

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

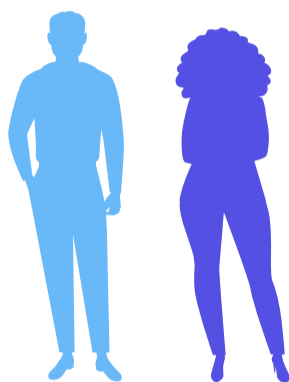
Approximately
1 in 4
Americans will develop heart failure in their lifetime

More than
6 MILLION
American adults aged 20 and above currently have heart failure

Approximately
8 MILLION
by 2030

Who is affected?

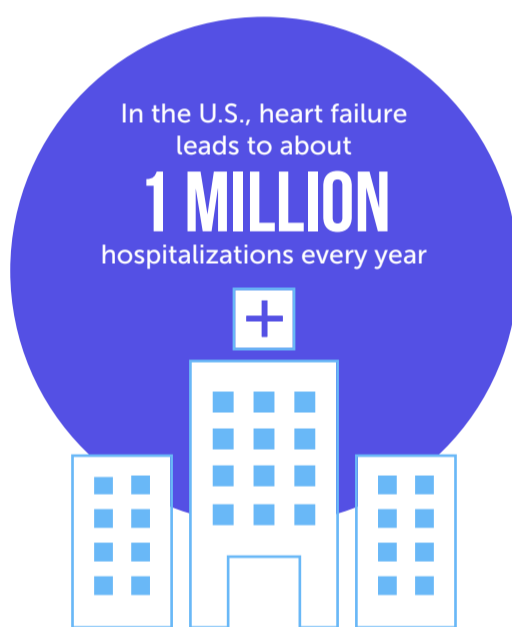
People over
65 YEARS
of age are more likely to have heart failure.



Black women and men are
≈2.5x
more likely to be hospitalized for heart failure than white women and men

How many hospitalizations?

The number of heart failure cases have been increasing in the U.S., partly due to the aging population.



What can you do to help manage your heart failure?

If you are diagnosed with heart failure, work closely with your health care provider (HCP) to share how this diagnosis is affecting you. A collaborative approach to your care with your HCP can help manage your condition. You may have to change your lifestyle and usual habits, in coordination with your HCP, which can 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:

- Speak freely and frequently with your HCP about heart failure and how this diagnosis is affecting 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 sponsored by Merck in collaboration with The Mended Hearts, Inc. to help support people living with heart failure better understand their condition and take a more proactive role in their care.



Moving Forward After Your Heart Failure Hospitalization