

## Signs of a Heart Attack

**If Any of the Following Occur, Call 911 and Get to the Nearest Emergency Department**

- Chest pain that is severe and does not go away
- Fast heart rate with shortness of breath or dizziness
- Shortness of breath that will not go away
- Coughing up pink, frothy mucus
- Fainting
- Stroke symptoms

For more information, you can visit the American Heart Association website at [www.heart.org](http://www.heart.org)

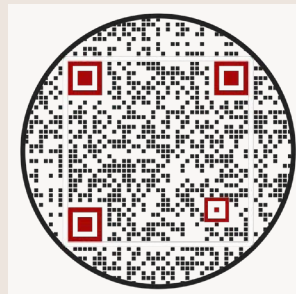
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## Heart Failure

Over 6 million Americans have heart failure (HF), and it is one of the most common reasons people over the age of 65 are admitted to the hospital.

This pamphlet contains information and links to resources helpful to you if you have heart failure, or if you are a friend or family member of someone with heart failure.



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## What is Heart Failure?

Your heart is a muscle, and its purpose is to pump and move blood through your body.

When you have heart failure, your heart muscle becomes weak and its pumping power decreases. This results in less blood being pumped to your body with each heartbeat. When that happens, your heart tries to make up for the decreased amount of blood being pumped by getting bigger (stretching) and/or pumping.

## What are the symptoms of Heart Failure?

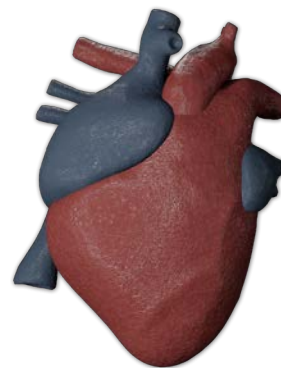
- Tired feeling
- Shortness of breath
- Fast or irregular heartbeat
- Swelling in feet or ankles
- Loss of appetite
- Cough or wheeze
- Weight gain
- Dizziness or lightheadedness

## What causes Heart Failure?

- Coronary artery disease
- High blood pressure
- Faulty heart valves, an enlarged heart, a past heart attack, infection of the heart, or abnormal heart rhythms

## The following may put you at risk for heart failure.

- Being overweight
- Type 2 diabetes
- Severe lung disease
- Smoking
- High cholesterol
- Sleep apnea
- Drug or alcohol abuse



## Management of Heart Failure

- Heart failure can get worse if not treated and if you don't follow health advice.
- If you have a risk factor, try to manage it.
- Follow a low salt diet.
- Take medications as prescribed.
- Weigh yourself every day.
- Track your fluid intake.
- Monitor your blood pressure.
- Limit alcohol and caffeine.
- Get moderate exercise.
- Get plenty of rest.
- Keep your follow up appointments.

## What signs should I look for?

Call your provider if you have new or worsening symptoms such as sudden weight gain, increased shortness of breath, dizziness, chest pain during activity, changes in heart rate, respiratory infection, decreased appetite, bloating in your stomach, coughing at night, or changes in sleep.