Diagnosis of Heart Failure

If you or a loved one are experiencing symptoms of heart failure or have risk factors such as high blood pressure or high cholesterol, it's important to get checked out by your doctor.

Your physician will start by asking about your medical history, such as:

- Family history of heart disease.

- How often you smoke tobacco or drink alcohol.

- History of chemotherapy or radiation.

- List of medications you take.

- Any health conditions you may have, such as kidney disease, chest pain, high blood pressure, high cholesterol, diabetes, coronary artery disease or any other related heart issues.

They'll then measure your heart's performance — tests a physician can use to do this include:

- Blood tests

- NT-pro B-type Natriuretic Peptide (BNP) blood test

- Cardiac Catheterization

- Chest X-ray

- Echocardiogram (ECHO)

- Magnetic resonance imaging (MRI)

- Electrocardiogram (EKG or ECG)

- Multigated Acquisition Scan (MUGA scan)

- Stress test

These tests determine the Ejection Fraction (EF), which measures how well the heart's ventricle pumps blood with each heartbeat. A healthy heart beats about 60 to 80 times per minute to pump blood throughout the body. If the EF result shows yours is below normal, that signifies heart failure.

If heart failure is diagnosed, you and your doctor can begin devising a plan to treat and manage the disease right way — which is why it's important to get diagnosed as early as possible.

Looking for support with heart health? Start with your care team or explore more at CorsoCare.com.

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