

Heart failure (congestive heart failure)

According to the Centers for Disease Control and Prevention (CDC), about **6.2 million** adults in the U.S. have heart failure.¹

Heart failure is a serious condition that:

- Happens when the heart cannot pump enough blood and oxygen to support other organs in the body
- Does not mean that the heart has stopped beating
- Can get worse if left untreated
- Heart failure sometimes is called congestive heart failure.

Risk factors²

Certain medical conditions can increase your risk for heart failure, including:

- Coronary artery disease (CAD) (the most common type of heart disease) and heart attacks
- Diabetes
- High blood pressure
- Obesity
- Other conditions related to heart disease
- Valvular Heart Disease



Unhealthy behaviors also can increase your risk for heart failure, especially for people who have one of the conditions listed above. Unhealthy behaviors include:

- Eating foods high in fat, cholesterol, and sodium
- Drinking alcohol excessively
- Not getting enough physical activity
- Smoking tobacco

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Symptoms of heart failure

Common symptoms of heart failure include:

- Generally feeling tired or weak
- Having trouble breathing when lying down
- Experiencing shortness of breath during daily activities
- Gaining weight with swelling in the feet, legs, ankles, or stomach

Treatment

Early diagnosis and treatment can improve quality and length of life for people who have heart failure. Treatment usually involves the following:

- Using devices that remove excess salt and water from the blood
- Drinking less liquids
- Getting daily physical activity
- Having a heart transplant and other surgeries
- Reducing sodium in the diet
- Taking medicines

People with heart failure also track their symptoms each day so that they can discuss these symptoms with their health care team.

Sources

1. “Heart Failure,” Centers for Disease Control and Prevention, last accessed October 20, 2021, doi: https://www.cdc.gov/heartdisease/heart_failure.htm.
2. Salim S. Virani et al., “Heart Disease and Stroke Statistics—2020 Update: A Report from the American Heart Association,” *Circulation* 141 (2020, no. 9): e139–596, accessed October 20, 2021, <https://doi.org/10.1161/CIR.0000000000000757>.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **800-480-1825 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

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- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

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Language assistance services, free of charge, are available to you.
800-480-1825 (TTY: 711)

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

Kreyòl Ayisyen (French Creole): Rele nimewo ki endike anwo a pou resevwa sèvis éd gratis nan lang.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

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日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

Diné Bizaad (Navajo): Wódahí béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jik'eh saad bee áká'ánída'áwo'déé níká'adoowot.

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.