



Heart Failure Checklist

Notify your doctor if you:

- Have fatigue, loss of energy
- Have steady weight gain (two to three pounds in one day, or more than five pounds in five days)
- Have swelling of the ankles, legs or abdomen that does not go away after keeping your feet and legs raised
- Have decreased urination during the day and extra urination at night
- Develop a persistent cough
- Have shortness of breath (especially while lying flat or with any type of activity)
- Notice any side effects from your medications

Ask your doctor whether you should receive a flu shot

The American Heart Association recommends that people with chronic heart disease receive a flu shot every fall. The shot can lessen the chance of serious complications from the flu, such as pneumonia. Because the virus is constantly changing, it is important that you get a flu shot every year. Last year's shot will not protect you this year. You should also ask your doctor about a pneumonia vaccine.

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.

