

Don't Ignore the Signs of Heart Failure, Warns Michael Lyster

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The Irish Heart Foundation, supported by Novartis, with ambassador Michael Lyster launched a new campaign, **Don't Ignore the Signs of Heart Failure**. New research reveals the majority of adults in Ireland do not fully understand the condition of heart failure, which affects 90,000 people in Ireland.¹

The campaign aims to educate the public about the warning signs of heart failure – which include shortness of breath, swollen ankles and fatigue – and empower those who may be experiencing these symptoms not to ignore them, but rather to discuss them with a doctor as soon as possible.

Recently retired sports broadcaster and commentator Michael Lyster spoke about his own experience of living with heart failure and encouraged people to ensure they 'play a better second half' by being vigilant about their health:

"It's human nature to try to 'explain away' symptoms when we are ill, we don't want to confront that something might be wrong. Looking back, I was experiencing all the classic symptoms of heart failure - I was constantly tired, my ankles were swollen, and I would wake up at night panting for breath - but I didn't want to admit something was wrong for a long time. This situation really became pronounced for me at the height of 'Sunday Game' season in 2012, so I put it down to my hectic schedule. Thankfully, I eventually heeded the signs and got professional help before it was too late. Don't ignore the signs of heart failure - I would urge anyone experiencing shortness of breath, fatigue and swollen ankles to contact their GP without delay".

For more information about heart failure, and to use the Irish Heart Foundation's heart failure symptom checker, visit [KnowYourHeart.ie](https://www.knowyourheart.ie)

References

1. Health Service Executive, Changing Cardiovascular Health. National Cardiovascular Health Policy 2010-2019

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