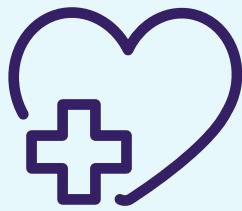


Heart failure zones

Heart Failure Zones are an easy way to see if there have been any changes in your symptoms. Check every day to see which zone you're in.



Daily

- Weigh yourself and check your blood pressure before breakfast
- Take ALL of your medicine
- Limit your salt intake
- Check for swelling: stomach, legs, ankles and feet
- Get some physical activity

Which heart failure zone are you in today?

All Clear: This is your goal zone.

You have:

- No shortness of breath
- No weight gain above 3 lb in 2 days or 5 lb in 7 days
- No swelling in your stomach, legs, ankles or feet
- No new fatigue
- No new chest pain, pressure, or discomfort

Caution: This is a warning zone.

Call your doctor if you have:

- New or increased shortness of breath
- A dry hacking cough
- Gained 3 pounds within 2 days or 5 pounds within 7 days
- Increased swelling of your stomach, legs, ankles, or feet
- Trouble breathing when lying down — you feel you need to sleep sitting up in a chair or propped up with pillows and waking up short of breath
- No energy or are feeling more tired
- Dizziness
- Vomiting or diarrhea lasting more than 2 days
- A new feeling of being very full after eating only a small amount of food
- Been more short of breath in last few days when bending forward to put on or tie shoes
- A new irregular or fast heartbeat
- An uneasy feeling — you know something is not right

Emergency

Call 911 or go to the emergency room if you have any of the following:

- Struggling to breathe
- Short of breath while sitting still
- A cough with pink, foamy mucus
- Chest pain that is new or getting worse
- Confusion or cannot think clearly

