

Heart failure can be manageable

It's a serious diagnosis, providers say. But there's a roadmap to keep enjoying life

ANCHOR LEDE

If you see your cardiologist and they throw out the term "heart failure," your heart might figuratively skip a beat. The heart is a vital organ, and if it's failing, should I be counting my days?

While *advanced* heart failure will mean big life changes, experts want you to know that you *can* live with heart failure.

TAKE VO

OSF HealthCare cardiology provider Margy Goetten says *milder* cases of heart failure can be controlled by taking medications. Managing other health problems and not missing doctor's appointments are also must-dos.

SOT

Margy Goetten, APRN [MAR-jee // GET-en]

OSF HealthCare cardiology provider

"New heart failure patients may experience shortness of breath. They might have difficulty when laying down. They can't breathe. Leg swelling and fatigue are also common. But if heart failure is well controlled, a lot of people don't have symptoms." (:17)

VO TAG

As far as prevention, it's inevitable that your heart will wear down over time. But healthy habits can help your heart hold up longer. Get on a diet and exercise plan to avoid obesity. Manage conditions such as diabetes, sleep apnea, high cholesterol and high blood pressure.