Heart failure is a constellation of signs and symptoms that can be caused by DCM. There are many disease conditions that can cause DCM and other types of cardiomyopathy. Symptom severity of heart failure is classified and categorized by the New York Heart Association classification I, II, III, IV, which refer to symptoms of heart failure. Symptoms can improve, or they can worsen, so one can move back and forth across the classes. This classification does not necessarily correspond to the types of changes the heart has undergone or is undergoing.

The stages of heart failure describe changes to the heart structure. There are four stages of heart failure, named A, B, C and D. You are currently exploring Stage D.
What is Stage D heart failure?

Stage D is characterized by structural changes to the heart and refractory heart failure symptoms that occur at rest, despite optimal therapies.

What is the treatment for Stage D?

The treatments for Stage D heart failure include those for Stage A, Stage B and Stage C, in addition to specialized interventions for appropriate patients. These specialized treatments include intravenous inotropic drugs, mechanical cardiac support (mechanical pumps that can be implanted), and heart transplant. Some patients may not be candidates for such therapies. In such cases, palliative or hospice care may be more appropriate.

Founded in 2017, the DCM Foundation is a non-profit organization with a mission to provide hope and support to patients and families with Dilated Cardiomyopathy through research, advocacy, and education.