

KEEP HEART FAILURE IN-CHECK



YOU'RE DOING GREAT!



No new or worsening shortness of breath



Physical activity level is normal for you



No sign of chest pain



Weight check stable



No new swelling. Feet, ankles & legs look normal for you

CONTINUE:



Daily Weight Checks



Low Sodium Diet



Meds as Directed



Follow-up Visits



CAUTION!



Dry, hacking cough



Worsening shortness of breath with activity



Increased swelling of legs, ankles and feet



Discomfort or swelling in the abdomen



Trouble sleeping



Sudden weight gain of > 2-3 lbs in a 24-hour period or 5 lbs in a week

CHECK IN!

Your symptoms may indicate:



A need to contact your doctor or care team



A need for a change in medications



MEDICAL ALERT!



Frequent dry, hacking cough



Shortness of breath at rest



Loss of appetite



Increased trouble sleeping; cannot lie flat



New or worsening dizziness, confusion, sadness or depression



Increased discomfort or swelling in the lower body



Sudden weight gain of > 2-3 lbs in a 24-hour period or 5 lbs in a week

WARNING!

You need to be evaluated right away.



Call your physician or dial 911

American Heart Association, Inc., 2022

Contact Assisted Home Health & Hospice to see how we can help manage symptoms of CHF.

Assisted

Hands to Help, Hearts to Care®

AssistedCares.com

800-949-6555

