The Weakening Heart

With the right treatment, you can slow down the weakening of your heart and stay healthy longer.

**Systolic — Heart Pumping**

**Healthy systolic heart**
- Works well to pump blood.
- Blood picks up oxygen in the lungs.
- Blood delivers oxygen to the muscles and organs of the body.

**Systolic failure (weakened heart)**
- Heart grows larger, but heart muscle is weak.
- It isn’t able to pump as well.
- Heart not able to keep up with body’s needs for oxygen.

**Diastolic — Heart Filling**

**Healthy diastolic heart**
- Ventricles fill normally with blood.

**Diastolic failure (stiff heart)**
- With thick, stiff heart walls ventricles fill with less blood.
- Fluid backs up in lungs. Less oxygen delivered to muscles and organs.

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**Risk factors for a weakened heart:**
Previous heart attack, diabetes, coronary artery disease, high blood pressure

**Symptoms of a weakened heart:**
Tiredness, swelling of ankles and feet, weight gain, being short of breath