

TURNING HEART FAILURE INTO HEART SUCCESS

LIVING WITH HEART FAILURE IS A JOURNEY.
HERE'S WHAT YOU MIGHT EXPECT.

WHAT DOES HEART FAILURE MEAN?

YOUR HEART STILL WORKS.
But it is weaker or stiffer than before.
So your **HEART HAS TROUBLE PUMPING**
enough blood to the rest of your body.

LEARNING TO LIVE WITH HEART FAILURE

PHYSICAL HEALTH

- Weigh yourself each morning
- Take medications as directed
- Ditch the salt (sodium); eat heart healthy
- Take breaks and know your limits

EMOTIONAL HEALTH

- Find support from others who have heart failure
- Stay connected with what matters most to you
- Keep in close contact with your care team

IT'S OK TO FEEL:

- Scared or uncertain
- As though your world has turned upside-down
- Overwhelmed with questions

YOUR NEW NORMAL

FOR SOME PEOPLE, NORMAL MEANS:

- Speaking up about how you feel—you know your body best
- Celebrating what you **CAN** do (versus what you can't)
- Sticking with your treatment plan

WHAT DOES **YOUR JOURNEY** LOOK LIKE?

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to [CardioSmart.org/HeartFailure](https://www.CardioSmart.org/HeartFailure) to find out how to turn heart failure into heart success.

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The Heart Of Success

Tao Wei



The Heart Of Success:

Unveiling the Magic of Words: A Overview of "**The Heart Of Success**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**The Heart Of Success**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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