

Taking steps to manage heart failure



Learn about heart failure and how to help yourself

The term *heart failure* may sound scary. It does not mean your heart has stopped working. It means your heart does not pump as well as it used to. Heart failure can be serious. But it also can be managed by following your treatment plan. Your plan may include:

- Changing your diet, such as eating less salt and drinking less fluid (for example, water, soda, or alcohol)
- Weighing yourself every morning to help you know if you have extra fluid in your body
- Being active, such as walking for at least 30 minutes on all or most days (after talking with your doctor)
- Taking medicines as your doctor tells you
- Knowing which symptoms to watch for (for example, shortness of breath and leg swelling)



It is important to follow all of the parts of your treatment plan. They all work together to keep your heart as strong as possible and help keep you out of the hospital.

Talk to your doctor about how to manage your heart failure.

This material was developed by GlaxoSmithKline.



managing with heart™