



Your Weekly Medical Advice

by Dr Jimmy Huang

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

Heart Failure

Heart or cardiac failure is the inability of the heart to pump enough blood to satisfy the needs of the body, leading to reduced perfusion and congestion. The heart becomes inefficient either because the muscle is weakened or because there is a mechanical fault in the valves controlling the flow of blood.

The main symptom of heart failure is new or worsening shortness of breath, which tends to happen during physical activity or when lying down flat at night. Other symptoms can include tiredness, lethargy, weight gain, swelling of the ankles and abdomen, dizziness, heart palpitations, chest pain or discomfort in parts of the upper body, unexplained coughing and wheezing, loss of appetite, nausea and constipation.

The main causes of heart failure include coronary artery blockage (which accounts for more than 50% of the cases in the Western world), high blood pressure, faulty heart valves and alcohol abuse.

Despite its name, heart failure is not usually an immediately life-threatening disease; it generally responds to treatment and can be held in check for a long time. Lifestyle modifications and various medications used to treat heart failure and its underlying causes can significantly improve symptoms and prolong survival.

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au