

KNOWING A HEART ATTACK

SYMPTOMS OF HEART FAILURE

It is a condition which usually happens over a period of time. In a heart failure, the heart muscles become weak and don't pump well. This can result in poor blood circulation to tissues and organs of the body. Also, blood can 'back up', causing symptoms such as:



Shortness of breath

Irregular heart beat

Swelling of hands and lower legs

Waking at night with sudden shortness of breath

Trouble breathing when lying flat

STEPS TO CONTROL SYMPTOMS



Weigh yourself daily before breakfast

Limit fluid intake to 6 - 8 cups per day

Don't add extra salt to your food

Take your medications as prescribed

Try to get a little exercise each day

Avoid alcohol and smoking

TIME TO CONSULT YOUR DOCTOR

If you gain 2.5 kgs in a week or 2 kgs in 2 days; if you are thinking of changing any of your medications (including non-prescription); or if you notice any of the following:



Chest pain

Sudden dizziness or heart palpitations

Increased fatigue

Trouble breathing when lying flat

Increased shortness of breath

Difficulty breathing at night

Increased signs of swelling such as swollen ankles, bloating or clothing feels tight

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