can also check the level of BNP, a hormone that rises with heart failure. Cardiac catheterization Cardiac catheterization can show blockages of the coronary arteries. Your doctor will insert a small tube into your blood vessel and thread it from your upper thigh groin area , arm, or wrist. At the same time, the doctor can take blood samples, use X-rays to view your coronary arteries, and check blood flow and pressure in your heart chambers. You and your doctor may consider different treatments depending on your overall health and how far your condition has progressed. Congestive heart failure drugs There are several medications that can be used to treat CHF, including: ACE inhibitors Angiotensin-converting enzyme inhibitors ACE inhibitors open up narrowed blood vessels to improve blood flow. Vasodilators are another option if you cannot tolerate ACE inhibitors. You may be prescribed one of the following:

Chapter 4 : Heart Disease: Heart Failure, Heart Attack Risks, Stroke Prevention - Sharecare

Heart failure is common in the United States. Nearly 6 million Americans live with it. But there are simple steps you can take to lower your odds of getting the condition.

It can be caused by high blood pressure or other heart problems. When you eat too much sodium and salt or drink too many fluids, your heart has to work even harder to pump the extra blood volume through your blood vessels. The heart does not have to work quite as hard when you make changes to your diet. All heart-healthy guidelines are important for people with CHF, but it is extra important to follow a low-sodium diet-1, milligrams-to prevent fluid retention in the body. Sodium makes you thirsty and makes your body hold onto fluids rather than urinating them out. In addition, it is important to limit the amount of fluids you drink. The amount can vary and your doctor will let you know how much you should be drinking in a day. The extra fluid may make it very hard to breathe and it may be life-threatening and require hospitalization. So, following low-sodium and fluid guidelines are a vital part of the treatment for CHF. Here are some ways to help manage congestive heart failure with your eating plan: Eat plenty of fruits and vegetables, which are naturally low in sodium. Choose fresh foods, including lean meats, fish, poultry, dry and fresh legumes or rinsed canned beans , eggs, milk, yogurt, plain rice, pasta and oatmeal. Choose lower-sodium sensible snacks. Avoid using the salt shaker. Or replace it with a sodium-free blend of herbs, such as Mrs. Cut the sodium completely, or at least reduce it by half in recipes. Be a creative cook-use herbs, onion, garlic, citrus and other fruit juices, and vinegars to add flavor. Be careful of condiments-ketchup, mayonnaise, mustard, pickles, olives, marinades, tenderizers, soy sauce, lemon pepper and some seasoning blends contain a lot of sodium. Check the ingredient list for salt. Avoid convenience foods, Chinese food, and fast foods. Weigh Yourself Daily In order to catch any fluid retention or worsening of congestive heart failure early, it is very important to weight yourself every day. A gain of 1 to 2 pounds overnight, or 5 pounds in a week, is a signal that your body is retaining extra fluid. If this occurs, call your healthcare provider right away because you may need to make adjustments in your diet or medications. Noting and dealing with fluid weight gain promptly may prevent worsening heart failure and the need for hospitalization. Weigh yourself on the same scale every day when you wake up. Urinate first, and always wear the same amount of clothing. Record your weight, and bring your log with you to all of your appointments with your healthcare provider. As a result, it may be difficult to maintain or reach a healthy weight with weight loss. It is even more important to restrict calorie intake to prevent weight gain if exercise must be limited due to heart-related breathing problems. Learning how to read food labels can help you keep track of calories.

Chapter 5 : Your Diet If You Have Congestive Heart Failure

Congestive heart failure is a complex clinical syndrome characterized by exertional dyspnea, fatigue and, often, peripheral edema resulting from left ventricular dysfunction.

When it comes to avoiding CHF, there are things within your control and things that are not. Dealing with the things within your control involves planning, effort and perseverance. Dealing with the issues outside of your control involves investigation and persistence. Here are a few areas that are greatly affected by the lifestyle choices you make. Control Your Diet To maximize a heart-healthy diet choose foods that are typically low in salt, saturated fat and cholesterol. Sodium makes the body hold on to fluid, which makes the heart work harder to move the extra volume. Exercise Moderate physical activity can help the heart get stronger. Other advantages include weight control or weight loss, better circulation, and lower blood pressure and cholesterol levels. Avoid Tobacco and Alcohol Smokers who have heart failure can automatically eliminate a major source of stress on their heart by quitting. Each puff of nicotine from tobacco smoke temporarily increases heart rate and blood pressure, even as less oxygen-rich blood circulates through the body. Smoking also leads to clumping or stickiness in the blood vessels feeding the heart. People who quit smoking are more likely to have their heart failure symptoms improve. If you drink, do so in moderation. The incidence of heart disease in those who drink moderate amounts of alcohol no more than two drinks per day for men or one drink per day for women is lower than in nondrinkers. However, with increased intake of alcohol, there are increased health dangers including high blood pressure, obesity and stroke. Know Your Family History Children of parents with heart disease are more likely to develop it themselves. African Americans have more severe hypertension than whites and their risk of heart disease is greater. Knowledge is power; in this case, power to save your life. Supplement Intelligently The American Heart Association says that epidemiologic and clinical trials have shown that omega-3 fatty acids reduce the risk of cardiovascular disease CVD. The heart becomes oxygen depleted when blood flow to the heart is restricted ischemia. A consequence of this ischemia is a substantial lowering of tissue energy, as evidenced by decreased myocardial ATP the main energy transport molecule levels. These lowered energy levels cause depressed cardiac function, and worse they prevent the cells in the heart from healing themselves. Because the body must go through many steps to convert food to energy, recent studies suggest that a person may dramatically increase the rate at which the ATP levels are restored at a cellular level by introducing D Ribose , a simple sugar, directly into the body in the form of a dietary supplement. D Ribose is readily converted into ATP, allowing the energy to once again be restored to the heart cells. RiboPure Crystals are a healthy, helpful supplement backed by over a decade of clinical studies and real-world application. RiboPure Crystals are now available to all no prescription required. Studies have shown that RiboPure Crystals:

Chapter 6 : Congestive Heart Failure Recovery & Prevention

Ideally, a patient with congestive heart failure should limit the intake of salt to about mg in one day. This means you should reduce your salt intake and avoid fast foods and processed foods. In addition, you should avoid saltshaker; instead, replace it with herbs, spices and similar other seasonings.

She received a Bachelor of Science in human nutrition, foods and exercise from Virginia Tech and completed her dietetic internship through the University of Delaware. Flahive is completing a certificate of training in weight management through the Academy of Nutrition and Dietetics. Blood can build up in different parts of the body, causing fluid accumulation in the lungs, arms, legs and gastrointestinal tract. Foods that you eat may worsen symptoms of CHF, such as swollen feet, fatigue, shortness of breath and weight gain. You should limit your salt intake to 1, to 2, milligrams per day. Sodium is found in salt and is added to most processed foods, including fast food. Avoid using the salt shaker and replace it with spices, herbs and other seasonings. Check food labels to determine how much salt is in your food. If a serving has milligrams of sodium or less, it is considered low in sodium. Processed Foods avoid snacks like salted nuts Photo Credit: Salty snacks such as chips, nuts and pretzels should be avoided as well. These foods are high in sodium, which makes the body hold extra water. One cup of canned soup can have anywhere from to 1, milligrams of sodium. Canned and frozen main dishes can have between and 2, milligrams of sodium per 8-ounce serving. Make homemade soup with low-sodium broth and purchase fresh or frozen vegetables to lower your sodium intake. Tomato juice, salad dressings, seasoning mixes and ramen noodle soups should also be avoided. Diets high in saturated fat are associated with high blood cholesterol and heart disease. By reducing your intake of whole milk and high-fat meats, such as red meat, sausage and bacon, you can lower your cholesterol and improve your symptoms of CHF. Lower your saturated fat intake to 10 percent of total calories. Avoid use of solid fats such as butter or lard when cooking and use oils instead. Solid fats are high in saturated fat. Alcohol Dangers heart failure can be alcohol-related Photo Credit: Alcohol can also interact with your medications. It is especially important to avoid alcohol if your heart failure is alcohol-related. Talk with your health care team for specific recommendations regarding alcohol. Most cheeses are high in sodium, and full-fat cheeses are high in saturated fat. One ounce of American cheese has up to milligrams of sodium and 6 grams of saturated fat. Choose low-fat cheeses, and check the nutrition labels to find a lower-sodium option. Fluid Restriction restrict intake of all fluids Photo Credit: Limit your fluids to 8 cups or less per day. This is equivalent to 2 liters or 64 ounces of fluid. Watch for changes in your weight by weighing yourself daily. If you experience weight gain in a short amount of time, it could be a sign that you are holding onto extra water and your condition is worsening.

Chapter 7 : Foods to Avoid With Congestive Heart Failure | calendrierdelascience.com

Heart failure can be caused by several health conditions, such as high blood pressure, structural defects like dilated cardiomyopathy, and damage resulting from a heart attack. Since factors, such as being overweight, smoking cigarettes, drinking alcohol, and using cocaine, increase your risk of heart disease and hasten its progression, you should take charge of your health by changing these habits to help ward off heart failure.

Other heart conditions or diseases Other factors Coronary Heart Disease Coronary heart disease is a condition in which a waxy substance called plaque builds up inside the coronary arteries. These arteries supply oxygen-rich blood to your heart muscle. Plaque narrows the arteries and reduces blood flow to your heart muscle. The buildup of plaque also makes it more likely that blood clots will form in your arteries. Blood clots can partially or completely block blood flow. The body normally breaks down food into glucose and then carries it to cells throughout the body. The cells use a hormone called insulin to turn the glucose into energy. Over time, high blood sugar levels can damage and weaken the heart muscle and the blood vessels around the heart, leading to heart failure. High Blood Pressure Blood pressure is the force of blood pushing against the walls of the arteries. If this pressure rises and stays high over time, it can weaken your heart and lead to plaque buildup. The mmHg is millimeters of mercuryâ€"the units used to measure blood pressure. Other Heart Conditions or Diseases Other conditions and diseases also can lead to heart failure, such as: Happens when a problem occurs with the rate or rhythm of the heartbeat. Happens when the heart muscle becomes enlarged, thick, or rigid. Other factors also can injure the heart muscle and lead to heart failure. The number of people who have this condition is growing. Heart failure is more common in: People who are age 65 or older. Aging can weaken the heart muscle. Older people also may have had diseases for many years that led to heart failure. Heart failure is a leading cause of hospital stays among people on Medicare. Blacks are more likely to have heart failure than people of other races. Excess weight puts strain on the heart. These diseases can lead to heart failure. People who have had a heart attack. Damage to the heart muscle from a heart attack and can weaken the heart muscle. Congenital heart defects can make the heart work harder. This weakens the heart muscle, which can lead to heart failure. This Health Topic focuses on heart failure in adults. Screening and Prevention You can take steps to prevent heart failure. The sooner you start, the better your chances of preventing or delaying the condition. For People Who Have Healthy Hearts If you have a healthy heart, you can take action to prevent heart disease and heart failure. To reduce your risk of heart disease: Avoid using illegal drugs. Adopt heart-healthy lifestyle habits. Follow all of the steps listed above. Talk with your doctor about what types and amounts of physical activity are safe for you. Treat and control any conditions that can cause heart failure. Take medicines as your doctor prescribes. See your doctor for ongoing care. Signs, Symptoms, and Complications The most common signs and symptoms of heart failure are: Shortness of breath or trouble breathing Fatigue tiredness Swelling in the ankles, feet, legs, abdomen, and veins in the neck All of these symptoms are the result of fluid buildup in your body. When symptoms start, you may feel tired and short of breath after routine physical effort, like climbing stairs. As your heart grows weaker, symptoms get worse. You may begin to feel tired and short of breath after getting dressed or walking across the room. Some people have shortness of breath while lying flat. This cough may be a sign of acute pulmonary edema e-DE-ma. This is a condition in which too much fluid builds up in your lungs. The condition requires emergency treatment. Heart Failure Signs and Symptoms The image shows the major signs and symptoms of heart failure. Diagnosis Your doctor will diagnose heart failure based on your medical and family histories, a physical exam, and test results. The signs and symptoms of heart failure also are common in other conditions. Thus, your doctor will: Find out whether you have a disease or condition that can cause heart failure, such as coronary heart disease CHD , high blood pressure , or diabetes Rule out other causes of your symptoms Find any damage to your heart and check how well your heart pumps blood Early diagnosis and treatment can help people who have heart failure live longer, more active lives. Medical and Family Histories Your doctor will ask whether you or others in your family have or have had a disease or condition that can cause heart failure. Your doctor also will ask about your symptoms. Your answers will help show whether and how much your symptoms limit your

daily routine. Physical Exam During the physical exam, your doctor will: If you have signs and symptoms of heart failure, your doctor may recommend one or more tests. Your doctor also may refer you to a cardiologist. A cardiologist is a doctor who specializes in diagnosing and treating heart diseases and conditions. The test shows how fast your heart is beating and its rhythm steady or irregular. An EKG also records the strength and timing of electrical signals as they pass through your heart. Thicker walls can make it harder for your heart to pump blood. An EKG also can show signs of a previous or current heart attack. This test can show whether your heart is enlarged, you have fluid in your lungs, or you have lung disease. The level of this hormone rises during heart failure. Echocardiography Echocardiography echo uses sound waves to create a moving picture of your heart. The test shows the size and shape of your heart and how well your heart chambers and valves work. Echo might be done before and after a stress test see below. A stress echo can show how well blood is flowing through your heart. The test also can show how well your heart pumps blood when it beats. Doppler Ultrasound A Doppler ultrasound uses sound waves to measure the speed and direction of blood flow. This test often is done with echo to give a more complete picture of blood flow to the heart and lungs. Doctors often use Doppler ultrasound to help diagnose right-side heart failure. You wear small patches called electrodes on your chest. Wires connect the patches to a small, portable recorder. The recorder can be clipped to a belt, kept in a pocket, or hung around your neck. Nuclear Heart Scan A nuclear heart scan shows how well blood is flowing through your heart and how much blood is reaching your heart muscle. During a nuclear heart scan, a safe, radioactive substance called a tracer is injected into your bloodstream through a vein. The tracer travels to your heart and releases energy. Special cameras outside of your body detect the energy and use it to create pictures of your heart. A positron emission tomography PET scan is a type of nuclear heart scan. It shows the level of chemical activity in areas of your heart. This test can help your doctor see whether enough blood is flowing to these areas. A PET scan can show blood flow problems that other tests might not detect. Cardiac Catheterization During cardiac catheterization KATH-eh-ter-ih-ZA-shun , a long, thin, flexible tube called a catheter is put into a blood vessel in your arm, groin upper thigh , or neck and threaded to your heart. This allows your doctor to look inside your coronary heart arteries. During this procedure, your doctor can check the pressure and blood flow in your heart chambers, collect blood samples, and use x rays to look at your coronary arteries. Coronary Angiography Coronary angiography an-jee-OG-rah-fee usually is done with cardiac catheterization. A dye that can be seen on x ray is injected into your bloodstream through the tip of the catheter. The dye allows your doctor to see the flow of blood to your heart muscle. Angiography also shows how well your heart is pumping. Stress Test Some heart problems are easier to diagnose when your heart is working hard and beating fast. During stress testing , you exercise to make your heart work hard and beat fast. You may walk or run on a treadmill or pedal a bicycle. Heart tests, such as nuclear heart scanning and echo, often are done during stress testing. The test produces both still and moving pictures of your heart and major blood vessels. A cardiac MRI can show whether parts of your heart are damaged.

Chapter 8 : Congestive Heart Failure: Prevention, Treatment and Research

Congestive heart failure (CHF) is a chronic condition that affects the pumping power of your heart muscles.

Fluid may back up in your lungs, causing shortness of breath. Right-sided heart failure Fluid may back up into your abdomen, legs and feet, causing swelling. Any of the following conditions can damage or weaken your heart and can cause heart failure. Some of these can be present without your knowing it: Coronary artery disease and heart attack. Coronary artery disease is the most common form of heart disease and the most common cause of heart failure. The disease results from the buildup of fatty deposits plaque in your arteries, which reduce blood flow and can lead to heart attack. High blood pressure hypertension. If your blood pressure is high, your heart has to work harder than it should to circulate blood throughout your body. Over time, this extra exertion can make your heart muscle too stiff or too weak to effectively pump blood. The valves of your heart keep blood flowing in the proper direction through the heart. A damaged valve â€" due to a heart defect, coronary artery disease or heart infection â€" forces your heart to work harder, which can weaken it over time. Damage to the heart muscle cardiomyopathy. Heart muscle damage cardiomyopathy can have many causes, including several diseases, infections, alcohol abuse and the toxic effect of drugs, such as cocaine or some drugs used for chemotherapy. Genetic factors also can play a role. Myocarditis is an inflammation of the heart muscle. Abnormal heart rhythms heart arrhythmias. Abnormal heart rhythms may cause your heart to beat too fast, creating extra work for your heart. A slow heartbeat also may lead to heart failure. Chronic diseases â€" such as diabetes, HIV, hyperthyroidism, hypothyroidism, or a buildup of iron hemochromatosis or protein amyloidosis â€" also may contribute to heart failure. Causes of acute heart failure include viruses that attack the heart muscle, severe infections, allergic reactions, blood clots in the lungs, the use of certain medications or any illness that affects the whole body. Risk factors A single risk factor may be enough to cause heart failure, but a combination of factors also increases your risk. Your heart works harder than it has to if your blood pressure is high. A heart attack is a form of coronary disease that occurs suddenly. Damage to your heart muscle from a heart attack may mean your heart can no longer pump as well as it should. Having diabetes increases your risk of high blood pressure and coronary artery disease. The diabetes drugs rosiglitazone Avandia and pioglitazone Actos have been found to increase the risk of heart failure in some people. Some medications may lead to heart failure or heart problems. Medications that may increase the risk of heart problems include nonsteroidal anti-inflammatory drugs NSAIDs ; certain anesthesia medications; some anti-arrhythmic medications; certain medications used to treat high blood pressure, cancer, blood conditions, neurological conditions, psychiatric conditions, lung conditions, urological conditions, inflammatory conditions and infections; and other prescription and over-the-counter medications. The inability to breathe properly while you sleep at night results in low blood oxygen levels and increased risk of abnormal heart rhythms. Both of these problems can weaken the heart. Some people who develop heart failure were born with structural heart defects. People with valvular heart disease have a higher risk of heart failure. A viral infection may have damaged your heart muscle. Drinking too much alcohol can weaken heart muscle and lead to heart failure. Using tobacco can increase your risk of heart failure. People who are obese have a higher risk of developing heart failure. These abnormal rhythms, especially if they are very frequent and fast, can weaken the heart muscle and cause heart failure. Complications If you have heart failure, your outlook depends on the cause and the severity, your overall health, and other factors such as your age. Kidney damage or failure. Heart failure can reduce the blood flow to your kidneys, which can eventually cause kidney failure if left untreated. Kidney damage from heart failure can require dialysis for treatment. The valves of your heart, which keep blood flowing in the proper direction through your heart, may not function properly if your heart is enlarged or if the pressure in your heart is very high due to heart failure. Heart rhythm problems arrhythmias can be a potential complication of heart failure. Heart failure can lead to a buildup of fluid that puts too much pressure on the liver. This fluid backup can lead to scarring, which makes it more difficult for your liver to function properly. However, heart failure can be life-threatening. People with heart failure may have severe symptoms, and some may require heart transplantation or support with a ventricular assist device. Prevention

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The key to preventing heart failure is to reduce your risk factors. You can control or eliminate many of the risk factors for heart disease â€" high blood pressure and coronary artery disease, for example â€" by making lifestyle changes along with the help of any needed medications. Lifestyle changes you can make to help prevent heart failure include: Not smoking Controlling certain conditions, such as high blood pressure and diabetes Staying physically active.

Chapter 9 : 12 Symptoms of Congestive Heart Failure â€“ Daily Health Life Styles

Congestive heart failure is a chronic or acute syndrome that affects the ability of the heart muscles to pump properly; Also known simply as heart failure, this condition manifests when there's fluid buildup around the heart, causing the heart muscles to pump inefficiently.

Special Programs Diet and Congestive Heart Failure Congestive heart failure CHF occurs when the heart does not pump efficiently and does not deliver enough oxygen to your body. Many diseases lead to CHF, such as high blood pressure and diseases of the heart and kidney. Treatment for CHF helps to prevent its complications and relieve its symptoms. The heart does not have to work as hard when you make some changes in your diet. This can worsen your CHF. The following diet will help decrease some of your symptoms. Reduce the Salt in Your Diet Enjoying what you eat is important. Even if you crave salt you can learn to like foods that are lower in salt. Your taste buds will change soon, and you will not miss the salt. Removing salt can bring out flavors that may have been hidden by the salt. Reduce the salt content in your diet by trying the following suggestions: Choose plenty of fresh fruits and vegetables. They contain only small amounts of salt. Choose foods that are low in salt, such as fresh meats, poultry, fish, dry and fresh legumes, eggs, milk and yogurt. Plain rice, pasta and oatmeal are good low-sodium choices. However, the sodium content can increase if salt or other high-sodium ingredients are added during their preparation. Season with herbs, spices, herbed vinegar and fruit juices. Avoid herb or spice mixtures that contain salt or sodium. Use lemon juice or fresh ground pepper to accent natural flavors. Try orange or pineapple juice as a base for meat marinades. See "Salt-Free Herb Blends," below, for other ideas. Read food labels before you buy packaged foods. Check the nutrition facts on the label for sodium content per serving. Find out the number of servings in the package. How does the sodium in each serving compare to the total sodium you can eat each day? Try to pick packaged foods with a sodium content less than milligrams for each serving. It is also useful to check the list of ingredients. If salt or sodium is listed in the first five ingredients, it is too high in sodium. Use the nutrition information included on packaged foods. Be sure to notice the number of servings per container. Here are tips for using this information. Nutrient List â€” The list covers nutrients most important to your health. Try to eat no more than percent of total fat, cholesterol and sodium. Daily Values Footnote â€” Some food labels list daily values for 2, and 2, calorie daily diets. Calories Per Gram Footnote â€” Some labels give the approximate number of calories in a gram of fat, carbohydrate and protein. Sodium Content â€” Always check the sodium content. Look for foods with a sodium content less than milligrams for each serving. When Cooking or Preparing Food: Remove the salt shaker from the kitchen counter and table. Instead of adding salt, spark up the flavor with herbs and spices, garlic, onions and citrus juices. See the recipes for salt-free herb blends, below. Be a low-salt cook. In most recipes, you can cut back on salt by 50 percent or even eliminate it altogether. You can bake, broil, grill, roast, poach, steam or microwave foods without salt. Skip the urge to add salt to cooking water for pasta, rice, cereal and vegetables. It is an easy way to cut back on sodium. Be careful with condiments. High-sodium condiments include various flavored salts, lemon pepper, garlic salt, onion salt, meat tenderizers, flavor enhancers, bouillon cubes, catsup, mustard, steak sauce and soy sauce. Stay away from hidden salt. Canned and processed foods, such as gravies, instant cereal, packaged noodles and potato mixes, olives, pickles, soups and vegetables are high in salt. Choose the frozen item instead; or better yet, choose fresh foods when you can. Cheeses, cured meats such as bacon, bologna, hot dogs and sausages , fast foods and frozen foods also may contain a lot of sodium. A low-sodium diet does not need to spoil the pleasure of a restaurant meal. However, you will have to be careful when ordering. Here are some tips for meals away from home: Move the salt shaker to another table. Recognize menu terms that may indicate a high sodium content: Select raw vegetables or fresh fruit rather than salty snacks. Go easy on condiments such as mustard, catsup, pickles and tartar sauce. Choose lettuce, onions and tomatoes. Remember that bacon and cheeses are high in sodium. Request that the cook prepare foods without adding salt or MSG. Or ask for sauces and salad dressings on the side since they are often high in sodium. For a salad, use a twist of lemon, a splash of vinegar or a light drizzle of dressing. Salt-Free Herb Blends Instead of seasoning your food with salt,

enhance the flavor of food with these salt-free herb and spice combinations. Cover tightly and shake. Keep in a cool, dry place. Then rub or sprinkle them on food for flavor. Chinese 5-Spice For chicken, fish or pork: This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.