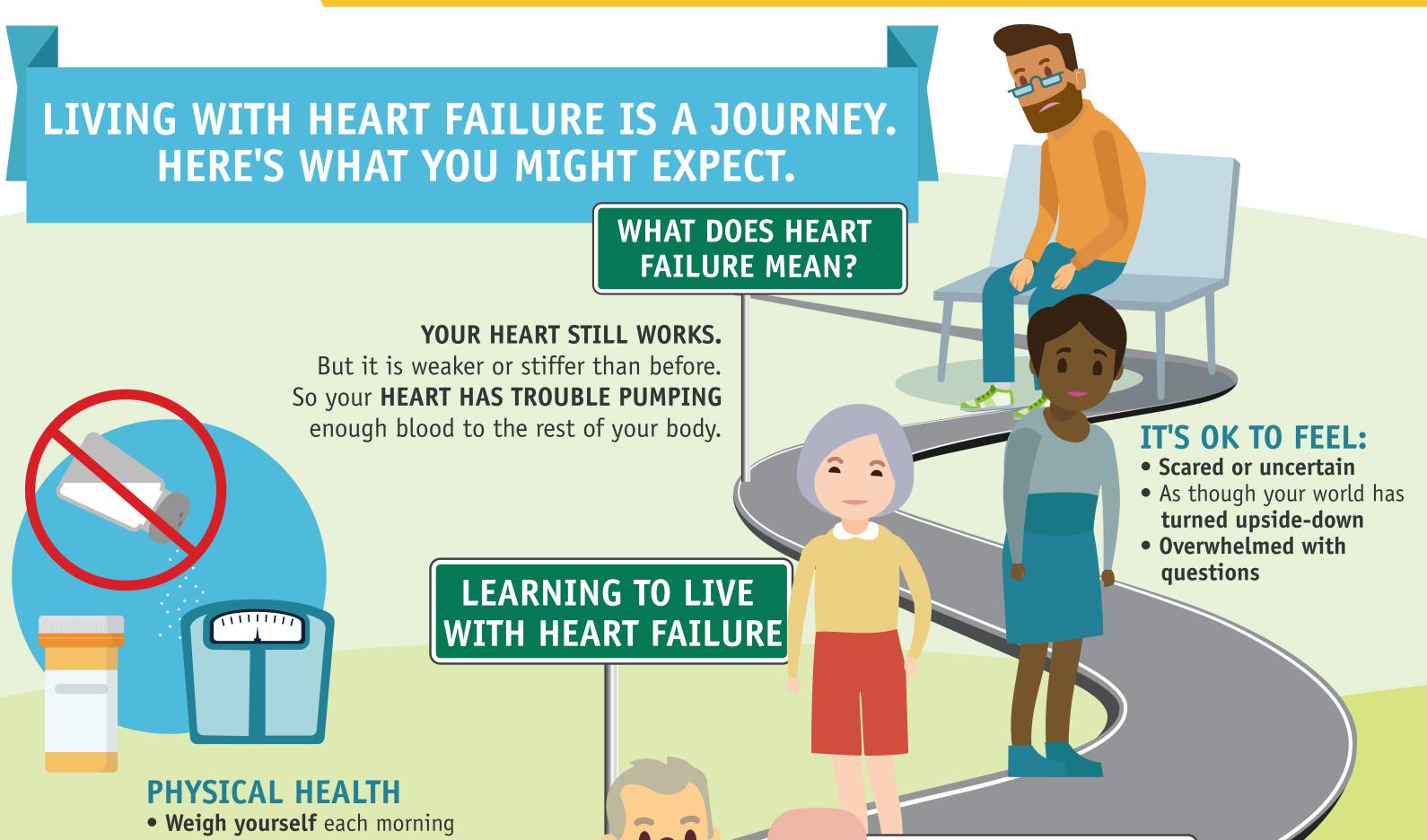
TURNING HEART FAILURE INTO HEART SUCCESS





- Take medications as directed
- **Ditch the salt** (sodium), eat heart healthy
- Take breaks and know your limits

EMOTIONAL HEALTH

- **Find support** from others who have heart failure
- Stay connected with what matters most to you
- Keep in close contact with your care team

FOR SOME PEOPLE, NORMAL MEANS:

YOUR NEW

NORMAL

- Speaking up about how you feel—you know your body best
- Celebrating what you CAN do (versus what you can't)
- Sticking with your treatment plan

WHAT DOES YOUR JOURNEY LOOK LIKE?

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

So to *CardioSmart.org/HeartFailure* **to find out how to turn heart failure into heart success.**

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