Call 911 if you have severe chest pain, trouble breathing, or severe dizziness or fainting.

Heart Failure

Despite heart failure often being a condition that cannot be cured, it can be treated. Part of a good treatment plan means monitoring heart failure.

Sometimes, heart failure is a chronic condition that cannot be cured. Heart failure can be managed by taking medications, making lifestyle changes, and seeing your health care provider regularly and knowing who to call if a problem occurs.

Common causes include high blood pressure, heart attack, and heart attack-related conditions. There are different types of heart failure and different causes.

Common causes include high blood pressure, heart attack, and heart attack-related conditions. There are different types of heart failure and different causes.

Heart Failure is a condition when the heart does not pump as well as expected and is unable to meet your body's needs. If you do not feel well, it is not normal for the heart to feel under stress. If you do not feel well, it is not normal for the heart to feel under stress.

Some tips for managing heart failure include:

- Take your medications as directed by your provider.
- Do not stop or start medications without your provider's instructions.
- Take your medications, including over-the-counter medicine.
- Call the Blood Pressure number if you experience:
  - Chest pain
  - Shortness of breath
  - Fainting
  - Fatigue
CHEST PAIN OR PRESSURE
FATIGUE OR INCREASED HEART RATE
SHORTNESS OF BREATH OR LETHARGY
PERSISTENT FETAL ODOR
SORROW OR DECREASED APETITE
OR IF YOU HAVE TO STAND UNTIL A CHAIR TO BREATHE EASIER
OR IF YOU NEED MORE PILLOWS THAN USUAL
OR IF YOU MUST LIE DOWN IN A BED AT NIGHT ESPECIALLY WHEN YOU ARE ACTIVE
SHORROWNESS OF BREATH

HAVE BECOME WORSE.

ANY OF THE FOLLOWING OR IF SYMPTOMS YOU
SUFFER FROM BECOME WORSE:

CALL YOUR PROVIDER IF YOU HAVE

Appointment:
See your health care provider regularly. Keep all of your
appointments.

Medication:
Take your medication exactly as your provider tells you.

Fitness:
Exercise or do some kind of physical activity for at least 30
minutes almost every day.

Discuss exercise with your health care team.

EXERCISE:

Drink fluids only when you are thirsty.
Eat fluids and vegetables.
Skin milk and other milk products and dairy meals. Limit reduced fat or
whole milk products and dairy meals. Use reduced fat or

Reduce the amount of fatty foods that you eat, especially:

Eat foods that contain a lot of saturated fat.

Do not add salt to your food or when cooking. Ask about

Total salt and sodium content. Try to avoid canned,

Check food labels for sodium content. Try to avoid canned,
sell such as in the yoghurt, salad, canned foods and cheese,

Reduce the amount of salt in your diet (the way of "hidden"

Diet:

than 3-5 pounds in one week, call your health care provider.

In general, if you gain more than 2 pounds overnight or more

Get a list of your medications.

Weight:

Weight loss is important after completing your bladder

Weigh yourself at the same time every day.

WEIGHT:

and talk with your about the most important items for you.

Apply to you. Ask your health care provider to go over the list

Read and monitor your condition. Since not every item may

The following can help you understand what you can do to
Month

Weight Goal: ____________________

WEIGHT (WT)

CALL IF YOUR WEIGHT CHANGES MORE THAN
POUNDS IN A WEEK.

CALL IF YOUR WEIGHT CHANGES MORE THAN
POUNDS IN ONE DAY.

Watch yourself at the same time EVERY day. (Morning is preferred after emptying your bladder.)

Chart your weight daily on the graph below and show it to your provider at every visit.
<table>
<thead>
<tr>
<th>Medicine</th>
<th>Instructions</th>
<th>Strength</th>
<th>Time to Be Taken</th>
<th>(# pills, etc.)</th>
<th>Comments</th>
</tr>
</thead>
</table>

Ask your provider to help you fill out this form and talk about it at each visit. Carry this with you at all times.

MEDICATIONS