Heart failure can be caused by medical conditions that damage or add extra workload to the heart.

**COMMON SIGNS & SYMPTOMS**

1. Extreme fatigue
2. Cough with frothy sputum
3. Weight gain
4. Shortness of breath
5. Swollen ankles, legs or abdomen

**CAUSES**

Heart failure can be caused by medical conditions that damage or add extra workload to the heart.

**CARDIAC RESYNCHRONISATION THERAPY (CRT)**

A pacemaker-like device that also resynchronises (resynchronises) the beating of the two lower chambers of the heart (ventricles).

Doctors frequently choose to combine a CRT with an ICD in the same device and it is termed a CRT-D.

Some CRT devices even have an app that connects to the patient's smartphone or tablet and can provide information like battery longevity or successful data transmission to the clinic.

**VENTRICULAR ASSIST DEVICE THERAPY (VAD)**

A battery-operated mechanical pump to help pump blood throughout the body. They are not a heart replacement and the heart will continue to function.

**TREATMENT OPTIONS**

1. Lifestyle changes
2. Medications
3. Devices & surgical procedures

These treatments can help people who have the condition live longer and more active lives.

**TREATMENT OPTIONS**

- Lifestyle changes
- Medications
- Devices & surgical procedures

Currently, heart failure has no cure. Treatment options for heart failure include:

**IMPLANTABLE CARDIOVERTER DEFIBRILLATOR THERAPY (ICD)**

A pacemaker-like device that continuously monitors the heart rhythm. If it senses problems with the heart rhythm, it can send electrical impulses to correct it.

**VENTRICULAR ASSIST DEVICES**

- Mechanical pumps
- Battery-operated
- Help pump blood throughout the body
- Not a heart replacement
- Heart continues to function

**CARDIAC RESYNCHRONISATION THERAPY (CRT)**

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**FOR MORE INFORMATION VISIT:**

www.heartfailurematters.org