**STEPS TO PREVENT HEART FAILURE**

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Heart failure is a serious health care problem affecting close to 5.8 million people in the USA alone. This condition has profound personal, socio-economic, national and global implications. Therefore, efforts are underway to prevent the incidence and prevalence of heart failure. In devising steps to prevent heart failure, consideration should be given to 1. Preventable heart failure,

2. Non-preventable heart failure which can be managed effectively.

At a community level, heart failure can be prevented by controlling the common risk factors; obesity, hypertension, diabetes, alcohol and drug abuse, smoking, dyslipidemia and screening for valvular and congenital heart diseases. Early and effective management of myocardial infarction and coronary heart disease would significantly reduce the number of patients with heart failure. For those patients who end up with heart failure because of previously undiagnosed congenital heart disease, dilated cardiomyopathy and amyloidosis, the latest medical, device and surgical treatment strategies should be provided in a timely manner to prevent and reverse the process. Since heart failure is a major medical problem, steps to control it should include comprehensive screening and management programs at community and national levels. Lifestyle change would be a critical step for successful implementation of such programs.