A delay to hospital treatment as little as 4-6 hours after acute onset of HF symptoms appears can increase a patient’s risk of death.\(^1\)

Many health care professionals do not know enough about HF. Many may not recognise HF symptoms in their patients as a result.

**Time is critical with HF:**
A delay to hospital treatment as little as 4-6 hours after acute onset of HF symptoms appear can increase a patient’s risk of death.\(^1\)

The risk of developing HF can be reduced by as much as 80% through the adoption of healthier lifestyles and treatment of cardio-vascular risk factors.

There are clear ‘red flag’ symptoms to look for:\(^1\)

- Shortness of breath
- Fatigue
- Swollen limbs

1. Ponikowski et al. ESC 2014.