



# Warning Signs for Congestive Heart Failure

My ideal weight is: \_\_\_\_\_

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## Green Light – Good Signs – All Is Well!

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- ✓ No shortness of breath
- ✓ No weight gain
- ✓ No swelling (legs, ankles, and/or feet)
- ✓ No decrease in your ability to maintain normal activity level

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## Yellow Light – Caution Signs – Time to Act!

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**Call your doctor if you have:**

- ✓ Weight gain (2 to 3 pounds in one day)
- ✓ Coughing
- ✓ Swelling of legs, ankles and/or feet
- ✓ Shortness of breath
- ✓ **CHEST PAIN**

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## Red Light – Danger Signs – Medical Alert!

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**If you are experiencing:**

- ✓ Unrelieved shortness of breath
- ✓ Unrelieved chest pain
- ✓ Wheezing or tightness in your chest at rest

**CALL YOUR DOCTOR IMMEDIATELY!**

**Physician number:** \_\_\_\_\_



# Warning Signs for Congestive Heart Failure

## What is congestive heart failure?

### The Heart

- The job of the heart is to pump blood to all parts of the body.
- The heart pump is made up of a special muscle that works around the clock and must last a lifetime.
- The heart pump sends blood filled with oxygen and food to all parts of the body.
- The body uses oxygen and food out of the blood and sends it back to the heart pump.

### Heart Failure

- Heart failure is when the heart is not able to pump blood to the rest of the body at a normal rate.
- A failing heart pumps less blood with every heart beat.
- When the heart has trouble pumping blood, it causes fluid to back up into the lungs and other parts of the body.
- When fluid collects in the lung, it is called congestion.

### Quick Quiz: True or False

If I have heart failure, my heart pump is not working at a normal rate.

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Fluid collection in the lungs is called congestion.

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