






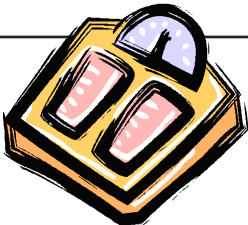








Tswj Kav Qhov uas Koj lub Plawv Khiav Tsis Zoo — Lus Hauv Paus Xwb Yog muaj Xwm Txheej, Hu 911

Txhua Hnub Ntsuas Seb Hnyav Npaum Li Ca	Tsuas pub Noj 2,000 mg Ntsev	Cov Tshuaj	Kev Ua Ub Ua No/Ua Zog Ua Es Xaws Xais	Yuav Tsum hu Koj Tus Kws Kho Mob Thaum Twg
<div style="text-align: center;"></div> <ul style="list-style-type: none"> ■ Txhua tag kis sawv ntxov tom qab koj tso zis thiab ua ntej koj noj los sis haus ib yam dab tsi cia li ntsuas seb koj hnyav npaum li cas. ■ Siv tib lub ntsuas thiab hnav khaub ncaws tib yam nkaus txhua tag kis sawv ntxov. ■ Sau ib daim ntawv qhia seb koj hnyav npaum li cas. ■ Hu koj tus kws kho mob sai li sai tau yog tias koj nce tshaj 3 phaus hauv ib hnub los sis 5 phaus hauv ib lub lim piam. <div style="text-align: left; margin-top: 20px;">  </div>	<div style="text-align: center;"></div> <ul style="list-style-type: none"> ■ Tsis txhob tso ntsev thaum noj mov los sis ua mov noj. ■ Yuav tsum noj 2,000 mg ntsev los sis tsawg tshaj ntawd txhua hnub. ■ Nyeem cov ntawv uas lawv lo rau cov zaub mov seb yam ntawd muaj pes tsawg milligrams (mg) hauv qho ntawd. Qhov uas hais tias muaj ntsev tsawg txhais tau hais tias 140 mg los sis tsawg tshaj hauv ib qho. ■ Tsis txhob noj tej yam zaub mov uas muaj ntsev ntau, zoo li cov khoom hauv kos poom, tej yam nqaij uas lawv ua (hot dog, hnyuv, nqaij npua), dib qaub, txiv ntseej, tej yam khoom uas lawv twb ua tau rau yus noj los sis khoom txom ncauj, lwm yam zaub mov uas yooj yim ua noj tom lab. ■ Nug koj tus kws kho mob seb koj puas toob kas siv cov khoom pauv ntsev chaw. 	<div style="text-align: center;"></div> <ul style="list-style-type: none"> ■ Txhua hnub yuav tsum noj koj cov tshuaj raws li kws kho mob hais. ■ Nqa ib daim ntawv qhia txog koj cov tshuaj nrog nraim koj mus txhua qhov chaw. ■ Tsis txhob noj cov tshuaj uas yus yuav tom kiab khw, tshuaj ntxiv roj ntshav, thiab tshuaj hmoob los sis lwm yam tsuas yog koj tus kws kho mob tau tso lus rau koj noj. ■ Hu koj lub tsev tshuaj li ib lim piam ua ntej koj cov tshuaj yuav tag. 	<div style="text-align: center;"></div> <ul style="list-style-type: none"> ■ Cia li txav tes taw! Txhua hnub cia li ua zog ua es xaws xais zoo li taug kev, caij lub luv thij los sis ua luam dej. ■ Ua tib zoo xav. Tsis txhob ua zog ua es xaws xais thaum tshav kub, no heev los sis cua hlob. ■ Yog tias koj pib txog siav los sis hnov mob, nres thiab so twj ywm. Yog tias koj so ib pliag thiab tseem hnov mob, hu koj tus kws kho mob sai li sai tau. ■ Tsis txhob haus luam yeeb.  Yeej muaj chaw pab koj txiav. Cia li nrog koj tus kws kho mob tham. 	<div style="text-align: center;"></div> <ul style="list-style-type: none"> ■ nce phaus (saib “Txhua Hnub Ntsuas Seb Hnyav Npaum Li Cas”) ■ mob hauv siab uas pheej tsis zoo tom qab twb noj cov tshuaj nitroglycerin ■ tau txog siav uas koj tsis tau muaj dua, haj yam txog siav, los sis koj txog siav thaum twg koj pw ■ sawv thaum hmo ntuaj vim ua pa tsis tau ■ pib hnoos los sis haj yam hnoos, haj yam hnoos thaum twg koj pw ■ ko taw, pob taw los sis sab ceg o heev ■ pib los sis haj yam nkees ■ xeev siab, mob plab thiab/los sis tsau tsau plab ■ pib los sis haj yam kiv taub hau

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"> ■ Weigh yourself every morning after you urinate and before you eat or drink anything. ■ Use the same scale and wear the same amount of clothing. ■ Keep a log of your weights. ■ 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.  <p><small>© 2008 ALLINA HEALTH SYSTEM ALLINA® AND THE ALLINA LOGO ARE REGISTERED TRADEMARKS OF ALLINA HEALTH SYSTEM OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS cvs-hmong-ahc-43780 (10/06)</small></p>	 <ul style="list-style-type: none"> ■ Do not use salt at the table or for cooking. ■ Limit salt (sodium) to 2,000 mg or less each day. ■ Read food labels to find out the milligrams (mg) of salt in one serving. Low sodium means 140 mg or less per serving. ■ 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. ■ Ask your health care provider about using salt substitutes. 	 <ul style="list-style-type: none"> ■ Take your medicines as prescribed each day. ■ Carry a current list of your medicines with you at all times. ■ Avoid over-the-counter medicines, supplements, and herbal or natural products unless they are recommended by your health care provider. ■ Call your pharmacy at least one week in advance to refill prescriptions. 	 <ul style="list-style-type: none"> ■ Stay active! Try to exercise every day by walking, biking or swimming. ■ Use common sense. Do not exercise outside in hot, cold or windy weather. ■ 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. ■ Do not use tobacco. Resources are available for help with quitting. Ask your health care provider. 	 <ul style="list-style-type: none"> ■ weight gain (see “Daily Weight”) ■ chest discomfort not relieved by nitroglycerin ■ shortness of breath that is new, becomes worse, or occurs when you lie flat ■ waking up breathless at night ■ new or worsening cough, especially when lying down ■ swelling of feet, ankles or legs ■ new or worsening fatigue ■ nausea, abdominal pain and/or fullness ■ new or worsening dizziness