

## Managing Heart Failure Is Worth The Effort

*A study by the American Heart Association shows people with HF report spending more time on managing their condition; free app aims to make it easier*

(NAPSA)—The American Heart Association, the world's leading voluntary health organization dedicated to building healthier lives, free of cardiovascular diseases and stroke, shared this month that more heart failure patients and their caregivers report they are putting more effort into managing this complex condition. In 2015, just 55 percent of survey respondents said they were working harder to manage HF. The latest study shows a 14-point increase, with 69 percent now putting effort toward the important daily task of managing heart failure.



The AHA conducted its annual survey as part of the Rise Above Heart Failure initiative, nationally supported by Novartis Pharmaceuticals Corporation, and found that while those diagnosed with heart failure and their caregivers are spending more time and energy managing the disease, they are benefiting. These two groups showed an increased understanding of heart failure since the survey was last conducted.

“It’s important to understand heart failure or any condition you have been diagnosed with,” says John Osborne, M.D., cardiologist and American Heart Association volunteer. “It allows you to ask better questions of your healthcare providers and take an active role in your health.”

Through Rise Above Heart Failure, people living with heart failure can access free tools to help make the daily task of managing medications, symptoms and doctor’s visits simpler. This includes an app called HF Path, designed to keep all aspects of heart failure management at a patient’s—or caregiver’s—fingertips.

Heart failure, which occurs when the heart is not able to efficiently pump blood around the body, can cause symptoms like breathlessness, persistent coughing, swelling and fatigue. “It’s important for heart failure patients to track their symptoms day to day so they can alert their healthcare provider to any warning signs of worsening HF and get prompt treatment,” said Osborne. “World Heart Day serves as a great reminder to us all to make a promise to better understand and advocate for our own health.”

Download the app at [heart.org/HFPath](http://heart.org/HFPath).



*Editor’s Note: Although World Heart Day 2018 was September 29, this information can benefit your readers at any time.*