

Mayo Clinic Minute: Left ventricular failure — the silent condition that could be fatal

Video	Audio
Paul Friedman, M.D. Cardiovascular Disease Mayo Clinic	Left ventricular dysfunction is the medical name for a weak heart pump. And it's sometimes a silent and potentially deadly condition.
	"What's terribly important is it could be there without symptoms and can lead to bad things happening: death, shortness of breath, fainting hospitalization."
	But Mayo Clinic Cardiologist Dr. Paul Friedman says if it's known, there are a lot of treatment options.
	"There are a number of important powerful treatments, medications that help the heart pump regain its strength, that prolong life."
	Evidence suggests that the earlier the condition can be identified, the better.
	"So our goal is to help people identify this condition to either screen for it or monitor for the development of it if their circumstances put them at elevated risk."
	And that doesn't necessarily mean going to a medical center for a screening test.
	"What we've demonstrated is that you can screen for that condition just by checking an ECG at home."
	Some smartwatches are able to measure heart rhythm through an ECG.
	"It's really startling to think about the fact that a consumer device that you buy at the store and wear on your wrist can identify the presence of a potentially asymptomatic and life-threatening condition."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.