

What is heart failure?



Heart failure is a chronic condition

where the heart is unable to pump enough blood around the body



There are clear 'red flag' symptoms of heart failure

- ⚠ Shortness of breath
- ⚠ Fatigue
- ⚠ Swollen limbs

What increases the risk of heart failure?

High blood pressure
Heart problems
Lung problems
Anaemia
Diabetes
Obesity
Viruses
And many more...

↓ Risk

The risk of heart failure can be reduced up to 80% through the adoption of healthier lifestyles and treatment of cardiovascular risk factors



Patients need structured and comprehensive support to manage their condition



"Heart Failure is like growing old without ageing"

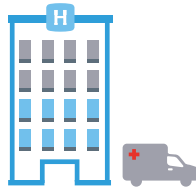
Nick,
heart failure patient

Why does heart failure matter?

At least

15 million

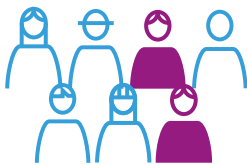
adults live with heart failure in Europe



Heart failure is the biggest cause of hospitalisations in those over 65 years old



1 in 5 adults are at risk of developing heart failure over their lifetime



Of those hospitalised with HF:

- > **1 in 4** will be readmitted to hospital within one month
- > **1 in 3** will die within 1 year



Only 3% of Europeans can identify the symptoms of heart failure



Very few governments have national plans for heart failure

Please support the Written Declaration on Heart Failure
www.hfpolicynetwork.eu/hfwd

The Heart Failure Policy Network is an independent cross sectoral group made up of European and national policy-makers, patients, healthcare professionals and other stakeholders. The Network is funded through grants from Novartis Pharma and St Jude Medical. All members donate their time for free.



The Heart
Failure Policy
Network