



MONTHLY MEMO:

Heart Failure and Disease



OVERVIEW

Heart Failure is the process of fluid buildup in the lungs, and blood backup in the muscle of the heart that causes shortness of breath, among other health related concerns. Heart disease, however, describes various types of conditions affecting the heart. This month, WRHO is discussing the types of heart failures and diseases, along with their risk factors and the resources available for survivors.

Types of Heart Failure

Left/Right – Ventricular Heart Failure

- The left/right side of the heart must work harder than the right to pump the same amount of blood through the left atrium.

Biventricular heart failure

- consists of both sides of the heart experiencing the same symptoms.

Congestive Heart Failure

- Refers to fluid buildup throughout the body because of the heart failing to pump the amount of blood needed.
- This causes congestion of the tissues of the body and creates swelling.
- Must be treated to avoid respiratory distress.

Types of Heart Disease

Coronary Artery Disease

- Affects blood flow to the heart and can result in a heart attack.

Symptoms of heart disease:

- Heart Attack: accompanied by discomfort, pain, heartburn, fatigue, dizziness, short of breath.
- Arrhythmia: chest palpitations

Heart Failure.

Risk Factors: First Glance

- **Hereditary:** heart disease can be caused by genetic factors like mutations or being passed down by ancestors.
- **Age:** Likelihood increases as one ages.
- **Minorities** have higher rates of hospitalization.
- **Unhealthy lifestyle and diet.**

STAGES OF HEART FAILURE

AT RISK

Risk factors but no structural changes or symptoms

PRE-HEART FAILURE

Structural changes but no symptoms

HEART FAILURE

Symptoms like shortness of breath and fatigue

ADVANCED HEART FAILURE

Symptoms don't respond to treatment



healthline

Risk Factors: In-Depth

Heart disease is hereditary meaning it's caused by genetic changes, typically referred to as mutations, passed down to blood relatives. An example is in the case of Familial hypercholesterolemia, a disorder that results in high cholesterol leading to heart disease.

As you get older your heart's blood vessels stiffen, blockages can build up, and your system could be potentially prone to inflammation, which results in heart attacks and any other cardiac dysfunctions. Estrogen can have a protective effect on the cardiovascular system.

Having an unhealthy diet and consuming too much saturated fats, trans fats, and cholesterol can lead to conditions such as atherosclerosis. The consumption of too much sodium and alcohol can also raise blood pressure. Not getting enough physical exercise can also be detrimental to one's health. Lack of exercise can also lead to other problems such as obesity, high blood pressure, high cholesterol, and diabetes. Smoking damages the heart and blood vessels which increases your risk for heart attacks.

Rehabilitation

WomenHeart is an organization that aims to improve the lives of women with or at risk for heart disease while fighting for equity in heart health.

They have local support networks that provide women like you the critical peer-to-peer support, information, and encouragement that one needs. Led by trained patient volunteers, more than 50 support groups meet monthly all over the country.

The American Heart Association's Go Red for Women Class of Survivors are national volunteers selected to be a part of a sisterhood of survivors from all walks of life and serve as ambassadors for the Go Red for Women movement. Often the survivors of cardiovascular disease, the survivors share their powerful stories to raise awareness of heart disease and stroke in women and inspire others to take charge of their health and well-being.

Survivor Resources

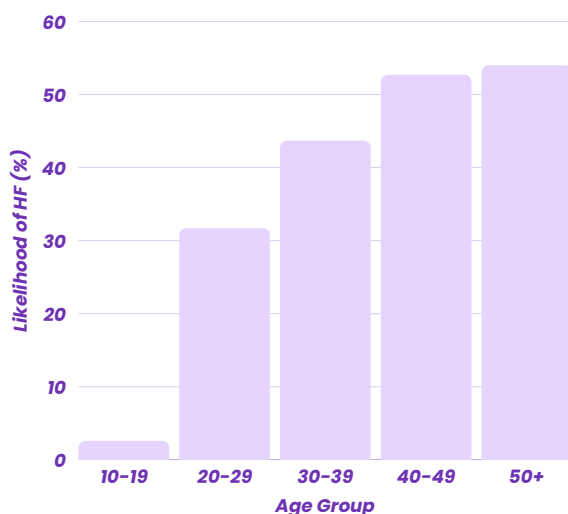
Realize that it's OK to feel vulnerable. Reach out to other women who share your diagnosis and start to build a personal support team. Know when you need to let go of some control and let others take care of you. It may be a struggle at first, but fear and feeling helpless are normal.

Join support groups.

There's no reason to cope with heart disease on your own. The American Heart Association's Support Network is a great resource where you can ask questions, find information, and connect with other people with the same condition.

You can connect with other women through the Go Red for Women **#GoRedGetFit** Facebook Group, a group of incredible survivors and women committed to making healthy lifestyle choices. Share your story, then find someone like you.

HF Prevalence by Age



Keep up with us!



Email us if you need us:
wrho.ou@gmail.com Get



access to more content on
our Instagram: @wrhoou

SOURCES

Types of Heart Failure and Diseases

[Heart failure – Symptoms and causes – Mayo Clinic](#)

[About Heart Disease | Heart Disease | CDC](#)

[Types of Heart Failure | American Heart Association](#)

Risk Factors

[Heart Failure – Causes and Risk Factors | NHLBI, NIH](#)

[About Heart Disease, Family Health History, and Familial Hypercholesterolemia | Heart Disease, Family Health History, and Familial Hypercholesterolemia | CDC](#)

[What Happens to our Cardiovascular System as We Age? | School of Medicine](#)

[Racial and Ethnic Disparities in Heart Failure: Current State and Future Directions – PMC](#)

Rehabilitation and Survivor Recourses

[Support Network Map | Find WomenHeart Support Near You](#)

[Living With Heart Disease You're Not Alone | Go Red for Women](#)