

Heart Failure

Heart failure means the heart doesn't pump as well as it should, so fluid can build up. Daily tracking and medicine help you feel better and stay out of the hospital.

Everyday basics

- Weigh yourself each morning and call if you gain 3+ lbs in a day or 5 in a week.
- Take every heart medicine as prescribed.
- Limit salt and watch how much fluid you drink if your team advises.
- Watch for swelling in your legs, feet or belly.

Good questions to ask your care team

- What is my 'call the office' weight-gain limit?
- How much salt and fluid are safe for me each day?
- Which of my medicines are for the heart?
- What symptoms mean I should get help right away?

When to get help right away

Get emergency care for severe shortness of breath, chest pain, or breathing trouble when lying flat.



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Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/heartfailure.html>

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