

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.

CardioSmart is supported in part by Novartis.



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The Heart Of Success

June Hunt



The Heart Of Success:

The Enigmatic Realm of **The Heart Of Success**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **The Heart Of Success** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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