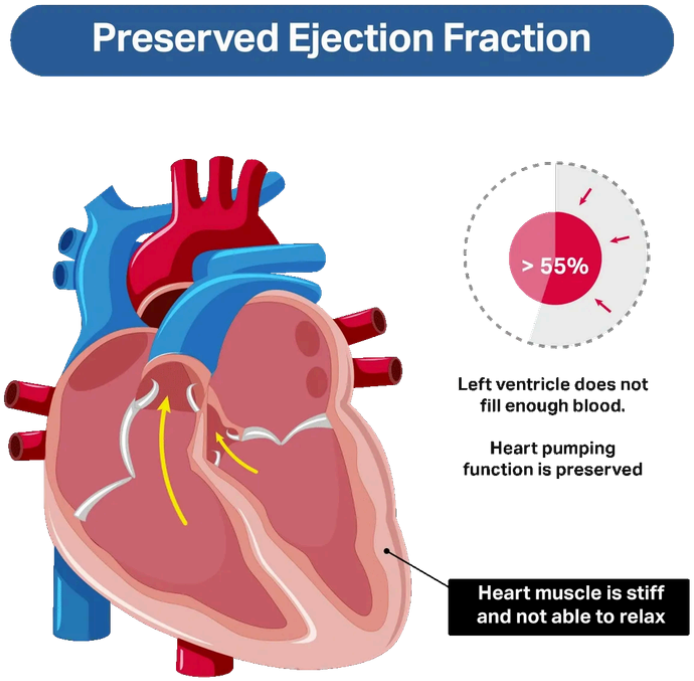
THE HEART FAILURE PATIENT FOUNDATION

Patient Tip Sheet

HEART FAILURE WITH PRESERVED EJECTION FRACTION

What is unique about HF due to Preserved Ejection Fraction:

About 50% of all patients with symptoms of heart failure have an ejection fraction greater than 50%. Patients with HFpEF are on average greater than 74 years of age and are likely to be female, have a history of hypertension and have less coronary artery disease. HFpEF is caused by “stiffening” of the heart (left ventricle).The heart has a difficult time relaxing and filling. When the heart cannot fill, the extra fluid builds up and heart failure symptoms occur.



For all persons with HF, remember the following:

- Review all medicines with your health care provider (including over-the-counter vitamins or herbs). Some medicines can make your heart failure worse, so avoid:
  - Nonsteroidal anti-inflammatory drugs (NSAIDS) like ibuprofen
  - Calcium channel blockers (unless prescribed by your HF physician)
- Weigh yourself daily
- Limit your salt
- Try to exercise each day
- Take your medicines as prescribed
- Keep all of your visi**ts with your health care providers**

For HF due HFpEF, the following tips may be important:

- Get regular checks ups
- Quit smoking. nicotine in tobacco can increase your risk of af
- avoid excess alcohol and stimulants (decongestants)
- exercise most days of the week. Walking is great
- reduce stress.
- eat a healthy diet
- If you are OVERWEIGHT, lose weight to lower your blood pressure
- If you have diabetes, keep good control over your blood sugar