

Treatment Options for Heart Failure

WATCH THE VIDEO ONLINE!

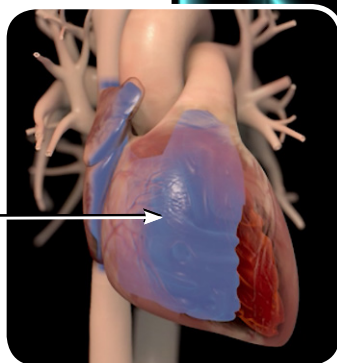
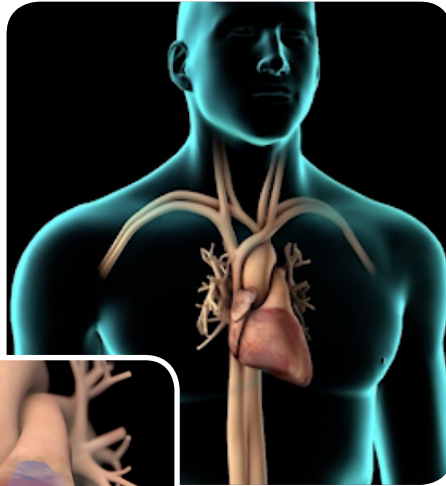
www.healthjourneysupport.com/cardiology/heart-failure-treatments

This handout can help you understand the common treatment options available for heart failure.

What is Heart Failure?

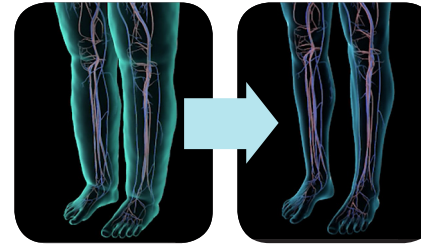
Heart failure means your heart can't pump enough blood to meet your body's needs.

This is because the pumping sections of your heart, called **ventricles**, may be weak or damaged.

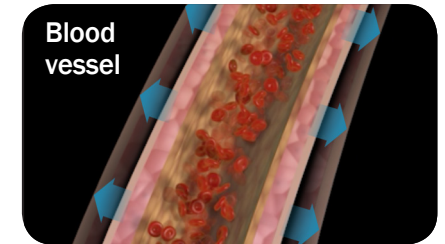


Weakened ventricle

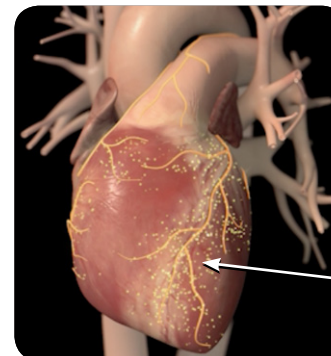
Types of Medications to Treat Your Heart Failure



Diuretics cause your kidneys to make more urine. This reduces tissue swelling as you pass more urine.



ACE inhibitors are medications that widen your blood vessels. This makes it easier for your heart to pump blood.



Beta-blockers block the effects of substances called **stress hormones**. This medication slows your heartbeat. However, doctors mainly prescribe it to prevent damage to your heart caused by stress hormones.

Stress hormones

Common Treatment Options

Your treatment plan for heart failure may include one or more of these options:

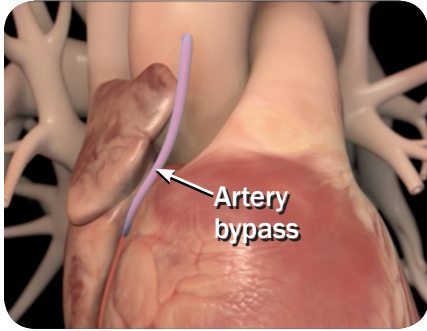
- Medications
- Lifestyle changes
- Surgery

Lifestyle Changes You May Need to Make:

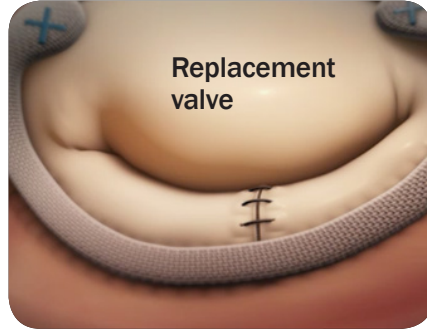
- Quit smoking
- Eat a heart-healthy diet
- Limit salt
- Limit alcohol
- Exercise regularly

Treatment Options for Heart Failure

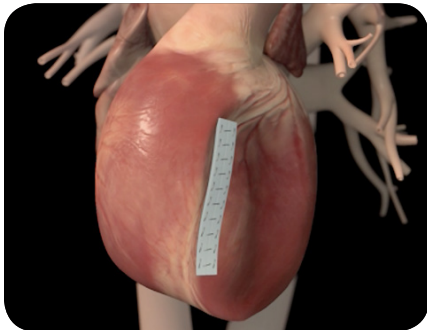
Surgical Options for Heart Problems:



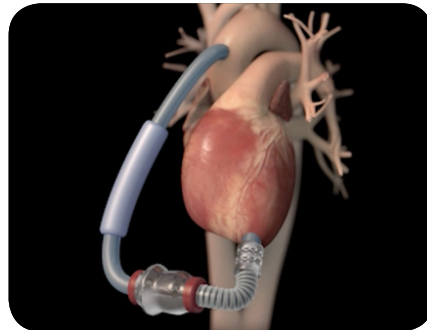
Coronary artery bypass surgery bypasses a blocked blood vessel in your heart. This improves blood flow to your heart muscle.



Valve repair or replacement restores function if there is a problem with one of your heart valves.



Left ventricle reconstruction is surgery to remove damaged heart muscle. This makes your heart pump blood better.



An implanted ventricular assist device helps your heart to pump blood.

If none of these options work, your doctor may recommend a **heart transplant**.



Talk to your doctor if you have questions about your prescribed medication, or have any side effects.

It is important to take your medications as directed by your doctor.

The information in this handout has been created and peer reviewed by graduate-level medical illustrators, followed by reviews from medical subject experts, either physicians or PhDs on the Nucleus Medical Review Board, to ensure medical accuracy and audience level appropriateness.

The handout is intended to supplement the information you receive from your health care provider and should never be considered personal medical advice. Always contact your health care provider with health questions and concerns.