

Your Condition

To manage heart failure effectively, you will need to understand the cause of your condition as well as any related health problems.

Causes of Heart Failure

Some common causes of heart failure are listed below. Ask your healthcare provider to help you check off those that apply to you.

- ☐ Coronary artery disease (CAD)
- ☐ Heart attack
- ☐ High blood pressure
- ☐ Heart valve disease
- ☐ Heart rhythm problems (arrhythmias)
- ☐ Heart muscle disease (cardiomyopathy)
- ☐ Alcohol or drug abuse
- ☐ Heart problems that are present at birth (congenital) or inherited
- ☐ Unknown cause
- ☐ Other:

Related Health Problems

You may have health problems that make heart failure harder to control. Your heart failure may even have led to problems in other parts of your body, such as the kidneys. Ask your healthcare provider to help you write in any related health problems here:
