**Heart failure**

**Is a condition caused by the heart failing to pump enough blood around the body at the right pressure.**

It usually occurs because the heart muscle has become too weak or stiff to work properly.

**Types of heart failure:**

1-Left-sided CHF is the most common. It occurs when the left ventricle doesn’t properly pump blood out to body. As the condition progresses, fluid can build up in the lungs, which makes breathing difficult.

2-Right-sided CHF is when the right ventricle has difficulty pumping blood to your lungs. Blood backs up in the blood vessels, which causes fluid retention in the lower extremities, abdomen, and other vital organs.

3-It’s possible to have right-sided and left-sided HF at the same time. Usually, the disease starts in the left side first, and then travels to the right when it’s left untreated.

**Causes of CHF (Congestive heart failure).**

1-**Hypertension**

When the blood pressure is higher than normal, it may lead to CHF.

**2-Coronary Artery Disease:**Cholesterol and other types of fatty substances can block the coronary arteries, which are the small arteries that supply blood to the heart.

**3-Valve Conditions**

Valves that don’t open and close correctly may force the ventricles to work harder to pump blood. This can be a result of a heart infection or defect.

**4-Other Conditions**

These include

1. diabetes,
2. thyroid disease,
3. Obesity.
4. Severe infections
5. allergic reactions
6. anaemia

**Symptoms of CHF**

* fatigue
* swelling in the ankles, feet, and legs
* weight gain
* increased need to urinate, especially at night

Symptoms that indicate the condition has worsened include:

* irregular heartbeat
* a cough that develops from congested lungs
* wheezing
* shortness of breath, which may indicate pulmonary edema

Symptoms that indicate a severe heart condition that require immediate medical attention include:

* chest pain
* rapid breathing
* skin that appears blue, which is due to lack of oxygen in lungs
* fainting

**Diagnosis**

1- Physical exam. The exam may involve listening to the heart with a stethoscope to detect abnormal heart rhythms.

* An electrocardiogram (ECG) records the heart’s rhythm.
* An echocardiogram uses sound waves to record the hearts structure and motion.
* An MRI takes pictures of heart.
* Stress tests show how well the heart performs under different levels of stress.
* Blood tests can check for abnormal blood cells and infections.
* Cardiac catheterization will show blockages of the coronary arteries.
* **Treatment**
* **Medications**
* There are several medications that can be used to treat CHF:
* Angiotensin-converting enzyme inhibitors (ACE inhibitors) open up narrowed blood vessels to improve blood flow.
* Beta-blockers can reduce blood pressure and slow a rapid heart rhythm.
* Diuretics reduce fluid content.
* Vasodilators

**Surgeries**

heart valve repair surgery to help valves open and close properly.

**Preventing heart failure**

Many of the factors that increase risk of developing heart failure can be managed either by making lifestyle changes or by taking medicines.

For example, in terms of lifestyle factors

* [stop smoking](http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx)
* [keep blood pressure at a healthy level](http://www.nhs.uk/livewell/hypertension/pages/keepbloodpressurehealthy.aspx)
* [keep your cholesterol level under control](http://www.nhs.uk/Livewell/Healthyhearts/Pages/Cholesterol.aspx)
* [maintain a healthy weight](http://www.nhs.uk/Livewell/Loseweight/Pages/Loseweighthome.aspx) ,[eat healthily](http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx), including avoiding excess [salt](http://www.nhs.uk/livewell/goodfood/pages/salt.aspx) in diet also most people should also ensure they have enough [iron](http://www.nhs.uk/Conditions/vitamins-minerals/Pages/Iron.aspx) in their diet (eating red meat or iron supplements can help this)
* [exercise regularly](http://www.nhs.uk/LiveWell/Fitness/Pages/Fitnesshome.aspx)
* limit [alcohol](http://www.nhs.uk/Livewell/Alcohol/Pages/Alcoholhome.aspx) consumption