What is Heart Failure? - Amharic
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What is Heart Failure?

Heart failure means the heart muscle has become weak and does not pump enough blood for the rest of your body. It does not mean that the heart stops.

Usually heart failure does not go away, so you need to learn how to take care of yourself.

What Causes Heart Failure?

- Blockages in your heart arteries (heart attacks)
- High blood pressure
- Heart valve problems
- Infections
- Too much alcohol or other street drugs

How Does it Feel?

- Trouble getting enough air while you are resting or with easy activity
- Tired
- No appetite
- Swelling of belly
- Swelling of legs and feet
- Waking up at night because you can’t get enough air
- Gaining weight rapidly (2 to 3 pounds in 2 to 3 days)
- Dizzy, feeling faint or passing out

How Can I Help Myself?

- Take your medicine every day.
- Weigh yourself every day and write it down. Call the doctor if your weight goes up.
- Avoid salty foods.
- Stop smoking.
- Avoid alcohol.
- Get flu shot every year.
- Go to all your doctor appointments.

When Should I Call My Doctor?

- If you have more trouble breathing
- If you have chest pain
- If your weight goes up
- If you have more swelling