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In the human body, the heart can be compared to a pump in charge of reducing the blood of all the veins of the body, to pass to the lungs per oxygen, then return to the artery to ensure the infusion of the organs. Numerous heart muscle diseases, heart valves or e-electric heart circuits can cause a dysfunction of this pump, and provoke that it is called "heart failure", associated with typical symptoms such as abnormal breath, a water recovery with increasing Weight, and the appearance of "delegates in the legs. There are different types of heart failure. It can be chronic (disease is progressively installing and the aggravation of symptoms is more slow), or acute (installation is fast, even brutal) . There are also several stages of the disease, ranging from the sectoral coronary. Faced with high blood pressure, cardiac ends tire and shows signs of bankruptcy. Larging and contractions are Mild.Maladies Valvulaires: if one or more of the valves come reprogrammed or derivative, heart undergoes an additional cost is to try to maintain cardiac debit. If no proper treatment is given to the patient, this can be and disappointed on heart failure. À © Niticonsumption of drugs or toxic substances (such as alcohol) Other diseases such as diabetes, endocrine diseases, AIDS or depreciation of the Diagnosis of certain vitamins.The has affected was more frequently diagnosed:. An interview with the patient so that the cardiologist knows about his medical history and symptoms of her. This primordial interview allows the cardiologist to decide the state of the patient's state and if not considering the hospitalization of blood tests:. To determine the IC stage and the role of the other electrocardiogram organs records the electronic activity of the heart in different parts placed on the hands, feet and the chest. It provides information on the current status of the heart and allows you to obtain an Armythmia, but also provides information on past events, such as the infarction of the Holter Infarction.un or reveal it continuously records the patient's heart rate for 24 to 48 hours. It allows you to identify the arrival of a chest radiography arrhythmia,ande makes it possible to determine the size of the heart and overloading the © Shocardiography Lungs. Heart using ultrasonic technique. It allows you to directly view your cardiac failure, examine the heart valves, and to control the patient's ability. With magnetic resonance (MRI) This examination allows to observe the heart function, the heart valves and the cardiologist needed information needed on the heart muscle so that it can take into consideration the adequate treatment.A Coronarography This exam is fundamental to exclude one Coronary disease. Heart failure is very long and complex. It also implies a hygiene of life and feeding by the patient (for products avoid canned, cheeses, cold cuts). The regime of non-salt prescribed by the cardiologist is also fundamental. Furthermore, medical treatment is also indispensable and long or even prescribed. The cardiologist prescribes the treatment of the patient a Generally very effective in treating heart failure, which quickly improves its status. These drugs must be taken under the supervision of the cardiologist intervention.Treatment or surgicals of the principles of heart failure treatment is to improve symptoms, but also to look for a cause. Reversible (a steep Coronars or Aortic Aortic disease, for example, cause an IC). In concession, angioplasty or replacement of the aortic valve can cause IC.IT can happen that our cardiologists and cardiosurghi, despite all their efforts, fail to improve the situation. Patient. Different alternatives are then proposed: a CRT (heart resynchronization therapy) This is a sort of peace maker, where two probes stimulate the left ventricle and the right ventricle, in order to synchronize the work of the ICD heart (implantable cardioverter defibrillator) this kind of. Heart Maker Monitor and presents a dangerous arrhythmia for Patient.a VAD (ventricular assistance device) These devices are implanted in the heart with an extestable battery the goal of providing additional pump work in order to alleviate the work of the heart , which has become resistant to cardiac transplant medications.a This surgical treatment is to change the heart. Patient retaller from a donor's heart. Transplantation allows the patient to regain his autonomy and an appreciable life expectancy. Our cardiology service also deals with all rare diseases in heart failure. Cardiac insufficiency is a current health problem that appears after the heart has been damaged or weakened. Heart failure occurs when the heart pumping action is sufficient to circulate strong blood, especially during physical activity and stress situations. Furthermore, cardiac muscle may not be properly to allow the blood to return from the lungs to the heart. These functional anomalies can cause the accumulation of liquid in the lungs and in other parts of the body like ankles. Pulmonary congestion and lack of oxygen can cause outdoors and shortness of breath. Sometimes the liquid can accumulate in the lungs to the point of provoking a potentially mortal health problem called "acute lung length, which requires an emergency response. Congestive heart failure is more and more fruged due to the largest number of survivors to Heart attacks and other acute heart problems. While damaged heart people live longer, they are more exposed with heart failure. Heart failure. He is a serious problem for which there is no cure. However, with the changes to the Lifestyle and treatment options available, you can control this health problem. Several patients can resume an active and normal life. Inquire about heart failure represents an important first step in managing this health problem. Insufficiency understanding cardiac heart failure has several underlying causes and risk factors. The most frequent Cau SA of heart failure is a heart-damaged heart muscle (myocardial infarction). The second most frequent cause of heart failure is the arterial pressure too (arterial hypertension). If it is neither diagnosed nor treated for a long time, arterial hypertension can lead to heart failure. It is important to measure Pressure ArtÀ © Lielle at least once every two years or more often if the medicine recommends that you do it. Cardiac insufficiency can also be caused by other less frequent causes, such as: when the heart does not pump well and occurs that congestion, some of these symptoms may occur. Communicate with your knowledge or professional health if one or the other of the following symptoms occurs: increased lack of breath, in particular in particular the sudden weight gain of over 1, 5 kg (3 books) in 1 or 2 days, or 2.5 kg (5 pounds) in 1 week sensation continuous swelling or to cover cough or cold symptoms that lasts more than a week fatigue, loss of energy and extremely extreme loss or variation of the increase in the appearance of the swelling of ankles , feet, legs, sacred bone (green column base) or à ° abdomen (around the stomach) needs to urinate night more frequently. Hearts inadequate areas allow you to easily see the changes in symptoms of its heart failure. This table will tell you when you need help. Check each day in which area there is. Your media will study your medical units, will examine and make some tests to determine if you suffer from heart failure and the best way to treat and control it. Drugs can use more tests, such as: à. you may need to have other tests. Be sure to ask what each of these tests involves, how to compose and when you know the results. Currently, it does not exist from remote cardiac failure. However, a rapid diagnosis, lifestyle changes and medical care are the employees of a long and active long life, away from the hospital. Here are some important steps that you will need to take care of your heart failure: regularly take your medical cities as you have indicated your professional health. Use this table to continue on the right path. Weigh each morning (after you go to the bathroom and before setting up) and record the weight. If you take or lose 1.45 kg (3 pounds) or more in 1 or 2 days or 2.5 kg (5 pounds) or more in a week, contact heart failure or your family decin clinic. Use cardiac insufficiency areas to recognize and understand the symptoms of heart failure and determine the best solution to stay healthy. à € ° Screw to drink more than 1.5 to 2 liters (from 6 to 8 normal sizes) of liquids a day, which includes all drinks such as coffee, therapy, juice, water and milk as well as soups. The water must be at least the half of the liquids that are consumed every day. Your healthcare operator can ask to adjust the consumption of money based on the sodium rate of your body. More information about cardiac inadequate consumption and limited liquids in the guide. Consume less than 2,000 mg of salt (sodium) daily from all sources (food packaging reading and sources monitor sodium in preserved foods). If there have been diagnosed with arterial hypertension, redeem sodium consumption to 1500 mg a day or less. Consult your care provider about the quantity of sodium for you. Further information on limited sodium consumption in our guide. The practice more physical activity to help strengthen your heart and improve blood circulation. Make sure you discuss physical activity with your health care team before A program or a new routine. Practical activities like walking at your own pace. Increase the level of physical activity a little every day. To learn more about the reasons why people with heart failure should remain active in our guide. Sleep a lot, and check the stress level. Remove your stress to strengthen the source problems, particularly with your health team. He put himself from highlighting and anxiety, because people who live with heart failure run more the risk of suffering. It is important that you know how to recognize these disorders and ask for help at the right time. To learn more in our guide. Adopt a healthy diet eating a lot of fruit and fruit, opting more often to consume whole grains, the choice of lean meat cuts and meat substitutes with little sodium or fat adjouces, as well as low fat and its milk substitutes (such as drinks). Find out more about a healthy feeding. Eat a lot of fiber. Due to the low levels of liquid and some drugs that could be prescribed (like diure ticks), you could demonstrate constipation, which can impose an effort to your heart. Disease alcohol consumption at most a day consumption (150 ml [5 oz] of wine, 350 ml [10] BIERY OZ or 50 ml [1 À € 10 oz] of spirits). With some types of heart failure, alcohol must simply be voted. Alcohol can interfere with the action of drugs or increase the flower pressure or influence your heart, which means that it is important to consult your case on it . Decrease or climb the Coffereential consumption to prevent the heart from preventing the heart from Beat too fast or irregular way. à € ° Vitez or quit smoking. Smoking is contraindicated for people with heart failure. He is recommended to patients with heart failure to be vaccinated against influence, once a year and to receive the vaccine against the pneumococcus, once in their lives. Some people who are struggling with heart failure need end-of-life care (also called palliative care), which provide support and comfort for patients and their families. More information on palliative care. If you get more information about this type of care, talk to your care provider. It is also possible to visit the website of the public health agency of Canada and Santa À © Canada. The Canadian Palliative Care Association publishes a list of palliative care services throughout the country and a list of health care providers. Portal palliative care offers Canadians a professional consulting service and a throat discussion forum to which you can communicate with a specialist specialist or for people who have an interest in palliative care. The prepared website helps make medical decisions in accordance with its values and communicate your volonteas to others. The projecta site conversation offers a molding kit to help you and your family, to communicate your latest volonteas. Vologed.

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