

# 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.<sup>1</sup>

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](http://KnowYourHeart.ie)

## References

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

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