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More than 6 million Americans have heart failure and many don’t know how serious it is. They think, “I’m just getting old and slowing down,” and so they don’t seek proper care. Without proper care, patients may not be aware of the treatments available to them that could make a difference in their lives.

DID YOU KNOW?

- Heart failure — sometimes called a weak heart — is a serious disease that worsens over time.2
- With each heart failure-related admission to the hospital, the heart function decreases further.3
- Early, proactive treatment reduces the risk of rehospitalization and is linked to better outcomes.

YOU’VE BEEN DIAGNOSED WITH HEART FAILURE

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\(^3\) Varma N. Gain in CRT Efficacy with Dynamic Electrical Optimization: Real World Effect of SyncAV™ CRT on Heart Failure Hospitalizations. Poster presented at: EHRA; May 2020.

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NOW WHAT?

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NOW WHAT?
FOLLOW THESE STEPS TO KNOW YOUR HEART FAILURE MANAGEMENT OPTIONS

**STEP 1**

**CHOOSE THE LEVEL OF ACTIVITY THAT BEST DESCRIBES HOW YOU HAVE FELT OVER THE PAST 30 DAYS.**

Many people tend to ignore heart failure symptoms and attribute them to just getting older. It is important to watch for warning signs that your heart failure is getting worse and report all of your symptoms to your doctor.

**STEP 2**

**IDENTIFY THE TYPE OF HEART FAILURE YOU HAVE BEEN DIAGNOSED WITH.**

There are two types of heart failure and different treatment options available for each: Ejection fraction (EF), measured by an echocardiogram, indicates how much blood your heart pumps out with each beat.

**HEART FAILURE WITH PRESERVED EJECTION FRACTION**

The ventricles do not relax as they should — the heart is “stiff.” EF is greater than 40%.

**HEART FAILURE WITH REDUCED EJECTION FRACTION**

The heart is enlarged and weak and cannot squeeze normally. Therefore, less blood is pumped out to the body. EF is less than 40%.

**HEART FAILURE CLASSIFICATIONS**

Doctors use this classification system to determine the severity of a patient’s heart failure.

- **NYHA Class I**
  - You are able to perform your daily activities but easily become short of breath.
- **NYHA Class II**
  - Ordinary activities result in feeling tired and short of breath, but you are comfortable at rest.
- **NYHA Class III**
  - You have significant limitations in even mild physical activity, such as walking, and you are comfortable only at rest.
- **NYHA Class IV**
  - You are unable to carry on any physical activity without discomfort, and you are tired and short of breath even at rest.

**IMPORTANT:** If at any time you have a hospitalization for heart failure, it can be a sign that your heart function is getting worse, and it may be time to talk to your doctor about more advanced treatment options.

**TREATMENT OPTIONS**

- **NYHA Class I**
  - Medications to control blood pressure and diuretics to manage fluid levels
  - Pulmonary artery (PA) pressure monitor

- **NYHA Class II**
  - Medications to control blood pressure and diuretics to manage fluid levels
  - PA pressure monitor

- **NYHA Class III**
  - Medications to control blood pressure and diuretics to manage fluid levels

- **NYHA Class IV**
  - Medications to control blood pressure and diuretics to manage fluid levels

**DEVICE DESCRIPTIONS AND BENEFITS**

**ICD**

Monitors your heart for potentially dangerous heart rhythms

**CRT-D**

Restores coordinated pumping between the right side and the left side of the heart

**Mitra Valve Repair**

Helps the mitral valve close and restores normal blood flow

**PA Pressure Monitor**

Sends information wirelessly from your home to your doctor so they can remotely manage your treatment and adjust medications if needed

**LVAD**

Small heart pump that assists the heart with circulating blood throughout the body

**HOSPICE**

Temporary symptoms end

**HEART FAILURE IS SERIOUS, BUT WITH THE RIGHT TREATMENTS, YOU CAN LEAD AN ACTIVE LIFE!**

Connect with a clinic to understand your treatment options. Learn more at abbott.com/heartfailure
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