

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

May Sherman



The Heart Of Success:

Whispering the Strategies of Language: An Mental Quest through **The Heart Of Success**

In a digitally-driven earth wherever displays reign supreme and immediate connection drowns out the subtleties of language, the profound secrets and emotional nuances concealed within words frequently go unheard. Yet, nestled within the pages of **The Heart Of Success** a fascinating literary value blinking with organic feelings, lies an extraordinary quest waiting to be undertaken. Composed by a skilled wordsmith, that marvelous opus invites readers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within ab muscles fabric of each and every word. Within the mental depths of this touching review, we will embark upon a honest exploration of the book is core subjects, dissect its captivating writing fashion, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

https://archive.kdd.org/public/book-search/Documents/Sleep_No_More_Signed.pdf

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