

Heart Failure

- About Heart Failure

- Causes and Risks for HF

- Warning Signs and Symptoms

- Diagnosing HF

- Treatment Options for HF

- Living with HF and Advanced HF

- Tools and Resources

- Personal Stories



1 Understanding Blood Pressure Readings

2 Target Heart Rates

3 What are the Symptoms of High Blood Pressure?

4 All About Heart Rate (Pulse)

5 Heart Attack Symptoms in Women

6 Low Blood Pressure

7 What Your Cholesterol Levels Mean

8 Tachycardia | Fast Heart Rate

9 Warning Signs of a Heart Attack

 $\frac{1}{2}$

Heart Failure Questions to Ask Your Doctor



Use these [questions to ask your doctor](#) about heart failure.

HF Resources For Life

HF Info Sheets

[What is Heart Failure? \(PDF\)](#)
[How Can I Live with Heart Failure? \(PDF\)](#)
[What Is Echocardiography? \(PDF\)](#)
[What Is a Stress Test? \(PDF\)](#)

HF Lifestyle Sheets

[Why Should I Limit Sodium? \(PDF\)](#)
[How Do I Follow a Healthy Diet? \(PDF\)](#)
[How Can Physical Activity Become a Way of Life? \(PDF\)](#)
[How Can I Make My Lifestyle Healthier? \(PDF\)](#)
[How Can I Support My Loved One? \(PDF\)](#)

Trackers

[Symptoms Tracker \(PDF\)](#)
[Medication Tracker \(PDF\)](#)
[Activity Tracker \(PDF\)](#)
[Blood Pressure Tracker \(PDF\)](#)

[Find additional helpful resources here](#)

About Us

Our mission is to build healthier lives, free of cardiovascular diseases and stroke. That single purpose drives all we do. The need for our work is beyond question. [More](#)



Our Causes

[Go Red For Women](#)
[Go Red Por Tu Corazón](#)
[My Heart My Life](#)
[Power To End Stroke](#)

The Warning Signs

Online Communities

Heart and Stroke Encyclopedia

Volunteer

Our Sites

[American Heart Association](#)
[American Stroke Association](#)
[My Life Check](#)
[Heart360](#)
[Everyday Choices](#)
[My.AmericanHeart for Professionals](#)
[Scientific Sessions](#)
[Stroke Conference](#)
[You're The Cure](#)
[Global Programs](#)
[SHOP](#)
[CEO Nancy Brown](#)
[eBooks](#)

Contact Us

Address
 7272 Greenville Ave.
 Dallas, TX 75231
Customer Service
 1-800-AHA-USA-1
 1-800-242-8721
 1-888-474-VIVE

Local Info



Getting Healthy | Conditions | Healthcare / Research | Caregiver | Educator | CPR & ECC | Shop | Causes | Advocate | Giving | News | Volunteer | Donate
 Privacy Policy | Copyright | Ethics Policy | Conflict of Interest Policy | Linking Policy | Diversity | Careers
 ©2015 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.
 The American Heart Association is a qualified 501(c)(3) tax-exempt organization.

*Red Dress™ DHHS, Go Red™ AHA; National Wear Red Day® is a registered trademark.



This site complies with the HONcode standard for trustworthy health information: [verify here](#).