

PATIENT REMINDERS

Heart Failure	Steps to Help Reduce Symptoms	When to Call or Visit Your Doctor
<p>Heart Failure (HF) is a condition which usually happens over a period of time.</p> <p>With HF, the heart muscle is weakened and does not pump well.</p> <p>This can result in poor blood circulation to tissues and organs of the body. Also, blood can "back up" causing symptoms such as:</p> <ul style="list-style-type: none"> • Shortness of breath • Swelling of hands and lower legs • Sensation of bloating • Irregular heart beat • Waking at night with sudden shortness of breath • Trouble breathing when lying flat 	<ol style="list-style-type: none"> 1 Weigh yourself daily before breakfast. Your goal weight is: <input type="text"/> 2 Limit fluid intake to 6 to 8 cups per day 3 Avoid high salt foods 4 Don't add extra salt to your food 5 Take your medications as prescribed 6 Try to get a little exercise each day 7 Avoid alcohol and smoking 	<p>If you gain 5 lbs (2.5 kg) in a week or 4 lbs (2kg) in 2 days</p> <p>If you are thinking of changing any of your medications (including non-prescription)</p> <p>If you notice any of the following:</p> <ul style="list-style-type: none"> • Chest pain • Sudden dizziness or heart palpitations • Increased fatigue • Trouble breathing when lying flat • Increased shortness of breath • Difficulty breathing at night • Increased signs of swelling such as swollen ankles, bloating, or clothing feels tight

Proud sponsor of heart failure patient education materials for St. Paul's Hospital