

What Is Heart Failure?

If you or someone you know has been diagnosed with heart failure, learning more about it can help you feel better—both physically and mentally.

A healthy heart pumps blood throughout your body. But when you have heart failure, your heart may be too weak to work correctly. Or it may not fill up with blood like it should. Either way, your heart can't pump enough blood to meet your body's needs.

Common symptoms include: shortness of breath or trouble breathing when lying down flat; rapid weight gain; fast heart rate, cough that won't go away; swelling in the feet, legs, or belly; fatigue; and nausea or loss of appetite.

Heart failure can get worse over time, and it can't be cured. But you can do many things to help you feel better. And your care team is ready to show you how!

Consider asking about: treatment options, like medicines or cardiac rehabilitation.

Lifestyle changes that can ease your symptoms, like being physically active or quitting smoking, if needed.

And emotional support resources, like a support group where you can connect with others who have heart failure.

Your care team will help you make a plan to manage heart failure. They are here to support and guide you, so you feel your best.