

What is Heart Failure?

Heart Failure means that your heart is unable to pump enough blood through your body and is struggling to keep up with your body's needs. There are different types and reasons why this occurs. **It is chronic condition that requires lifelong treatment.**

Common Symptoms:

- Hard time breathing
- Feeling weak or tired
- Swollen ankles, legs, feet and/or groin or belly
- Weight gain
- Difficulty lying flat
- Needing to sleep with extra pillows or in a recliner
- Lack of appetite or nausea

Treatment of Heart Failure:

- Identifying and correcting the root cause (in some cases that may never be known)
- Use of medications that assist the heart to work more effectively
- Keeping follow up appointments and care
- Symptom Management – knowing when to call your provider

Benefit of caring for your Heart Failure are:

- Improve your quality of life
- Decreases your risk for repeated hospital admissions
- Decreases risk of death related to heart failure
- To be on the right medications that will help your heart pump better

Doing Self Care and Knowing the Rules of 2

- Low sodium diet – 2 grams daily/100 mg per serving
- Limit fluid intake to be 2 liters (64 oz) daily or around 8 cups of fluid in a day
- Weigh yourself daily – report gain of 2 pounds in 24 hours/5 pounds in 1 week
- Take blood pressure and pulse daily and keep a record with your weights
- Staying active helps to strengthen your heart

If referred, the Heart Failure Clinic specifically can provide:

- Quicker access to nurses and providers with more frequent visits if needed
- Telephone support to help you adjust your medications and manage your symptoms
- IV diuretics (water pills) can be given in the clinic
- Partnership with pharmacy/ social service work
- Evaluate for supportive and advanced therapies
- Coordinate care with your primary care provider or general cardiologist