

# HEART FAILURE

## WARNING SIGNS & SYMPTOMS

### To do daily

- ✓ Record your weight before breakfast.
- ✓ Take your medicine.
- ✓ Check for swelling.
- ✓ Eat low-salt food.

### Your goal

No shortness of breath.  
No weight gain more than 2 lbs.  
No foot, ankle, leg or stomach swelling.  
No chest pain.

### Call doctor's office for any of these

Gain 2 lbs in 1 day.  
Gain more than 5 lbs in a week.  
Short of breath.  
Swelling in feet, ankles, legs or stomach.  
Feel more tired—lack energy.  
Dry, hacking cough.  
Dizziness.  
Uneasy feeling—something's not right.  
Harder to breath when lying down.

### Call 911 or go to ER

Struggling to breathe.  
Unrelieved shortness of breath.  
Chest pain.  
Confusion. Inability to think clearly.



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