






Warning signs

in heart failure patients



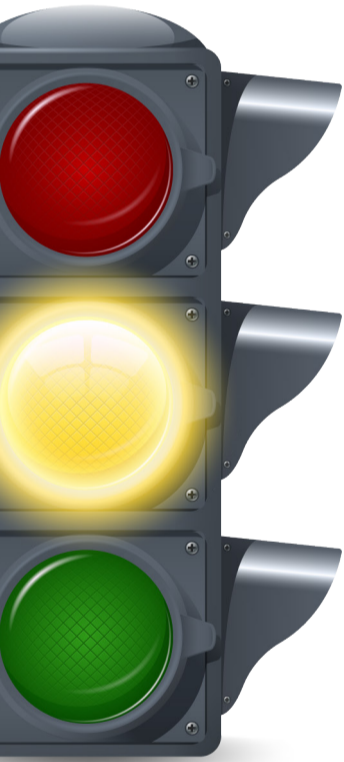
EXCELLENT!

Keep doing a good job

-  There are no changes or the effort to breathe doesn't get worse.
-  The physical activity level is normal for you.
-  There is no swelling in feet or legs, they look normal to you.
-  Stable weight control.
-  There is no chest pain.







What should you do?

- Monitor your weight daily.
- Keep a low sodium diet.
- Continue your prescriptions.
- Control fluid intake.
- Perform control and monitoring by Heart Failure Clinic.



WATCH OUT!

Pay attention and inform your doctor

-  Constant or persistent dry cough.
-  Difficult breathing if you make any physical effort.
-  Increased inflammation or swelling of the feet, legs, or ankles.
-  Weight gain: more than 1.5 Kg in 1 day or 2.5 Kg in a week.
-  Swelling in the abdomen or feeling of easy fullness.
-  Recent problems sleeping or lying down.

What should you do?

- Prioritize your appointment with the Heart Failure Clinic staff.
- Contact the Heart Failure Clinic.



ALERT!

Consult immediately.

-  Choking sensation or shortness of breath, even at rest.
-  Persistent or worsen swelling in abdomen, legs, feet, or ankles.
-  Constantly increasing weight, despite medication adjustment.
-  Chest pain.
-  Loss of consciousness, fainting, or difficulty moving a part of the body.
-  Persistent mouth-feeding intolerance, nausea, or vomiting.
-  Symptoms that persist despite following the indications of the Heart Failure Clinic.

What should you do?

- Head over to the emergency room immediately.
- Contact your doctor.
- Inform the Heart Failure Clinic staff.