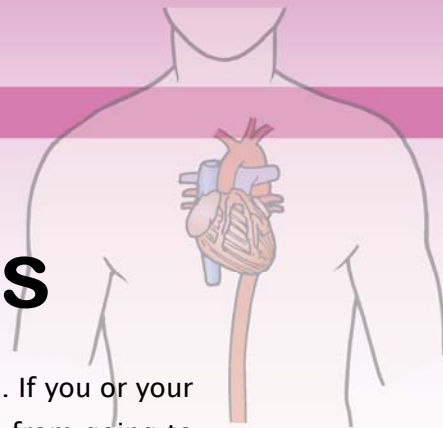


Heart Failure

Warning Signs

You need to know the signs that your heart is getting worse. If you or your family see these signs right away, you may be able to keep from going to the hospital.



Early Signs

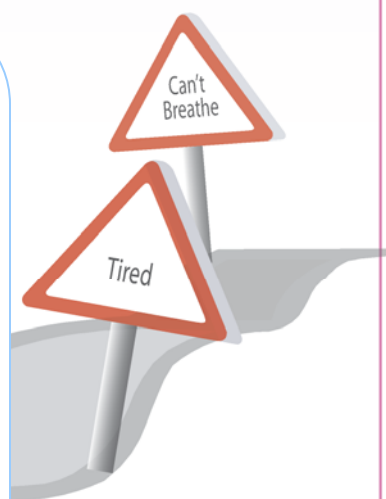
Tell your doctor if:

- You feel more weak or tired than usual.
- You can't do as much as usual.
- You are short of breath when you do an activity.
- Your belly, feet, or legs are swollen.

More Serious Signs

Call your doctor right away if:

- You gain 3 or more pounds in one day.
- You gain more than 5 pounds in a week.
- You need an extra pillow at night to help you breathe.
- You are short of breath when you sleep or lie down.
- Your face or hands look swollen in the morning.
- You get a cough but you don't have a cold.



Danger Signs – Call 911

- You have chest pain or pressure that does not go away within 5 minutes.
- You have pain or pressure in your neck, arms, back, or jaw.
- You can't breathe.
- You feel your heart beating very fast.
- You feel like you are going to pass out.