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Although no symptoms are specific to heart failure, a number of symptoms are related to the condition. A condition called fluid overload, in which excess fluid accumulates in the body's tissues, is one of the major symptoms of heart failure. As the heart pumps weakens, less blood is pumped into the body and forced back to the heart. As blood recedes into the blood vessels, increased pressure forces fluid into different tissues of the body, where it accumulates. One of the major symptoms of fluid overload is shortness of breath (dyspnoea). This happens when excess fluid accumulates in small spaces in the lungs (pulmonary edema), interfering with the lung's ability to replenish the oxygen supply to the blood. Breathing difficulties can occur either during exercise or at rest. It can be even more pronounced when a person is down. This condition, called orthopnea, can make sleep difficult and can often be relieved by sleeping with extra pillows. Occasionally, fluid overload in the lungs can cause a sudden, terrifying inability to breathe while a person sleeps, causing him to wake up suddenly, panting for breath. This condition is called paroxysmal nocturnal dyspnea. Persistent coughing or wheezing is another common symptom of fluid overload in the lungs due to heart failure. Advertising Fluid overload can also cause swelling (edema) of the legs, ankles, feet, and occasionally the abdomen. A person with edema may notice that his or her shoes are feeling good, that the rings are better suited or that the belts need to be loosened. Excess fluid retained by the body can cause weight gain. Another common symptom of heart failure is tiring quickly with any physical activity. All organs of the body, including muscles and lungs, have less access to oxygen and nutrients as less efficient heart pumps and blood flow slows down. Consequently, the organs are less able to perform their functions. Sometimes even simple actions, would be getting dressed or walking in a room, can become a challenge for a person with heart failure. Lack of appetite or nausea can be a sign that the digestive system is having difficulties because it is not getting enough blood. Memory loss or confusion can result from an imbalance in certain chemicals, would be sodium. An increase in heart rate, which can make the heart feel like it is racing, can result from the heart trying to compensate for the decreasing effectiveness of its beat. To learn more about heart failure, take a thinkr to on the next page. DOM was well represented at the American Heart Association Scientific Issues earlier this month in Philadelphia. Virginia Hahn, a colleague in the Division of Cardiology, won the Basic Cardiovascular Abstract Travel Grant, which offers a travel grant to participate in AHA's Scientific Sessions. .@VirginiaSHahn says that its findings provide insights into the mechanisms

of each type of heart failure, so that better treatments can be developed for these patients. #AHA19 @HopkinsHeart pic.twitter.com/PCsEeDkG3V – Hopkins Med News (@HopkinsMedNews) November 18, 2019 Klitos Konstantinidis, a researcher in the Division of Cardiology, won the Louis N. and Arnold m. katz Award for Basic Scientific Research for Early Career Investigators from the Council for Basic Cardiovascular Sciences, which encourages new investigators to continue their research career in basic cardiovascular sciences. Priya Umaphathi, a colleague in the cardiology division, won the Melvin L. Marcus Award for A Heart Investigator in Cardiology from the Council for Basic Cardiovascular Sciences. The award encourages young investigators to continue their research career in cardiovascular or circulatory physiology. Monica Mukherjee, assistant professor in the cardiology division, was elected a member of the American Heart Association in recognition of her scientific and professional achievements, volunteer management and services. Paul Hasson, professor in the Pulmonary Division, held the Dickinson W. Richards Memorial Conference at the 2019 Scientific Sessions on November 16. Photo by © AHA/Matt Herp 2019 Our director, Mark Anderson, was named distinguished scientist of the American Heart Association at the AHA Scientific Sessions in Philadelphia on November 16. This award honors prominent scientists and clinicians whose work has significantly advanced our understanding of cardiovascular disease and stroke. He was one of seven nationally recognized awards. Awards receivedCardiologyCardiology Primary signs of heart failure can be very subtle, however it is alarming to ignore them. The functioning of the body slows down when the person is sixty-seventy years old. Climbing the stairs becomes a difficult task, even if it was previously easy for you. Exhaustion and dyspnea may also indicate heart problems. Heart failure is caused by something that hurts the muscle or decreases the heart's ability to function properly. The most common reasons for the damage of this organ are heart attack and coronary heart disease. Diseases, coming from heredity, high blood pressure and heart valve defects can also cause. Stroke can happen at any age. Dr. Donna Arnett was just 27 when she had a stroke that left her temporarily paralyzed and unable to speak. He was home and it was early in the morning. First, I got up to let my dog out, and when I called him in to let him in, my words were warped, she recalled. As the morning progressed, the symptoms piled up. as a nurse at the time of the stroke, and Arnett's medical training helped her recognize the symptoms of stroke. I knew right away when I had the warped words that it could be a stroke. I told my boss, who was a cardiologist, that I thought I had a tia, transient ischemic attack. He knew he knew need help quickly or the results could be disastrous, so would it be for any stroke victim. I think the categorical knowledge of the signs and symptoms helped me and helped me communicate with those around me, said Arnett, who is now the first stroke survivor to ever lead the American Heart Association (AHA) as its president. I am the chairman of the national board of directors, I represent the organisation externally to other stakeholders, she said of her role in the AHA. She is also a researcher and chair of the Department of Epidemiology at the University of Alabama, birmingham, in the School of Public Health.Finding Stroke's Causes to Guide Stroke Treatment is the fourth leading cause of death in the United States, killing about 130,000 here each year, according to the CDC. Stroke results from clots and bleeding. A type of stroke occurs when a blood clot blocks blood flow to the brain, and is known as ischemic stroke - accounting for 87 percent of all strokes. Arnett's stroke was ischemic because of a blood clot that went to his brain. A second type of stroke, known as hemorrhagic stroke, occurs when a blood vessel bursts into the brain and this can begin with an intense headache. Like many people with stroke, Arnett experienced speech difficulties. Other warning signs of stroke and symptoms include: experiencing droopinarm weaknessudden numbness or weakness in a feeling related to the confusionable seeing in one eye or both eyessha suddenly, severe headachesAt first, Arnett questioned his own symptoms. For ischemic stroke, there is no pain involved, she said. So you got two guesses: Is this really happening? Stroke may be the last thing you want to consider. Because stroke is such a scary condition for most people I ignore, or try to avoid thinking about it, Explained Arnett. But now that there are treatments that can quickly help to reduce the damage, prompt care is essential. Do you know the risk of stroke? Not everyone has the same risk of stroke. In my case, I have a blood clotting abnormality. I had a blood clot in my leg five years earlier, Arnett said. Because of his medical history, he knew he was in danger of a stroke. Other conditions also increase the risk of accident brain, including heart disease would be atrial fibrillation, high cholesterol, high blood pressure, being overweight or obese and smoking. Atrial fibrillation (afib) is one of the causes of stroke. If you have abib, it is important to take the anticoagulant [medication] so it is prescribed by your doctor, stressed Arnett. Anticoagulants work to prevent blood clots and displacement to the brain. Hypertension is very common in the United States, and also puts a person at risk of stroke. Arnett advised, Know your blood pressure and keep your blood pressure under control. Inspiration for stroke recoveryMany stroke survivors come through experience with deficits would be loss of memory or speech, or inability to move limbs properly. The recovery period after stroke can be relatively rapid or it can take a long time if the stroke survivor needs to re-learn speech and other normal processes lost from memory. For more than half of stroke survivors over 65, stroke causes long-term disability. During his recovery, Arnett focused on trying to adopt a positive attitude: The first thing for me was to be able to stay positive, to admit what happened and to move on. She noted that the family helped her recover. While recovering, he struggled with depression. I was awake and conscious and knew what was going on, but I got depressed for the first - and only - time in my life. It was all organic, she said. Depression is not uncommon in stroke survivors (and their caregivers), according to the National Stroke Association, and up to 30% of stroke survivors experience depression. Arnett's advice: Be patient and be positive. Medical treatment for stroke has changed dramatically for the better over the years. There are new clot-forming drugs, it would be TPA (tissue plasminogen activator), which protects us from damage, Arnett noted. Blood clots that travel to the brain block blood flow and can create additional strokes. In addition, the ability of doctors to see what is happening in the brain using imaging has improved. Imaging methodologies are much better now, Arnett said. Other treatment advances also allow for better treatment, for example, new medical devices can take over a clot and remove it, she said. Take Stroke Help F. A. S. T.To increase awareness of stroke symptoms, accelerate time to treatment, and reduce the risk of damage following stroke , AHA launched the F.A.S.T. campaign. you can call 911 directly from the app, said Arnett.Over 795,000 people have strokes each year in the United States. You can help by knowing the signs and invoking the emergency response as quickly as possible. The acronym F. A. S. T. comes from:Make droopingArm weaknessSpeech difficultiesTime to call 9-1-1 Know what the acronym means, Arnett asked. If a loved one has a stroke, call 9-1-1 immediately. The hospital may receive the right treatment at the right time and will alert a stroke centre. In order to Between the two types of stroke and to identify any blood clots, Arnett explained, The patient will have a CT scan in er. With her recovery inspired from stroke at a young age, Arnett is a model to lead a full life - and giving back to her community at the same time through her heart related research and driving AHA. Aha. Aha.

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