



What is it?

Cardiac Failure is a condition in which the heart's function as a pump is inadequate to meet the body's needs.

Signs and symptoms

The signs and symptoms of this condition may vary from patient to patient. Some never show any signs or symptoms, while others only show signs or symptoms in the later stages of the disease. As the heart's function worsens and the heart weakens, signs and symptoms of Cardiac Failure, or otherwise known as Heart Failure, usually occur. These signs and symptoms include:

Causes



- Coronary Artery Disease.
- Heart Muscle Disease (Cardiomyopathy)
- High Blood Pressure (Hypertension).
- Problems with the heart valves.
- Abnormal Heart Rhythm (Dysrhythmia)
- Alcohol or drug abuse.
- Born with a heart defect (Congenital Heart Disease)
- High blood sugar (Diabetes)
- Thyroid problems
- Heart Valve Dysfunction & Chronic Lung Disease



Shortness of breath or trouble breathing, especially when lying flat or with physical exertion



Swelling in the ankles, feet, legs, abdomen, and veins in the neck)



Protruding neck veins



Fatigue (tiredness)



Diagnosis

- Blood Tests
- Urine Tests
- Chest X-ray
- ECG
- Echocardiograph



The primary aim of managing Cardiac Failure includes:

- Managing any conditions that cause or contribute to the disease
- Controlling signs and symptoms so that you can live a normal life as much as possible without unwanted drawbacks.
- Reducing complications and the risk of Sudden Cardiac Arrest (SCA)

Management

Cardiac Failure can't be cured, but the heart's function can be improved.
One or more of the following medication can be prescribed:

- ACE inhibitors – Open arteries, improve blood flow and lowers blood pressure.
- Water tablets (Diuretics) – Keep fluid from building up in body, decrease fluid in lungs so you can breathe easier, to be taken with a potassium supplement.
- Digoxin – Helps the heart pump better.
- Beta blockers – Improve blood flow and prevent abnormal heart rhythm.
- Procedures - Heart Surgery, Coronary Artery Stenting & Grafts, Heart Pacemaker Implants

Treatment

