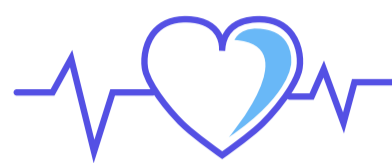


THE IMPORTANCE OF MONITORING YOUR HEART FAILURE

A diagnosis of heart failure means the heart is unable to pump enough blood to meet the body's needs for blood and oxygen. This is a long-lasting condition that may worsen over time. Your doctor can help you manage your heart failure with a care plan that may keep it from getting worse.

How do doctors measure heart failure?

To diagnose heart failure, doctors measure **ejection fraction**, which is the amount of blood pumped with each heartbeat. They may take pictures of your heart with an **echocardiogram** to see how well your heart is pumping.



What does an ejection fraction measurement mean?

LOW

Under
40%

May be a sign of heart failure or other diseases that weaken the heart muscle (cardiomyopathy).

BORDERLINE

Between
41-49%

This may be considered too low but may not always be a sign of heart failure. It could be a sign of damage, like a previous heart attack.

NORMAL

Between
50-70%

This is a normal ejection fraction measurement, but it is still possible to have heart failure under these circumstances.

There are 2 main types of ejection fraction

Preserved Ejection Fraction (HFpEF or diastolic heart failure):

The heart's chambers that pump blood out of your heart (ventricles) become stiff and cannot fill up fully so less oxygen-rich blood is pumped out to your body. Your heart might still have an ejection fraction greater than or equal to 50%.

Reduced Ejection Fraction (HFrEF or systolic heart failure):

The heart muscle does not work well, and pumps less than or equal to 40% ejection fraction. This means the the heart pumps less oxygen-rich blood out to your body.

Working with your doctor to find a heart failure management plan

Understanding your ejection fraction measurement can help your doctor recommend a heart failure management plan that is right for you. It will also help them track your condition over time to see how your condition changes.

Following your plan as recommended by your doctor can help your heart failure from getting worse. This may include:

- Taking your medicines as prescribed
- Telling your doctor and pharmacist about all the medicines you are taking, even the ones that are not for heart failure
- Telling your doctors about any changes to your health
- Making heart-healthy lifestyle changes as recommended by your doctor, which may include limiting the amount of salt and liquids to reduce fluid buildup



FINDING RESOURCES AND SUPPORT

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.