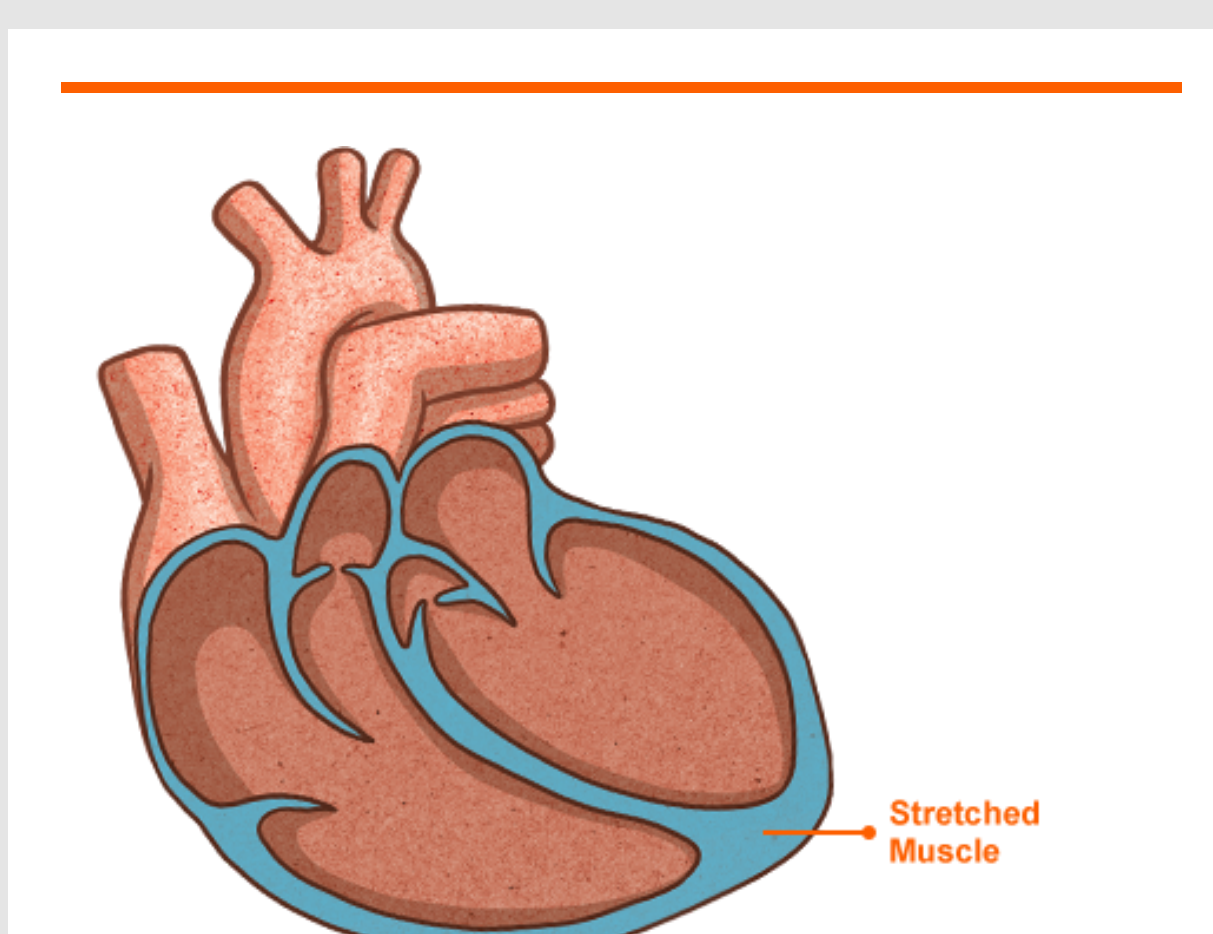
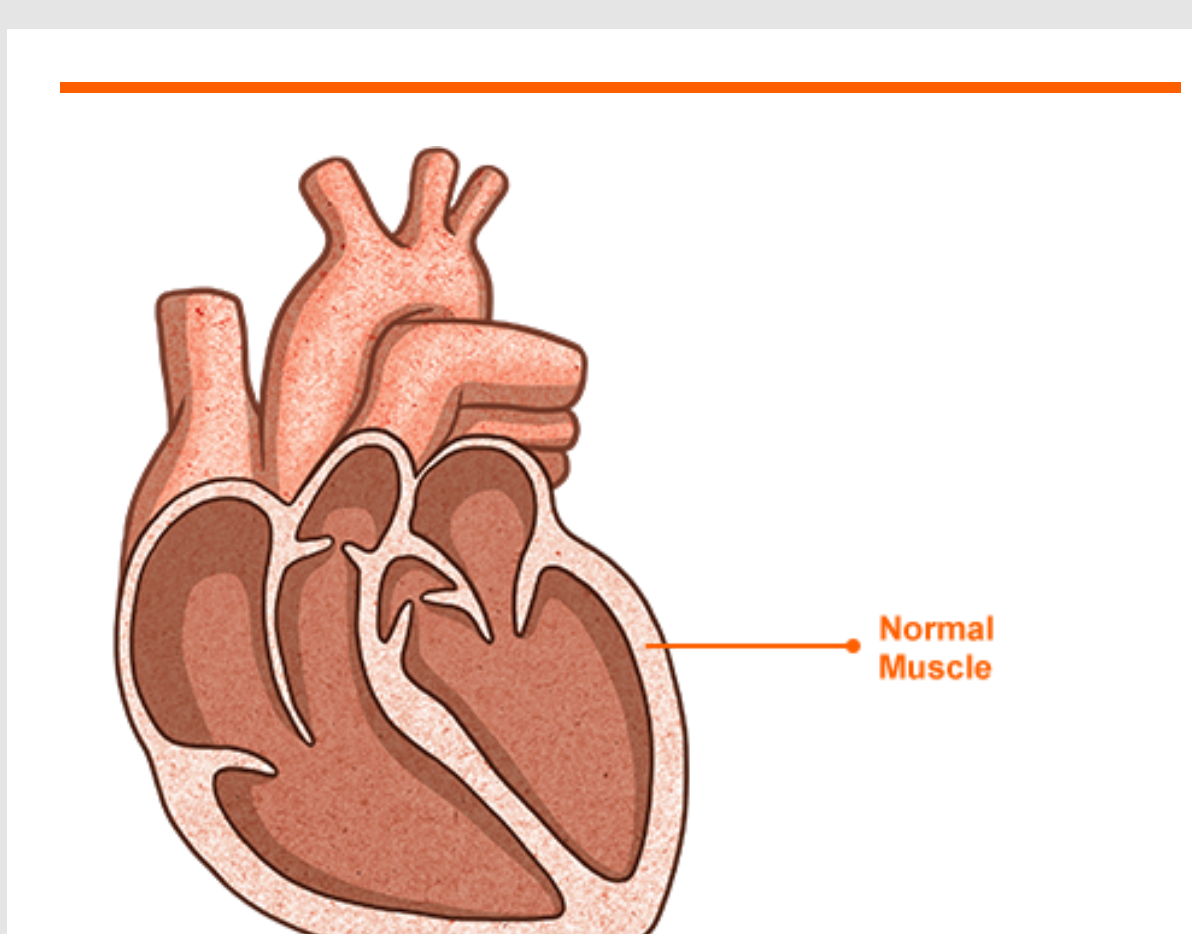


A STRETCHED HEART

Heart Failure With Reduced Ejection Fraction (HFrEF)

Ejection fraction is a measure of the heart's ability to pump out blood. With **reduced ejection fraction**, the heart can't pump with enough force to push blood throughout the body and deliver the oxygen it needs.



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Failure have HFrEF.

Most common symptoms

<p>Shortness of breath with everyday activities</p> <p>More →</p>	<p>Swelling in legs, feet, and ankles</p> <p>More →</p>	<p>A dry, hacking cough that doesn't go away</p> <p>More →</p>
<p>Trouble sleeping when you lie flat</p> <p>More →</p>	<p>Rapid weight gain</p> <p>More →</p>	<p>Feeling tired</p> <p>More →</p>

Both types of Heart Failure share the same symptoms. [Learn the differences.](#)

Hear a real patient's story

Learn how Freddie discovered her HFrEF and what she does to stay on top of it.

Diagnosing HFrEF

HFrEF is most commonly detected with an ECG, or echocardiogram.

If your ejection fraction is less than or equal to

40%

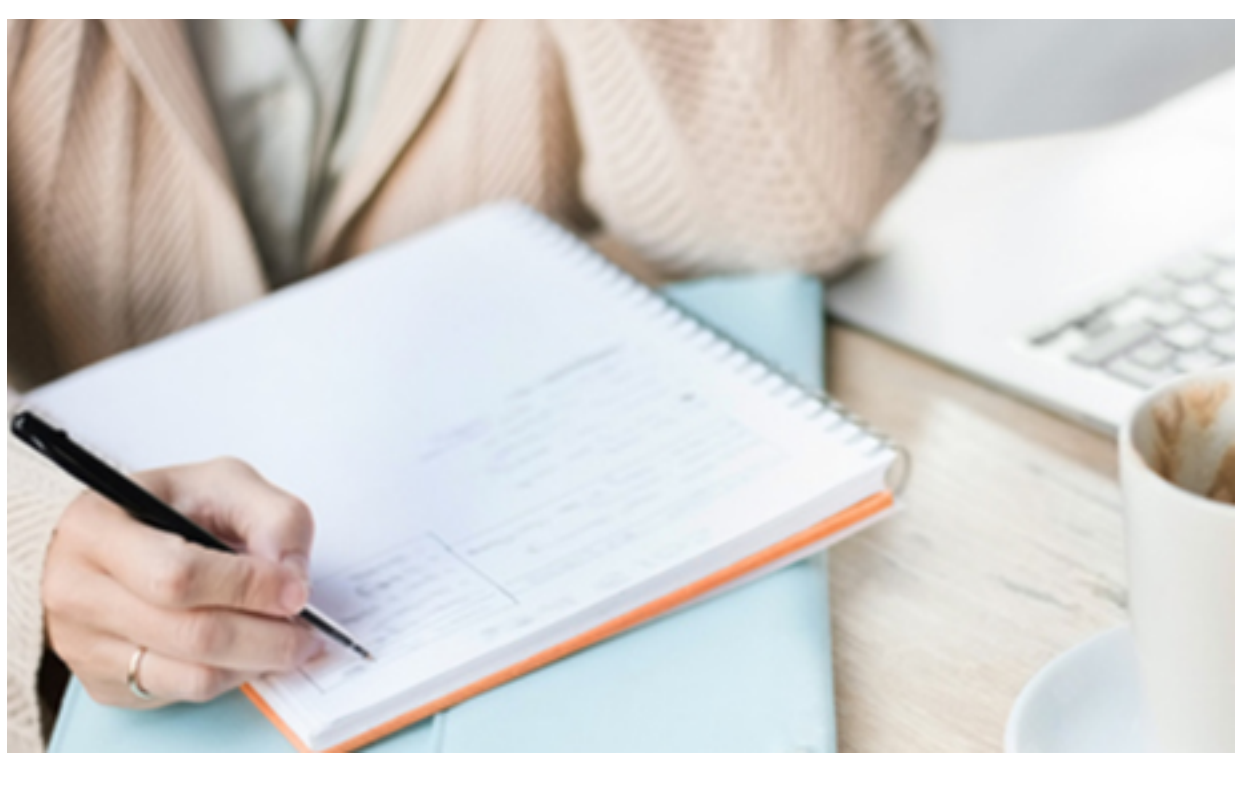
you have reduced ejection fraction.

That means your heart muscle is weak and is losing its ability to pump out the amount of blood your body needs.

What it may take to diagnose:

Your doctor may suggest one or more of these tests to measure your ejection fraction:

- Echocardiogram (ECG)—the most widely used test
- MUGA scan
- CAT scan
- Cardiac catheterization
- Nuclear stress test

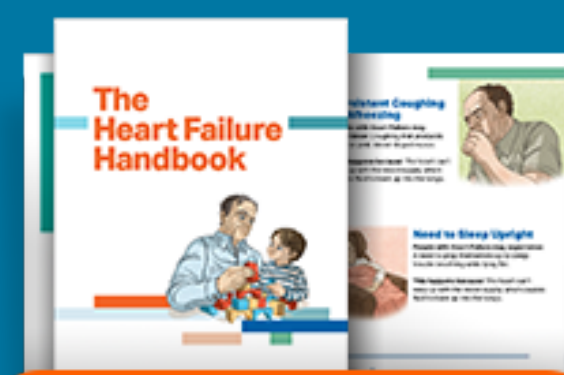


Sign up for a free Heart Failure Handbook

[Get a free Heart Failure Handbook](#), when you register for the Keep It Pumping support program. It's filled with useful tips and tools to help you manage the condition.

Start prepping for the conversation

[Get a Doctor Discussion Guide](#) for a personalized conversation that can help you and your doctor decide on the best ways to manage your Heart Failure.



GET A FREE HANDBOOK

ABOUT HEART FAILURE

About Heart Failure

A Stretched Heart (HFrEF)

A Stiff Heart (HFpEF)

Know These Signs

The Language of Heart Failure

LIVING WITH HEART FAILURE

Working With Your Doctor

Managing Medicines

Heart-Healthy Eating

Heart-Healthy Recipes

Heart Failure Activities

CAREGIVER SUPPORT

Caring for a Loved One

Caring for the Caregiver

Advocacy and Support for the Caregiver

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