



# KNOW ABOUT HEART FAILURE



PLEASE SCAN FOR  
THE LOCATION

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**HOSPITAL**  
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Mankhool, Kuwait Road, Al Mankhool - Dubai

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## DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition  
Dental Centre • Dermatology • ENT • General Surgery • Insurance  
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology  
Obstetrics & Gynaecology • Orthopedics • Patient Affairs

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DIGITAL VERSION

## WHAT IS HEART FAILURE?

• Heart failure is a condition when your heart is not able to pump blood as well as it should. It is still working, but at a very low level that fails to meet your body's requirements.

## HOW DOES HEART FAILURE AFFECT YOU?

• It makes you feel breathless if you perform any activity, and sometimes even while you rest. Other common symptoms are feeling tired and swelling of the legs and feet. Some people may have a cough only at night and on lying down.

## WHAT CAUSES HEART FAILURE?

• There are several causes of heart failure. The most common is — blocked arteries that cause a heart attack, which damages the heart muscle and leads to weakness. Other causes include drinking a lot of alcohol regularly, heart valve diseases, high blood pressure, diabetes, congenital diseases that you are born with and infections, especially viral infections. There are also some other unusual and rare

causes. Your doctor will perform tests to investigate and identify the cause of heart failure but in a small number of people, the reason may never be known.

## IS THIS CONDITION SERIOUS?

• Yes, it is a serious condition, but if diagnosed early your quality of life can be maintained well with modern-day treatment. The cost of treatment is also higher for people with an advanced stage of the disease, so if you have any doubts it is always better to get investigated sooner rather than later.

## RISK FACTORS

• The risk factors for acute coronary syndrome are similar to those for other types of heart diseases. The risk factors for acute coronary syndrome include:

- Age: for men, above 45 years and above 55 years for women
- High blood pressure
- High blood cholesterol
- Cigarette smoking
- Lack of physical activity
- Type2 diabetes
- Family/ history of chest pain, heart disease or stroke

## WHAT SORT OF TREATMENT METHODS ARE AVAILABLE CURRENTLY?

• In the initial stages only oral medication like tablets may be enough. If presented late, or diagnosed late, treatment like special devices to help your heart may be necessary, which are expensive. In patients who are very ill and in the later stages a heart transplant may be advisable.

## WHAT ARE THE BASIC TESTS FOR THE DIAGNOSIS OF HEART FAILURE?

• An Electrocardiogram (ECG), Echocardiogram and some blood tests will be sufficient for most patients. Some specialised tests may be necessary in rare cases.

## WHAT KIND OF CARE IS AVAILABLE OUR HOSPITALS?

• Hospitals have specialized heart failure services. We are the hospital with a full and dedicated heart failure set-up. We provide specialist diagnostic and treatment facilities. We offer the complete range of services, including outpatient and inpatient care, advanced heart failure therapy

including device implantation and follow-up services and heart transplant services for end-stage heart failure patients, as necessary.

