

CHRONIC HEART FAILURE AND Iron Deficiency

Iron is needed to carry oxygen in your blood around your body giving you energy.¹



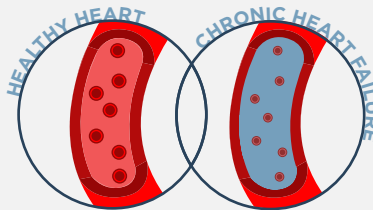
Iron plays an important role for your heart's general condition.^{1, 2}

Iron is needed to help you to keep your heart muscle healthy and to maintain exercise capacity.¹



What is Chronic Heart Failure?

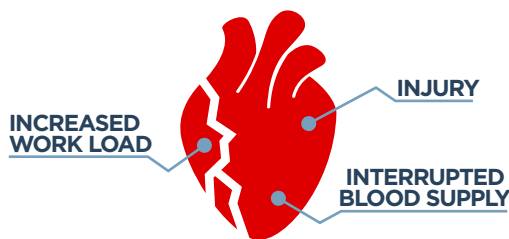
Chronic heart failure is when your heart is damaged or weakened and cannot pump enough blood around your body.²



This means that your tissues and organs may not get all the oxygen and nutrients they need.^{2, 3}

Causes of Chronic Heart Failure

Chronic heart failure can be caused by any heart problem that reduces how well your heart can pump blood around your body.



These can include, an **interrupted blood supply**, an **injury to the heart muscle**, or an **increased workload** for the heart.⁴

Chronic heart failure can develop from these diseases:



Past heart attacks⁴



Coronary artery disease⁴



High blood pressure⁴



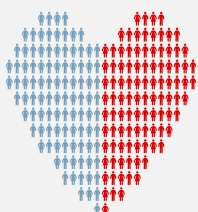
Heart valve disease⁴



Heart disease/inflammation⁴



Congenital heart defects⁴



Prevalence of Iron Deficiency and Heart Failure

6.5 MILLION people have **chronic heart failure**.⁵ About **50%** have some form of **iron deficiency, with and without anaemia**.⁶

Why are Chronic Heart Failure Patients More Prone to Iron Deficiency?

Your **diet** might not be sufficient to cover your daily iron needs.⁸



Functional changes in the gut may cause less iron to be absorbed.⁷

Drug interactions may reduce the amount of iron you absorb.¹



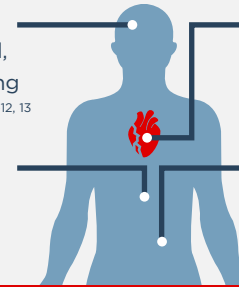
Your **medications** may also be causing your gut to bleed, which means you lose more iron than normal.¹

Symptoms of Iron Deficiency in Chronic Heart Failure Patients

Heart failure symptoms vary. Some of them like **reduced physical function, impaired wellbeing** and **decreased quality of life** can be similar to iron deficiency.^{9, 10, 11}

MENTAL FATIGUE
Feeling mentally tired, irritable, dizzy or losing concentration quickly^{12, 13}

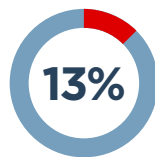
SHORTNESS OF BREATH
Reduced physical capacity^{13, 16}



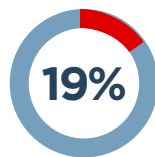
RACING HEART
The heart is beating too hard or too fast¹²

PHYSICAL FATIGUE/ EXHAUSTION
Feeling physically tired^{12, 13}

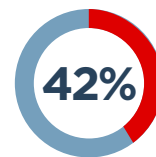
If you suffer from both Heart Failure and Iron Deficiency, you will likely ...



... suffer from a **13% reduced exercise capacity**...¹²



... have your **quality of life reduced by 19%**...¹³



... have an **increased risk of 42% to die**...¹²

... compared to a patient without iron deficiency.

Iron deficiency might point out you are in need of escalated care.¹⁰



Addressing IRON DEFICIENCY

at an **early stage** may lead to...



... **Sustainable improvement in exercise capacity and quality of life**^{14, 15}



... **Reduced hospitalizations due to worsening heart failure**¹⁵



Vifor Pharma, a company of the Vifor Pharma Group, is a world leader in the discovery, development, manufacturing and marketing of pharmaceutical products for the treatment of iron deficiency. The company also offers a diversified portfolio of prescription and non-prescription medicines. Vifor Pharma's operational headquarters are in Zurich, Switzerland, and the company has an increasingly global presence and a broad network of affiliates and partners around the world. For more information about Vifor Pharma, please visit www.viforpharma.com.

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