

Heart Failure

PATIENT/HEALTH CARE



Learn as much as you can
about your condition.

Write down questions to ask
your health care professional.



Now is the time to focus on increasing the healthy years you have ahead.

There's no cure for heart failure. But if caught early, strategies can stop or slow the symptoms for many years.

Your health care professional can prescribe medications and recommend lifestyle changes to help you maintain your quality of life.

At your appointment:

- You'll be asked about symptoms. How long have you had them? Have they gotten worse? Do they interfere with your usual activities?
- The exam will include a blood test and blood pressure check.
- You may need imaging tests such as a chest X-ray, echocardiogram or electrocardiogram.
- Your health care professional may prescribe medication or oxygen.
- You may need to make lifestyle changes to help you maintain your quality of life.

