

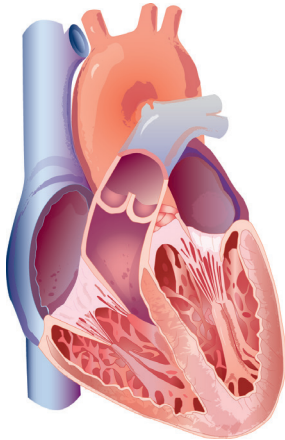
# The Weakening Heart

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

## Systolic — Heart Pumping

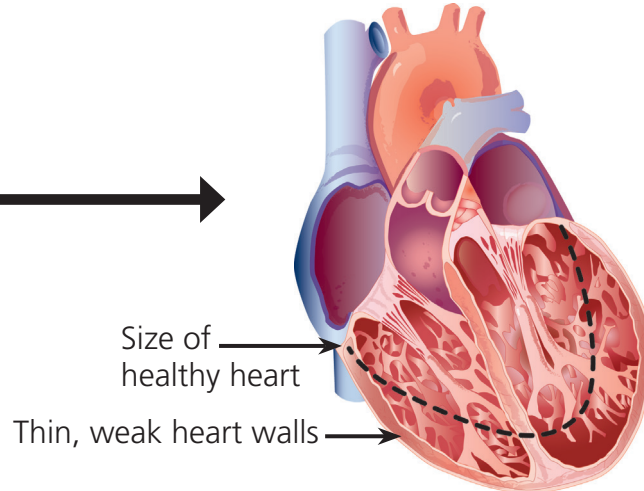
### Healthy systolic heart

- 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)

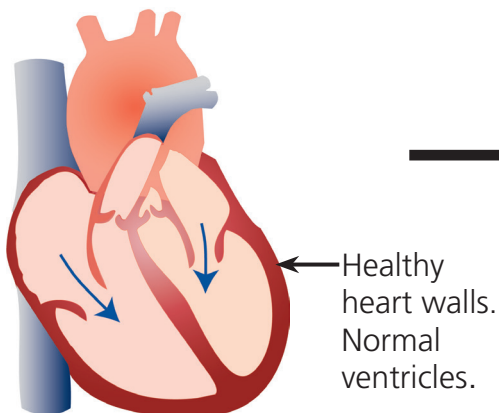
- Heart grows larger, but heart muscle is weak. It isn't able to pump as well.
- Heart not able to keep up with body's needs for oxygen.



## Diastolic — Heart Filling

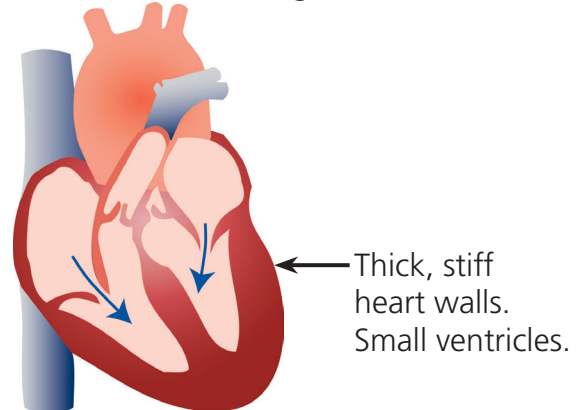
### Healthy diastolic heart

- 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.



### 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