

What causes heart failure?

Heart failure can have lots of causes. For example:

ISCHAEMIC HEART DISEASE

Reduced blood flow to the heart muscle caused by a build-up of fatty deposits (atherosclerosis); a blood clot or a tear in wall of the blood vessels supplying the heart. A reduced blood flow can cause a heart attack or myocardial infarction which can cause damage to the heart muscle and result in heart failure.¹

STRUCTURAL HEART DISEASE

Abnormalities in the structure of the heart valves, chambers and blood vessels can cause heart failure (figure 1). In some people, these abnormalities happen over many years. One example is thickened heart valves (valvular stenosis). Sometimes people are born with these structural abnormalities (congenital heart disease).

OBESITY

Increases the risk of heart failure.⁴ Between 60% and 75% of people with heart failure with preserved ejection fraction are obese.³

Certain MEDICINES

can cause heart failure. For example, the side effects of some cancer treatments.⁴

DRUGS OF ABUSE

can cause heart failure. For example, alcohol, cocaine, cannabis and methamphetamine.^{4,5}

Lots of OTHER CONDITIONS

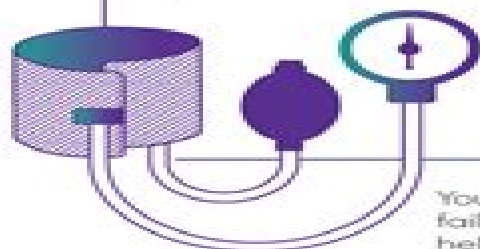
can cause heart failure or mean you are more likely to get it. For example, under- and over-active thyroid, diabetes, abnormal heart rhythms and iron deficiency.^{1,6}

HYPERTENSION

(high blood pressure) can cause heart failure.⁴ Between 80% and 90% of people with heart failure with preserved ejection fraction have hypertension.³

Some AUTOIMMUNE DISEASES

(the immune system attacks healthy tissue), genetic and other diseases that damage (cardiomyopathies) or inflame (myocarditis) heart muscle.



Your doctor will try to help you understand what caused your heart failure. Understanding the cause may guide your treatment and help you make lifestyle changes to live as full and long a life as possible. Sometimes your medical team may not be able to find the cause.

Heart Failure Guide For Dummies

RC Schank



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