

# **Heart dieses / Heart failure**

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## **Heart dieses / Heart failure**

Heart failure, also known as congestive heart failure, is a condition that develops when your heart does not pump enough blood for your body's needs. Heart Failure is a term used to describe a heart that cannot keep up with its workload. The body may not get the oxygen it needs. Your body depends on the heart's pumping action to deliver oxygen- and nutrient-rich blood to the body's cells. With heart failure, the weakened heart cannot supply the cells with enough blood. This results in fatigue and shortness of breath, and some people experience excessive coughing. Heart failure is a serious condition, and usually there is no cure. But many people with heart failure lead a full, enjoyable life when the condition is managed with Heart failure medication and a healthy lifestyle. In most cases the heart will try and fix itself. This will happen in enlargement, in which the heart stretches to contract more strongly and keep up with the body's demand to pump more blood. Over time, this causes the heart to enlarge. Another way would be developing more muscle mass. This increase in muscle mass occurs because the contracting cells of the heart get bigger. This lets the heart pump more strongly, at least initially. Pumping fast helps increase the heart's output. These are all temporary but will not solve it. Heart failure will continue and worsen until this compensating process no longer works. Sonner or later the body can't keep up and the person will start to experience fatigue, breathing issues that usually will lead up to a doctor's visit. There are also several types of heart failure, there are diastolic failure and systolic. Systolic is when the left ventricle losses its ability to contract, and. the heart is unable to pump enough with enough force to push blood into the circulation. Another name for this would be heart failure with reduced ejection. Diastolic is when the left ventricle loses its ability to relax normally because the muscle has become stiff, the hart cannot properly fill with blood during the resting period.

### **Diagnosis**

To be diagnosed with heart failure, there are a few tests that are done to determine your diagnosis. Your care provider listens to your lungs and heart with a stethoscope. They may also look at your veins in your neck and check for swelling in you legs and belly. Tests that also can be done to diagnosis heart failure include blood tests that can look for certain proteins made by the heart and blood vessels. In heart failure the level of this protein goes up. Chest X-ray, Electrocardiogram this test will show the electro activity of the heart it can also show how fast or slow your heart is beating. Echocardiogram this test will show size and structure of the heart and heart valves and blood flow through the heart. Coronary angiogram, this will help spot blockages in the heart arteries. These are just a few tests that could determine a heart failure/ disease.

## **Sign and symptoms**

If you have heart failure, your heart can't supply enough blood to meet your body's needs. Symptoms may develop slowly, sometimes heart failure starts suddenly. Sometimes, you may have mild symptoms of congestive heart failure or none at all. This doesn't mean you don't have heart failure anymore. Symptoms of heart failure can range from mild to severe and may come and go. Unfortunately, congestive heart failure usually gets worse over time. As it worsens, you may have more or different signs or symptoms. Shortness of breath with activity or when lying down, Fatigue and weakness, Swelling in the legs, ankles and feet, Rapid or irregular heartbeat, Reduced ability to exercise, Wheezing, A cough that doesn't go away or a cough that brings up white or pink mucus with spots of blood, Nausea and lack of appetite, Chest pain if heart failure is caused by a heart attack.

## **Treatment**

Treatment for heart failure may all depend on the cause. Treatment often includes lifestyle changes and medications. So, if there is another health condition which is causing the heart failure, treating that condition may reverse the heart failure. Some people with heart failure need surgery to open blocked arteries or to place a device to help the heart work better. There's no cure for heart failure. As congestive heart failure gets worse, your heart muscle pumps less blood to your organs, and you move toward the next stage of heart failure. Since you can't move backward through the heart failure stages, the goal of treatment is to keep you from moving forward through the stages or to slow down the progression of your heart failure.

## **Risk Factors**

Although you can't change some risk factors like age, family history or race, you can change your lifestyle to give yourself the best chance of preventing heart failure. Things you can do include: Staying at a weight that's healthy for you, Eating foods that are good for your heart, Managing your stress, Stopping the use of tobacco products, Not using recreational drugs, Taking care of other medical conditions you have that can increase your risk. Leading risk factors for heart disease are high blood pressure, high low-density lipoprotein (LDL)

cholesterol, diabetes, smoking and secondhand smoke exposure, obesity, unhealthy diet, and physical inactivity.

## **Patient Teaching**

You will need to learn to watch for changes in your heart rate, pulse blood pressure, and weight. It's important to limit sodium, saturated fat, cholesterol, red meat, and foods that contain sugar. Avoid trans fats as much as possible. Choose certain foods more often. Aim for meals focused on nutritious low-fat foods, including high amounts of fruits and vegetables, lean proteins, and whole grains. Alcohol prevents the heart from pumping as well as it used to so that is one thing you should stay away from.

## **Conclusion**

In conclusion Heart failure affects more than 64 million people (about twice the population of California) in the world. Although it can be difficult living with a chronic condition such as heart failure, many people learn to manage the symptoms and enjoy full lives.