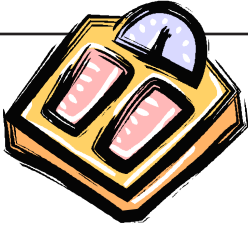







# Managing Your Heart Failure — At a Glance

For an Emergency, Call 911

Daily Weight	2,000 mg Salt-restricted Diet	Medicines	Activity/Exercise	When to Call Your Health Care Provider
 <ul style="list-style-type: none"> <li>■ Weigh yourself every morning after you urinate and before you eat or drink anything.</li> <li>■ Use the same scale and wear the same amount of clothing.</li> <li>■ Keep a log of your weights.</li> <li>■ Call your health care provider right away if you have a weight gain of 3 pounds in one day or 5 pounds in one week.</li> </ul>	 <ul style="list-style-type: none"> <li>■ Do not use salt at the table or for cooking.</li> <li>■ Limit salt (sodium) to 2,000 mg or less each day.</li> <li>■ Read food labels to find out the milligrams (mg) of salt in one serving. Low sodium means 140 mg or less per serving.</li> <li>■ Avoid foods that are high in salt, such as canned items, processed meats (hot dogs, sausage, ham), pickles, olives, prepackaged or convenience foods, fast foods.</li> <li>■ Ask your health care provider about using salt substitutes.</li> </ul>	 <ul style="list-style-type: none"> <li>■ Take your medicines as prescribed each day.</li> <li>■ Carry a current list of your medicines with you at all times.</li> <li>■ Avoid over-the-counter medicines, supplements, and herbal or natural products unless they are recommended by your health care provider.</li> <li>■ Call your pharmacy at least one week in advance to refill prescriptions.</li> </ul>	 <ul style="list-style-type: none"> <li>■ Stay active! Try to exercise every day by walking, biking or swimming.</li> <li>■ Use common sense. Do not exercise outside in hot, cold or windy weather.</li> <li>■ If you become short of breath or develop discomfort, stop and rest. If your symptoms don't go away with rest, call your health care provider right away.</li> <li>■ <b>Do not use tobacco.</b> Resources are available for help with quitting. Ask your health care provider. </li> </ul>	 <ul style="list-style-type: none"> <li>■ <b>weight gain</b> (see “Daily Weight”)</li> <li>■ <b>chest discomfort</b> not relieved by nitroglycerin</li> <li>■ <b>shortness of breath</b> that is new, becomes worse, or occurs when you lie flat</li> <li>■ waking up <b>breathless at night</b></li> <li>■ new or worsening <b>cough</b>, especially when lying down</li> <li>■ <b>swelling</b> of feet, ankles or legs</li> <li>■ new or worsening <b>fatigue</b></li> <li>■ <b>nausea, abdominal pain and/or fullness</b></li> <li>■ new or worsening <b>dizziness</b></li> </ul>



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