

# Signs & Symptoms

## Quick Tips

One of the best ways for you and your care team to effectively manage your heart failure is to keep an eye on how you feel from one day to another.

Pay close attention to signs that your heart might be having a harder time keeping up with your body's demands. For example, do you notice:



Swelling in your legs, feet, ankles or stomach



Sudden weight gain

- Weigh yourself each morning. Call your health care provider right away if you gain 3 pounds in a 24-hour period or more than 5 pounds in a week.



Needing to sit upright in a chair or use pillows to prop yourself up to sleep or breathe easier



Feeling short of breath, or having a hard time breathing, even with small bouts of activity OR if you start feeling winded even while resting



Feeling weak, lightheaded or more tired than usual



A stubborn, dry cough

Don't forget to share how your condition is affecting your:

- Work
- Emotions, ability to cope
- Personal life and relationships



Always tell your care team any time you have new symptoms or start to feel worse. Addressing symptoms when you first notice them can help you stay out of the hospital and avoid getting sicker.

Unsure about whether you should call? Print and post the **Heart Failure Stoplight** to help gauge how you're doing and when to call.

