



# Managing Your Heart Failure

## Take your medication

Most people with heart failure take more than one medication. These medications have different effects. Some help the heart pump better. Some expand the blood vessels. Some help to reduce the amount of water in the body, which makes the heart's workload lighter.

## Stay active

Proper physical activity can strengthen the heart. It is important for you and your doctor to develop an exercise program that is right for you.

## Make lifestyle changes

These changes can help you feel better and improve everyday life.

- If you smoke, quit
- Lose excess weight
- Avoid alcohol
- Eat a diet low in saturated fat and sodium
- Reduce your stress

## Monitor your condition

Pay attention to how you feel. Weigh yourself every day. Be aware of swelling, shortness of breath or other symptoms. Watch for changes and report these to your physician.

The content of this CareTip is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician with any questions you may have regarding a medical condition.

