

TURNING HEART FAILURE INTO HEART SUCCESS

LIVING WITH HEART FAILURE IS A JOURNEY.
HERE'S WHAT YOU MIGHT EXPECT.

WHAT DOES HEART FAILURE MEAN?

YOUR HEART STILL WORKS.
But it is weaker or stiffer than before.
So your **HEART HAS TROUBLE PUMPING**
enough blood to the rest of your body.

LEARNING TO LIVE WITH HEART FAILURE

YOUR NEW NORMAL

IT'S OK TO FEEL:

- Scared or uncertain
- As though your world has turned upside-down
- Overwhelmed with questions

PHYSICAL HEALTH

- **Weigh yourself** each morning
- **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:

- **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.

➡ Go to [CardioSmart.org/HeartFailure](https://www.cardiosmart.org/HeartFailure) to find out how to turn heart failure into heart success.

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