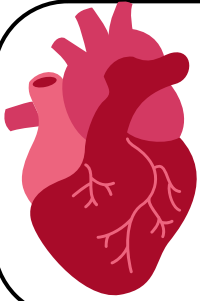


Heart Failure Plan

Brought to you by Kelley-Ross Pharmacy Group



Heart failure is a condition that affects 6.2 million adults in the United States. In heart failure, the heart is not pumping as well as it should. This makes it difficult to get enough oxygen and blood to the rest of your body. If you have heart failure, here are some signs and symptoms you should be watching out for!

Signs and symptoms you may be having:

Action

- Stable weight
- Physical activity is normal
- No new or increased swelling in legs
- No new or worsened shortness of breath or tiredness
- No chest pain

Continue

- Taking your medications & bringing them to appointments
- Low salt diet
- Measuring weight
- Physical activity

- Weight gain of 2-3 lb in 1 day or 3-5 lb in a week
- Tiredness or lack of energy
- Increased swelling or coughing
- Worsening shortness of breath, especially with activity
- Increased number of pillows to help sleep
- Uneasiness about own health

Check-In

- Call your provider to discuss these symptoms
- Your medications may need to be adjusted

- Sudden weight gain of >3 lb in 1 day or > 5 lb in a week
- Dizziness or falling
- Waking up at night due to shortness of breath
- Shortness of breath or wheezing at rest
- Confusion or can't think clearly
- New chest pain, tightness, or heaviness

Call!!! 

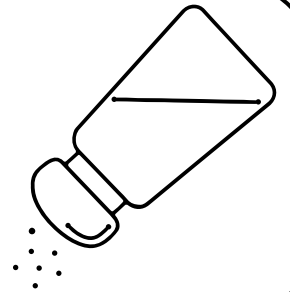
- Call your provider today!
- Call 911 if you have chest pain or unrelieved shortness of breath

Tips on Self-Management



Keep a log of your daily weight! This is important to understand if your body is building up extra fluid which is a sign your heart is not pumping as well. Be consistent of when you are measuring your weight. It is best to do this in the morning after you empty your bladder, but before you eat or drink!

Be mindful of your salt intake! Salt can increase fluid buildup in your body, so your heart needs to work harder. The American Heart Association recommends limiting to < 1,500 mg (or 2/3 teaspoon) of sodium per day. Be sure to read food labels because many processed or packaged foods are high in salt.



Stay up to date with your immunizations! Heart failure can make it more difficult to fight off certain diseases putting you at risk of complications from the flu, COVID, diphtheria, and pneumonia. You can get these at your local pharmacy!



Know your medications! You may be given a combination of medications to help strengthen your heart and reduce fluid build up. Be sure to keep an updated list of your medications to show your doctors and pharmacists. If you're feeling overwhelmed with your medications, talk to your pharmacist to help understand what you are taking, why, and how to remember to take them.



To learn more, explore these resources:

- <https://www.heart.org/en/health-topics/heart-failure>
- <https://www.nhlbi.nih.gov/health/heart-failure>

Check out the HF Helper phone app to track your symptoms and more!

