



Heart Disease vs. Heart Failure vs. Congestive Heart Failure

Heart disease affects over 6.2 million men and women in the United States and is the leading cause of death worldwide. But for something that touches so many of our lives, how much do you really know about it?

The first step to preventing and treating heart disease is understanding it — starting with the difference between heart disease, heart failure and congestive heart failure.

What is Heart Disease?

Heart disease is a term that describes several conditions that affect the heart.

Heart diseases include:

- Blood vessel disease, such as coronary artery disease.
- Heart rhythm problems (arrhythmias).
- Heart defects you're born with (congenital heart defects).
- Heart valve disease.
- Disease of the heart muscle.
- Heart infection.

What is Heart Failure?

A form of heart disease in which the heart can't pump blood as well as it should.

- This reduced pumping power means blood isn't getting to all the places it needs to, which can lead to devastating results, including severe organ damage.

What is Congestive Heart Failure (CHF)?

Congestive heart failure (CHF) is a later stage of heart failure when the heart has weakened significantly.

Congestive heart failure (CHF) can include:

- Blood and fluid backing up and collecting in the feet, ankles, legs and even in the lungs.
- Interfering with the kidneys' ability to balance water and sodium in the body.
- Excess fluid "congesting" tissues and putting dangerous amounts of pressure on organs — a build-up called edema.

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