



www.hearhythmalliance.org

What is heart failure?

Heart failure is a condition in which your heart does not pump blood as efficiently around your body as it should, which makes it difficult for your body to get as much oxygen and blood as it needs.



Symptoms of heart failure

include breathlessness, fluid build up on the lungs, swollen legs, ankles and abdomen, a persistent cough, tiredness, palpitations, fainting and dizziness.



Causes of heart failure

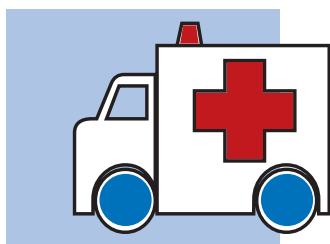
are high blood pressure, coronary heart disease, cardiomyopathy, damage to the heart valves, arrhythmias, congenital heart disease, myocarditis, some drugs used in cancer treatment and excessive alcohol consumption.

At least **15 million** people across Europe, and **900,000** people in the UK have heart failure



65,000

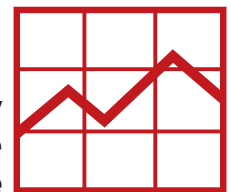
new cases of heart failure are diagnosed each year



Heart failure is the **number one** cause

of unexpected hospital admissions in the UK

5% of all emergency hospital admissions are due to heart failure



1 in 5 of us will develop heart failure at some time in our lives

Those with heart failure are

2-3 times more likely to have a **stroke**



Arrhythmia Alliance, Unit 6B, Essex House, Cromwell Business Park, Chipping Norton, Oxfordshire OX7 5SR



+44 (0)1789 867 501



info@hearhythmalliance.org



www.hearhythmalliance.org

Find us on

[f @ArrhythmiaAlliance](https://www.facebook.com/ArrhythmiaAlliance) [t @KnowYourPulse](https://www.tiktok.com/@KnowYourPulse) [i @arrhythmiaalliance](https://www.instagram.com/arrhythmiaalliance)

Registered Charity No. 1107496