

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

Mike Jess



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