What Is Heart Failure? - Tigrinya
June 2011
Page 1 of 1
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