

Health Literacy Now

[Home Page](#)

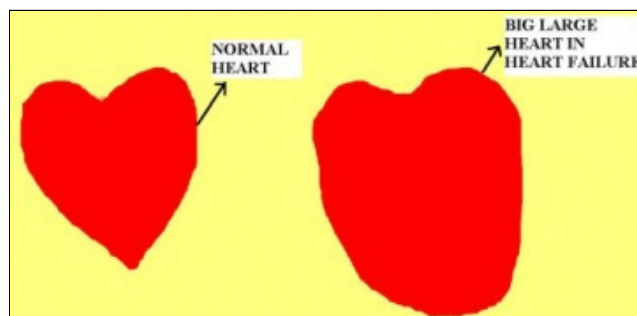
[Disclaimer](#)

[Survey](#)

To know more, go to www.healthliteracynow.org

What is Heart Failure?

Heart failure occurs when the heart is too weak to pump blood to the different organs of the body. This may cause the heart to become big. See the picture below



What causes heart failure?

Some common reasons are

- *High blood pressure.
- *Heavy alcohol use.
- *Heart attack.

*Stiff walls of the heart.

*Heart valves do not work. Valves are doors between the different rooms or parts of the heart.

How do I know that I have heart Failure?

The common signs of heart failure are

*Swelling of legs.

*Heavy breathing or shortness of breath on walking.

*Heavy breathing or shortness of breath when lying down.

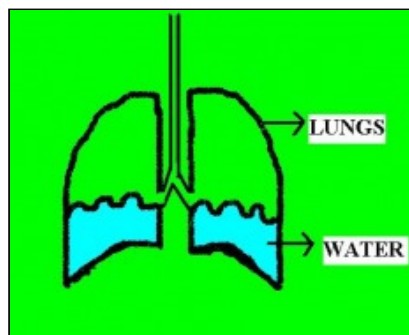
The heavy breathing is due to fluid in the lungs. See the picture below

*Swelling of the belly.

*Weakness.

*Loss of appetite.

*Weight gain.



What do I do if I have these these symptoms?

Please [call your doctor immediately](#).

How will my doctor know that I have heart failure?

Your doctor may order

*Blood tests

*Urine tests

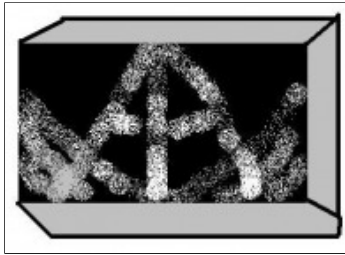
*Chest x-ray-Picture of the chest. See the picture below



*An EKG-An EKG shows the activity of the heart.See the picture below

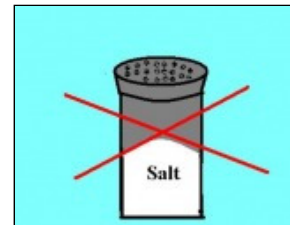


*An Echo-An echo is a picture of your heart. See the picture below

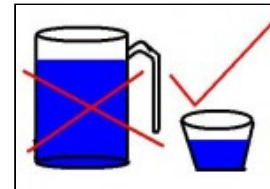


What can I do to improve my weak heart?

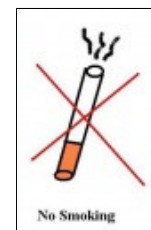
*Eat low salt diet.



*Limit your fluids.



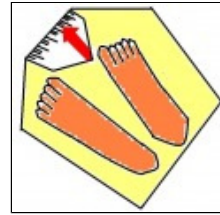
*Stop smoking.



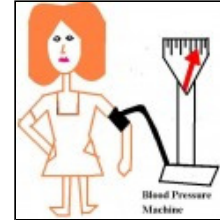
*Stop drinking alcohol.



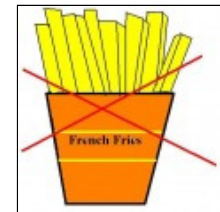
*Reduce weight.



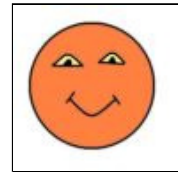
*Lower your blood pressure.



*Lower your cholesterol.



*Try to relax.



*Take your medications.



If you have more questions, please talk to your doctor.

Create a [free website](#) with [Weebly](#)