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Esc guidelines for heart failure 2016

What are the symptoms of congestive heart failure? Symptoms of heart failure may vary depending on the location of heart damage, which can occur on the side of the heart ride (right-sided heart failure), left side (left-sided heart failure), or both (bilateral insufficiency). Symptoms for each differ somewhat, but those common to all three conditions include fatigue, dizziness, swelling in the legs, and shortness of breath, especially with exercise. What causes congestive heart failure? In heart failure, the strain on the heart muscles over a long period of time prevents effective blood flow to the fact that the fluid is mowed into the heart and lungs and, eventually, in the extremities. Heart failure can be caused by cardiovascular diseases that weaken the heart, such as heart attack, coronary heart disease, or hypertension, as well as other diseases and conditions. How is heart failure diagnosed? Heart failure is usually diagnosed with an echocardiogram, which is a heart ultrasound that shows heart function. The brain measurement of the natriuretic peptide, or BNP, has also attracted attention in recent decades because it can be performed using a blood test. Both tests, along with symptoms, can be used to establish or rule out a diagnosis of heart failure. How long can you live with congestive heart failure? With appropriate lifestyle changes and treatments, you can live with congestive heart failure for years. Adopting a healthy heart diet and increasing physical activity are examples of lifestyle changes that will improve your heart and health. However, if left untreated, heart failure can cause blood to build up in the body, leading to swelling (swelling) in the legs and lungs and, ultimately, organ failure. What are the four stages of congestive heart failure? The Functional Classification of the New York Heart Association (NYHA) identifies four stages of congestive heart failure based on the level of symptoms. Those with grade IV heart failure are unable to be active, with symptoms of heart failure alone. Heart failure is a condition in which your heart cannot pump enough blood to make your body work well. It develops over time as your heart becomes weak or stiff to fill and the pump effectively step by step due to certain conditions such as high blood pressure. Preventing and controlling these conditions can help you prevent heart failure. There are three types of heart failure: 1. Left-handed heart failure The effect of the heart moves oxygen-rich blood as it moves from the lungs to the lungs atrium, then on the left ventricle, which pumps it to the rest of the body. The left ventricle provides most of the pumping energy of the heart, so it is larger than other chambers and is necessary for normal function. In left-sided or left ventricular (LV) heart failure, the left side of the heart should work harder to pump the same amount of blood. There are two types of left-sided left-hand Failure: Heart failure with a reduced emission fraction (HFREF), also called systolic heart failure with a preserved emission fraction (HFPEF), also called diastolic insufficiency, drugs applied to two types are different. 2. Right-sided heart failure Heart action moves the blood used, which returns to the heart through the veins through the right atrium into the right ventricle. The right ventricle then pumps blood back from the heart to the lungs to be replenished with oxygen. Right-sided or right ventricular (R.V.) heart failure usually occurs as a result of left-sided insufficiency. 3. Congestive heart failure When heart failure occurs in both sides, it is congestive heart failure. Congestive heart failure (CHF) requires timely medical care. Symptoms of fluid buildup from heart failure can cause the following signs and symptoms: Shortness of breath (shortness of breath) when you attach yourself or when you lie down Fatigue and weakness swelling (swelling) in the legs, ankle and foot Rapid or irregular heartbeat Decrease ability to exercise persistent cough or wheezing with white or pink blood tinge sputum Increase the need to urinate at night Swelling of the abdomen (ascites) Very rapid weight gain from fluid retention Lack of appetite and nausea Difficulty concentrating or decreased alertness Sudden, severe shortness of breath and cough pink, foamy mucus chest pain, If your heart failure is caused these conditions include: Ischemic heart disease occurs when a waxy substance called plaque builds up in the arteries supplying oxygen-rich blood to the heart muscle (coronary arteries). The plate not only narrows the arteries and reduces blood flow, but also makes it more possible for blood clots to take shape in the arteries. Under these circumstances, you may have chest pains, angina, a heart attack and heart damage. If you have diabetes, this means that your blood glucose (sugar) is much higher than it should be. This can damage and weaken the heart muscle and blood vessels around the heart, causing heart failure eventually. Blood pressure refers to the force of blood pressing on the walls of the arteries. Like high blood glucose levels, high blood pressure is also bad for your heart. Other heart diseases or diseases other heart disease or disease can also cause heart failure, such as arrhythmia, cardiomyopathy, congenital heart defects and heart valve disease. Other factors that harm your heart and possibly lead to heart failure include: Alcohol or Cocaine Abuse and other illegal DRUGS HIV/AIDS thyroid disorder (having either too many or too few thyroid hormones in the body) Too much E Cancer treatment such as radiation and chemotherapy Diagnosis of Heart Failure will be diagnosed based on your medical and family history, physical examination, and test results. The Doctor May Perform Some of These Tests: Blood Blood Chest X-ray, Electrocardiogram (ECG), Echocardiogram Stress test, Computerized computed heart tomography (CT), Magnetic Resonance Imaging (MRI), Coronary angiogram, Myocardial biopsy. The severity of heart failure is measured by the emission fraction. The Emission Fraction (EF) is a measurement expressed in percentages of how much blood the left ventricle pumps out with each contraction. EF under 40 percent can be evidence of heart failure or cardiomyopathy EF from 41 to 49 percent can be considered borderline. This indicates either the development of heart failure or heart damage, probably from a previous heart attack. In severe cases, the emission fraction can be very low. EF above 75 percent may indicate a heart condition like hypertrophic cardiomyopathy. Treatment In some cases, patients may need surgery to treat the underlying causes of heart failure. But for most people, their conditions are treated with medication and sometimes the use of devices. Medication Doctors usually recommend a combination of medications to treat heart failure. You may be prescribed one or more of these medications: Angiotensin-transforming Enzyme (ACE) Enzyme Enlition Inhibitors (ACE) Inhibitors: Uses and Side Effects of Angiotensin II Receptor Blockers angioTensin II Uses The Types and Side Effects of Aldosterone Inotropians Antagonists Digoxin (Lanoxin) Digoxin: Uses and side effects of surgery and surgery devices and devices that can be used are associated : Coronary bypass surgery, Repair of the heart valve or replacement of implantable cardioverter defibrillators (ICD), Cardiac resynchronization therapy (CRT), or biventricular devices for ventricles (VADs). Heart Transplant Changes Lifestyle Making Some Healthy Lifestyle Changes Can Help You Manage and Improve Your Condition. Low emission fraction (EF) can be improved by making lifestyle changes and taking a prescription. Lifestyle changes you can make are: Stop smoking to lose weight, maintain a healthy weight and BMI Check your legs, ankles and legs for swelling daily Eat a healthy diet To limit sodium in your diet Consider getting vaccinated to limit saturated or trans fats in your diet To limit alcohol and fluids are active Be reduce stress sleep easily keyword key: heart failure. A recent August 2, 2019 UT Health San Antonio study found higher doses of spironolacone, a diuretic (water pill), can ease fluid overload safely and effectively in patients who do not respond to conventional diuretics. Spironolacton is usually given to these types of patients in doses of 25-50 milligrams. In this study, the dose was increased to 100, and in some administrations, even 200 milligrams. Related: Staging a heart Heart Attack: Symptoms, Causes, Treatment of Heart Murmurs: Causes, Symptoms and Treatment What Is a Heart-Healthy Diet? What are widow-maker heart attacks? Erlol Creases predict heart disease? 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