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Heart Failure

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Heart Failure

Heart failure takes place when the muscles of the heart slowly weaken and are not able to force blood out of the organ to the rest of the body and other cells (Rossignol et al., 2019). This chronic condition is most common with the population characterized with sixty five and progress in age. Heart failure is the reason most elderly people are admitted to hospitals in the United States. The condition can be either on the left right, right side or on the basis of biventricular.

Left ventricle under normal circumstances offer the largest pumping power hence when left -sided failure happens it means that the organ is unable to pump enough blood of the rest of the tissues. The right chamber moves deoxygenated blood from the heart to the lungs for oxidation to occur. A right- sided failure means the heart has lost the power to pump blood to the lungs for oxidation. The result of this becomes general body weakness and as legs, belly and ankles often swell to indicate poor circulation of blood in the veins. Biventricular heart failure occurs when advancements develop from existing damages on the left side of the heart to implicate the right side of the heart. The body experiences shortness of breath and swelling as a result of clumping of body fluids (Rossignol et al., 2019)

Left sided, right sided and biventricular heart failure exhibit similar symptoms like shortness of breath that arises as a result of excessive accumulation of intoxicated gases inside the human body. Fatigue also comes as a result of reduced energy as the blood across the body lacks enough oxygen supply. In the three instances, edema is common on the upper and lower limbs as body fluid tend to accumulate in the surrounding tissues.

In summation, heart failure may affect the left, right or both sides of the heart where it is prone to gradually worsen over time. To lead a healthy life it is the responsibility of individuals to uphold recommended lifestyle.

Reference

- Rosignol, P., Hernandez, A. F., Solomon, S. D., & Zannad, F. (2019). Heart failure drug treatment. *The Lancet*, 393(10175), 1034-1044.

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