

NORMAL HEART

maintain healthy diet • stay active • control cholesterol and blood pressure • stay at a healthy weight • manage amount of stress • drink alcohol only in moderation • do not smoke and stay away from secondhand smoke • engage in hobbies • laugh • stretch • listen to music • have fun • maintain healthy diet • stay active • blood pressure • stay at a healthy weight • manage amount of stress • drink alcohol only in moderation • do not smoke and stay away from secondhand smoke • engage in hobbies • laugh • stretch • listen to music • have fun • maintain healthy diet • stay active • control cholesterol and blood pressure • stay at a healthy weight • manage amount of stress • drink alcohol only in moderation



CONGESTIVE HEART FAILURE

fatigue and weakness • shortness of breath • swelling in ankles/feet • rapid or irregular heartbeat • reduced ability to exercise • rapid weight gain from fluid retention • persistent cough or wheezing with white or pink blood-tinged phlegm • reduced ability to exercise • increased need to urinate at night • swelling of the abdomen • lack of appetite and pain • difficulties concentrating or a nausea • serious chest • fainting or severe • decreased alertness • weakness • fatigue and weakness • shortness of breath • swelling in ankles/feet • rapid or irregular heartbeat • rapid weight gain from fluid retention • persistent cough or wheezing with white or pink blood-tinged phlegm • increased need to urinate at night • swelling of the abdomen • lack of

