








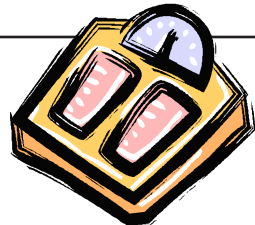






Maamulista Hawlgabka Wadnahaaga — Oo Kooban

Wixii degdeg ah, u wac 911

Qaadiista Miisaan Maalmeedka	Cunto Milixdeedu ku Xadidan Tahay 2,000 mg	Dawooyinka	Firfircooni/Jimicsi	Marka Aad Wacdid Dhakhtarkaaga ama Daryeel Bixiyahaaga
 <ul style="list-style-type: none"> ■ Is miisaan subax kasta ka dib marka aad kaadidid iyo ka hor inta aanad wax cunin ama cabin. ■ Isticmaal isku qalab miisaamid isla markaana xidho qadar dhar ah oo isku mid ah subax kasta. ■ Diiwaan ku qor miisaanadaada. ■ Wac dhakhtarkaaga haddii aad isku aragtid korodh miisaan oo ah 3 rodol gudaha hal maalin ama 5 rodol gudaha hal todobaad. 	 <ul style="list-style-type: none"> ■ Ha isticmaal in milix marka aad wax cunaysid ama karinaysid. ■ Ku xadee milixda (sodium) ilaa 2,000 mg ama ka yar maalin kasta. ■ Akhri qoraalada ku yaala cuntooyinka si aad u ogaatid inta miligaraam (mg) ee ah milix ee ku jirta hal qaadasho. Soodiyam (sodium) yar macnaheedu waxa weeye 140 mg ama ka yar halkii qaadasho. ■ Iska ilaali cuntooyinka ay ku sareeyso milixdu, sida alaabta qasacadeysan, hilibka laga shaqeeyay (hilibka galeysan (hot dog, sausage), hilibka doofaarka), khudaarta iyo cagaarta milix lagu kaydiyay (pickles), saytuunka lafta leh (olives), cuntooyinka la sii diyaariyay, cuntooyinka degdegga ah (fast food). ■ Weydii dhakhtarkaaga ama daryeel bixiyahaaga warka waxyaabaha lagu beddeli karo milixda. 	 <ul style="list-style-type: none"> ■ Dawooyinkaaga u qaado sida lagu sheegay maalin kasta. ■ Wakhti kasta waa inaad sidatid liiska dawooyinka aad imminka qaadatid. ■ Iska ilaali dawooyinka la iibsan karo warqad dhakhtar la'aan, dawooyinka ama alaabta caafimaad korodhsiga loo qaato (supplements), dhirta ama alaabta dabiiciga ah iyada oo dhakhtarkaagu ku taliyo mooyaane. ■ Wac farmasigaaga ugu yaraan todobaad ka hor si laguugu cusbooneysiyo dawooyinkaaga dhakhtarku qoray. 	 <ul style="list-style-type: none"> ■ Ahow qof firfircoon! Isku day inaad jimicsi sameysid maalin kasta adiga oo soconaya, kaxeynaya baasgeel ama dabaalanaya. ■ Samee taxadir caqli-gal ah. Jimicsi ha ku sameyn dibadda marka ay jirto cimilo leh kulayl, qabow ama dabayl. ■ Haddii neefsashadu ku dhibto ama aad xanuun darentid, joogso oo naso. Haddii calaamadaha aad isku aragtay tagi waayaan marka aad nasatid, isla markiiba wac dhakhtarkaaga ama daryeel bixiyahaaga. ■ Ha isticmaalin tubaako ama sigaar. Waxa jira adeegyo la heli karo oo kaa gargaari kara inaad joojisid. Weydii dhakhtarkaaga ama daryeel bixiyahaaga.  	 <ul style="list-style-type: none"> ■ korodhka miisaanka (eeg “Miisaan Maalmeedka”) ■ xanuun ah laabta oo aan lagaga nafisin isticmaalka naytrogilisiriin (nitroglycerin) ■ dhib neefsashada ah oo cusub, oo ka sii daraya, ama aad isku aragtid marka aad jiiif isku kala bixisid ■ habeenkii oo aad toostid iyada oo neeftu ku hayso ■ qufac cusub ama ka sii daraya, gaar ahaan marka aad jiiifsatid ■ barar ah cagaha, kuraamaha/canqawga ama lugaha ■ daal cusub ama ka sii daraya ■ lallabo, xanuun caloosha ah iyo/ama dibiro ■ dawakh cusub ama ka sii daraya

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-somali-ahc-43782 (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