

# Heart Failure and Being Overweight

**Why Lose Weight?** You carry your weight with you. You know how much harder it is to walk or climb stairs with a couple of heavy grocery bags. If you are overweight, you have extra weight on you all of the time.

Losing weight will reduce the amount of work needed from your heart.

**How Does Weight Affect Heart Failure?** If you have heart failure, extra weight puts more stress on your heart as it tries to pump blood during your usual daily activities.

In addition, extra fat raises your bad cholesterol, lowers good cholesterol, raises blood pressure, and can cause diabetes. All of these conditions can cause heart attacks and heart failure.

**What Did Survey Findings Show About Losing Weight?** A survey was done of people who lost 30 pounds or more and kept the weight off for a year. The survey found that:

- 90% of these people had tried to lose weight before and were not successful.
- Over 50% used a program, such as Weight Watchers, or a professional, such as a dietitian or a psychologist, to help them lose weight.
- 80% of these people exercised more.
- 66% of these people were stricter with their diet.

***What Did Survey Findings Show About Losing Weight?  
continued***

The hard work proved to be worth the effort. The weight loss improved everyone's health. And seven out of eight also reported they felt better mentally or physically after losing the weight.

***What Is a Good Weight Loss Program?***

There is no perfect, guaranteed weight-loss program, but there are many good ones. Most of them ask you to make a plan you can follow. They give you moral support and suggest activities that will help you get rid of some calories.

Watch out for over-the-counter diet pills, though. Almost all of them are dangerous for your heart.

As you watch your weight, remember that fast changes in weight are usually due to fluid gain or loss. These fast changes should be discussed with your doctor.

***Where Can You Get Additional Information?***

Don't be discouraged about your weight. Instead, look around for the weight loss programs available to you.

Get more information about obesity. The American Obesity Association has a lot of information about weight loss products and plans. Start losing weight today!