



# Eight Key Symptoms of Heart Failure

Even though heart failure is a **chronic condition**, it can be **effectively managed**. This means that being able to recognize and check the symptoms of chronic heart failure is especially important. Learn more about the signs and symptoms of chronic heart failure below.

## Shortness of breath



Heart failure can cause the fluid in your body to gather in your lungs which may cause you to feel short of breath during everyday activities.

## Swelling in the ankles, legs and abdomen



Clothes or shoes might feel tighter as fluid in the body builds up in the legs, ankles or abdomen causing them to swell up.

## Sudden weight increase



Worsening heart failure may cause an increase in weight of more than two kilograms in one week because fluid builds up in your body.

## Loss of appetite



A build-up of fluid around the gut can affect digestion and might cause a loss of appetite, or make you feel sick when eating.

## Shortness of breath when lying down



Lying flat may also make you feel short of breath so that you need to sleep sitting up or with multiple pillows.

## Rapid heartbeat



The heart sometimes starts to speed up to compensate for its reduced ability to pump blood around the body.

## Tiredness



Heart failure means less oxygen-rich blood is circulating the body. Because your muscles and tissues need oxygen for energy, this means people with heart failure can feel tired very easily.

## Frequency of urination



A reduced amount of blood reaches your kidneys when you have heart failure, causing you to urinate less frequently. Conversely, if you take diuretics (eg. water pills), you might urinate more frequently, when the excess fluid in your body is eliminated.

To learn more about the symptoms of heart failure, and how you can check and manage them, explore [www.KeepItPumping.com](http://www.KeepItPumping.com)

### Reference:

1. Ponikowski P et al. 2016 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure. European Heart Journal (2016) 37, 2129-2200. Digital Object Identifier: <http://dx.doi.org/10.1093/eurheartj/ehw128>. First published online: 20 May 2016.



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