

Causes of Heart Failure

Heart failure and congestive heart failure are chronic conditions that affect over 6.2 million Americans. But 80% of cardiovascular disease is preventable.

Which leads to the question:

What causes heart failure in the first place, and how can you avoid it?

Risk Factors

A single risk factor may be enough to cause heart failure, but a combination of factors increases the likelihood drastically. These include:

- Coronary artery disease
- Heart attack
- Heart valve disease
- High blood pressure
- Irregular heartbeats
- Diabetes
- Congenital heart disease
- Some medications
- Alcohol use
- Sleep apnea
- Obesity
- Viruses
- Smoking or using tobacco

If you or a loved one have one or more of these risk factors, talk to your doctor immediately. A physician can test and diagnose any heart failure and set you up with treatment that can minimize or even reverse these conditions.

For more information on heart failure and how CorsoCare can support you and your loved one, call us at 248-438-8535.

