

HEART FAILURE SYMPTOMS

If you experience any of these symptoms, talk to your doctor and nurse.



FATIGUE



SHORTNESS OF BREATH



EDEMA

Heart failure is a condition where the heart is unable to pump blood throughout the body as well as it should. In other words, your organs are not supplied with enough blood, oxygen, and nutrients to work normally. This is often because of a **previous heart attack, high blood pressure, or valve disease**. Heart failure is characterized by several **symptoms** caused by fluid accumulation and reduced blood flow. The most common symptoms are **fatigue, shortness of breath, and edema** (fluid retention).

DON'T FORGET TO DO YOUR PART

Monitor your blood pressure, heart rate, and weight frequently.



Blood pressure monitoring



Heart rate monitoring



Weight gain monitoring

