

What steps can I take to live successfully with heart failure?

1. Perform and record the following self-checks daily:
 - Weigh yourself every day
 - Ask yourself:
 - Is my energy level normal?
 - Am I getting more short of breath when I am doing my everyday activities?
 - Do I get short of breath at night?
 - Are my clothes or shoes feeling tight?
 - Are my ankles, feet, legs or belly (abdomen) swelling?
 - Am I coughing more often?
 - Check the Heart Failure Action Plan to see what Zone you are in.
 - Check your blood pressure and pulse in the morning, **if directed** by your provider.
 - Check the effect of your diuretic (water pill) by noting how soon you urinate after taking your water pill and how soon the pill increases your usual urine output.
2. Follow the Heart Failure Action Plan to know when and who to call when you are experiencing symptoms.
 - Call your health care team at **(888) 287-1082** if you have any of the following symptoms:
 - Weight goes up by 2 or more pounds in one day, or 4 pounds or more in one week.
 - Cough
 - Shortness of breath with activity
 - Decrease in urine output
 - Decrease in appetite or feeling full faster than normal
 - Worsening fatigue or weakens
 - Increased swelling in your ankles, feet, legs or belly
 - Trouble breathing when lying flat
 - If it is easier to sleep by adding a pillow or sitting up in a chair

- **Call 911 immediately** if you have any of the following:
 - If you have chest pain lasting more than 15 minutes that is not responsive to nitroglycerin
 - If you pass out
 - If you have severe breathlessness

- 3. Keep your medicine list up-to-date and bring it to all appointments.

- 4. Limit sodium intake to 2,000 milligrams (2 gram) or less per day.

- 5. Limit fluid intake to 8 cups (2000 ml or 2-liters) per day.

- 6. Exercise every day for 30 minutes or more.

- 7. Avoid all tobacco products.

- 8. Limit daily alcohol intake:
 - No alcohol if you have a history of alcohol associated health problems.
 - Otherwise, limit intake to 12 grams/day (12 oz. beer or 4 oz. wine or 1.5 oz. spirits); drink no more than 36 grams per week (36 oz. beer or 12 oz. wine or 4.5 oz. spirits).

- 9. Sleep at least 6 hours per night.

- 10. Get vaccinated:
 - Flu shot every year between October and January.
 - Pneumococcal vaccine one-time dose. If you are 65 or older and got this vaccine more than 5 years ago, you should be revaccinated.

- 11. Keep track of your Heart Failure Program appointments; call if you may miss an appointment.

- 12. Record all hospital stays.

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