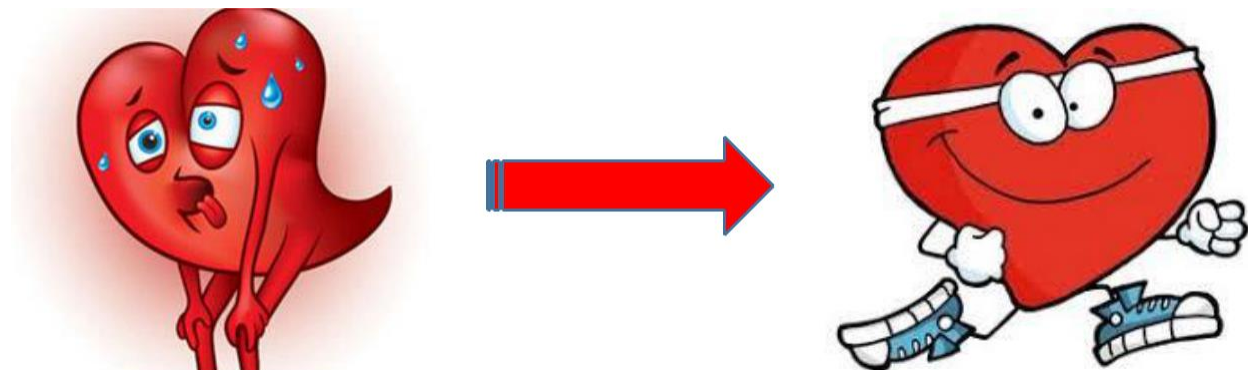


## Reconciled with Heart Failure Disease

Heart failure prevalent keeps rising in Indonesia. Based on registry data owned by National Cardiovascular Centre Harapan Kita show the number of heart failure prevalent of in-patient, below 50 years of age, is increasing from 11,3% to 27,3% on 2012. This increasing may caused by several things, such as the high infection rate of heart or heart valve, the high rate of coronary heart disease risk factors, and the high rate of early death prevention due to heart attack yet may develop a heart failure disease in the future.

Heart failure is a combination of symptoms and marking that caused by inadequate heart to fulfil the needs of blood supply due to structure and function heart disturbance. The distinctive symptoms of heart failure are shortness of breath, easily fatigue, and swollen feet. Shortness of breath may intensify because of few activities like walking, climb the stairs and lie down position. Even it could occurred when someone sleeps. These daily activities may burden the patient and his or her family.



Heart failure disease needs a special attention. This is because heart failure disease is one of incurable diseases. Despite of that, as science advanced there are several treatment technique found. They are heart transplant, prosthetic heart, heart pacemaker, new drugs available and others. Even though the patient may never be fully healed, heart failure symptoms could be controlled so that patient may have a normal life as in depend on his or her disease.

Heart failure treatment needs patient commitment and obedience to regularly drink the medicine accordingly what doctor has suggested, do physical activity or exercise, control food and liquid intake pattern, stop smoking, and control other comorbidities like diabetes or hypertension, cholesterol, and tries his best in order to obtain ideal weight. All of these effort are important factor for heart failure patient to control the symptoms.

Heart failure patient not necessary avoid all physical activity or exercise. In fact, the patient has to do physical activity and exercise according with his capability. The correct physical activity scientifically proven could fix the symptoms and slow the disease progression. Some hospitals even have physical activity or exercise program especially made for heart failure patient thus many heart patient could be able to perform his daily activities accordingly his capability.

It is very important to control food pattern particularly liquid intake for heart failure patient. Excessive liquid for heart failure patient may worsen the symptoms. Because of that, patient needs to know his daily liquid intake. To clarify, everybody has different daily intake needs. It depends on the daily activities and his or her weight. Generally, total liquid intake normal individual is 30 ml per weight (in kilos) every day. But for heart failure patient only needs around 80% of normal individual liquid intake needs. For instance, a man with heart failure has 50 kg weight, so the liquid intake needs is 1200 ml per day ( 30 ml x 50 kg x 80%). As in concern, the total liquid intake not only comes from drinking water but also other liquid inside the food, for example the water content from fruits, soup and others. The liquid intake needs may different in each individual, it has to be adjusted with the condition of the disease, daily activities, total urine outtake, and other comorbidities.

Another thing that needs to be watched for heart failure patient is salt consumption. For them the natrium intake has to be limited less than 2000 mg or 5 to 6 teaspoon salt or in adequacy 5 grams per day. Excessive salt intake or food and drink contained salt (natrium/sodium) will increase the total liquid of body which may result in shortness of breath.

Proper treatment may increasing life quality, reduce repetitive treatment frequency, and avoiding or slowing death. If the patient not obey or less committed to treatment program that advised by the doctor, heart failure may produce other complications and even preliminary death. Some heart failure disease complications include heart rhythm disorder that can cause sudden death, stroke, kidney function disorder, lungs disorder, and others. As opposite, patient who is obey towards all treatments may escape any complaints.