

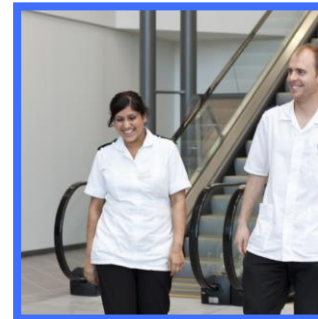
Walsall Healthcare NHS Trust
Heart Failure Awareness Day
Friday 6th May TESCO

Presented by

Walsall Heart Failure Team and Associates

What is Heart Failure?

Heart Failure is when the heart is failing to pump sufficiently enough to meet the body's needs.



What can cause Heart Failure?

- **A previous heart attack**
- **Underlying high blood pressure**
- **Alcohol Excess**
- **Drug Abuse**
- **Valvular problems**
- **Rare viruses**

Heart Failure Background

- 1% of general population under the age of 65years
- 7% in the 75-84year olds
- 15% in people over 85year olds
- Most common cause of hospital admission in the over 65 year olds
- 3.6 million in Europe diagnosed every year
- More common than most cancers

Heart Failure Symptoms

- Shortness of breath
- Coughing/wheezing
- Excess weight gain
- Swelling of ankles/legs or tummy
- Fatigue
- Dizziness
- Rapid heart beats/palpitations

Other heart failure symptoms

- Loss of appetite/nausea
- Increased need to urinate at night

Warning Signs

- Persistent chest pains
- Severe or persistent shortness breath
- Fainting
- Rapid heart beat
- Worsening palpitations
- Increasing fatigue
- Worsening cough
- Worsening swelling of ankles/legs or tummy
- Anorexia

Thank you.

Any questions?