

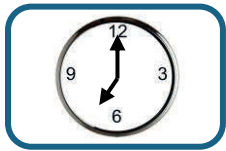
Healthy Living with Heart Failure

Heart failure means your heart is weaker than usual, and it doesn't pump as strongly as it should.

Signs of heart failure:

- being short of breath when you're resting or lying flat
- sudden weight gain from fluid
- swelling in your feet, ankles, and legs
- bloating, or feeling full around your stomach
- needing to urinate (pee) during the night
- cold hands and feet
- feeling very tired or weak
- coughing more
- unable to exercise

Keep a record of your weight. Follow these steps:



1. Weigh yourself every morning before breakfast after you urinate.



2. Wear the same kind of clothes every time you weigh yourself.



3. Record your weight on paper, on your computer, or in an app.

What to do with your weight record:

- If you're at a healthy weight, try to stay there.
- If you have lost weight without trying, or if you want to lose some weight, talk to your healthcare team.
- **If you have fast or sudden weight gain, your heart failure could be getting worse.**

Talk to your healthcare team about a plan for sudden weight gain. Write your plan here:

Phone number for your healthcare team: _____

The healthy choices below can help you feel better and manage your heart failure.

Limit salt and foods higher in salt (sodium)



Limiting fluids may help you feel better

Ask your healthcare team if limiting fluids every day is right for you.

If you need to limit fluid, here are tips to help with thirst and dry mouth:



Rinse your mouth with water. Don't swallow it.



Eat frozen fruits like grapes, berries, melon, or pineapple chunks.



Suck on sugar-free hard sour candies or chew sugar-free gum.



Eat crunchy vegetables and fruit like carrots, peppers, celery, cucumber, or apples.



Suck on a few ice chips or a sugar-free frozen ice pop.



Ask your doctor or pharmacist for products that help with dry mouth.

Eating fish at least 2 times a week can help your heart

