

HEART FAILURE BY THE NUMBERS

What is heart failure?

Heart failure is a long-lasting condition in which the heart is unable to pump enough blood to meet the body's needs for blood and oxygen

1 IN 5

Americans over age 40 will be diagnosed with heart failure in their lifetime

More than
6 MILLION
Americans currently have heart failure

and that number is expected to grow to

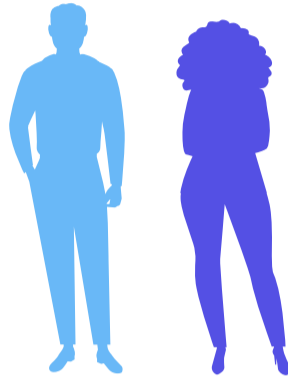
Nearly
8 MILLION
by 2030

Who is affected?

Among people

80 YEARS

of age and older, heart failure is more common in women than men



Black women and men are

≈2.5x

more likely to be hospitalized for heart failure hospitalization than white women and men

How many hospitalizations?

In the U.S., heart failure leads to about
1 MILLION
hospitalizations every year



Of people who are hospitalized or treated with IV medicines due to worsening heart failure symptoms:

≈56% return to the hospital within **30 DAYS**

≈22% die within **2 YEARS** of hospitalization

What can you do to manage your heart failure?

If you are diagnosed with heart failure, take an active role in managing your condition and learn as much as you can about heart failure. People may have to change their usual habits, which may be challenging. These changes include:



FOLLOW A HEALTHY DIET



TAKE MEDICINES AS PRESCRIBED



PAY CLOSER ATTENTION TO SYMPTOMS



REDUCE STRESS

WHERE CAN YOU FIND SUPPORT IF YOU'RE LIVING WITH HEART FAILURE?

Living with heart failure can be challenging, which is why it's important to get support when you need it:

- Have an open conversation with your healthcare provider about heart failure and how it may be impacting you. They can help you learn ways to cope.
- Seek support from family and friends. Let your loved ones know how you feel and what they can do to help lower your stress.

At the Heart of the Matter: Moving forward after your heart failure hospitalization is a program that supports people with chronic heart failure and their loved ones by offering educational information. The program, sponsored by Merck in collaboration with Mended Hearts, was created to help people living with heart failure to better understand their condition and play a more proactive role in their care.



Moving Forward After Your Heart Failure Hospitalization