

911

- Chest pain that is severe and does not go away
- Fast heart rate with shortness of breath or dizziness
- Shortness of breath that will not go away
- Coughing up pink, frothy mucus
- Fainting
- Stroke symptoms

For more information, you can visit the American Heart Association website at www.heart.org

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Your heart is a muscle, and its purpose is to pump and move blood through your body.

When you have heart failure, your heart muscle becomes weak and its pumping power decreases. This results in less blood being pumped to your body with each heartbeat. When that happens, your heart tries to make up for the

- Heart failure can get worse if not treated and if you don't follow health advice.
- If you have a risk factor, try to manage it.
- Follow a low salt diet.
- Take medications as prescribed.
- Weigh yourself every day.
- Track your fluid intake.
- Monitor your blood pressure.
- Limit alcohol and caffeine.
- Get moderate exercise.
- Get plenty of rest.
- Keep your follow up appointments.

