

# Healthy Living with Heart Failure

Heart failure means your heart is weaker than usual, and it doesn't pump as strongly as it should.

## Signs of heart failure:

- being short of breath when you're resting or lying flat
- gaining weight from fluid suddenly
- swelling in your feet, ankles, and legs
- bloating, or a feeling of tightness around your stomach
- needing to pee during the night
- having cold hands and feet
- feeling very tired or weak
- coughing more
- being unable to exercise

## Keep a record of your weight. Follow these steps:



1. Weigh yourself every morning before breakfast after you pee.



2. Wear the same kind of clothes every time you weigh yourself.



3. Record your weight on paper, on your computer, or in an app.

**If you have lost weight without trying, or if you want to lose some weight, talk to your healthcare team.**

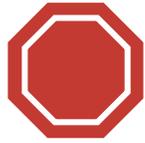
## If you have fast or sudden weight gain, your heart failure could be getting worse

Talk to your healthcare team about a plan for sudden weight gain.

Phone number for your healthcare team: \_\_\_\_\_

The healthy choices below can help you feel better and manage your heart failure.

## Limit salt and foods higher in salt (sodium)



## Ask your healthcare team if limiting fluids is right for you

Limiting fluids may help you feel better.

If you need to limit fluid, here are tips to help with thirst and dry mouth:



Rinse your mouth with water. Don't swallow it.



Eat frozen fruits like grapes, berries, melon, or pineapple chunks.



Suck on sugar-free hard sour candies or chew sugar-free gum.



Eat crunchy vegetables and fruit like apples, carrots, celery, cucumber, or peppers.



Suck on a few ice chips or a sugar-free ice pop.



Ask your dietitian, doctor, dentist, or pharmacist for products that help with dry mouth.

## Eat fish at least 2 times a week to help your heart

