

# Congestive heart failure outline



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\* Congestive heart failure: a chronic disease that affects many people While People has to be willing to make a change in their life in order to prevent congestive heart failure. Congestive heart failure is a chronic disease that could be prevented with a proper lifestyle change. Introduction- People have to be willing to make a change in their life in order to prevent congestive heart failure. Congestive heart failure is a chronic disease that can be prevented with a proper lifestyle change, such as smoking and obesity.

Smoking makes a person a high risk for getting congestive heart failure and Obesity can also put pressure on your heart to cause congestive heart failure. \* What is congestive heart failure and what medications are used to make a person comfortable your heart can't pump enough blood to meet your body's needs which can lead to: conditions such as narrowed arteries in your heart high blood pressure gradually leave your heart too weak or stiff to fill and pump efficiently Medications can improve the signs and symptoms of heart failure but not cure it Angiotensin-converting enzyme (ACE) inhibitors

Digoxin (Lanoxin) Causes of congestive heart failure Smoking slowly deteriorates your heart losing more heart function each time. damages blood vessels which decreases blood flow Obesity applies pressure to your heart which weakens your heart muscles slows down muscle contractions in the heart which prevents proper blood flow \* Health problems that arise with congestive heart failure High risk of heart attacks and strokes With every heart attack the heart gets weaker and weaker ou'll develop blood clots, which can increase your risk of having a heart attack or stroke Liver damage Heart failure can lead to a buildup of fluid that puts too much pressure on the liver. fluid backup can lead to scarring, which makes it more difficult for

your liver to function properly. Lifestyle changes that can help prevent congestive heart failure The sooner you quit the better your chance of not getting congestive heart failure Talk to a doctor about smoking cessation classes Losing weight. Maintaining a healthy weight greatly reduces your risk Talk to a doctor for a weight loss regimen.

In conclusion, people have to be willing to make a change in their life in order to prevent congestive heart failure. , Congestive heart failure is a chronic disease that could be prevented with the proper lifestyle change for two main reasons. First, Obesity can put pressure on your heart to cause congestive heart failure. But most importantly, Smoking makes a person a high risk for getting congestive heart failure.