

Fast Facts

Congestive Heart Failure (CHF)

<i>Symptoms</i>	<i>Diagnosis</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Shortness of breath (usually with exertion or while lying flat) -Fatigue/weakness -Swelling in legs/ankles/feet -Rapid/irregular heartbeat -Persistent coughing/wheezing -White/pink-tinged phlegm -Increased need to urinate -Swelling of abdomen -Sudden weight gain from fluid retention -Lack of appetite/nausea -Difficulty concentrating/decreased alertness -Chest pain 	<ul style="list-style-type: none"> -Blood work (NT-proBNP) -Chest x-ray -ECG -Echocardiogram -Stress test -CT/MRI -Coronary angiogram -Myocardial biopsy 	<ul style="list-style-type: none"> -Medications (ACE inhibitors, Angiotensin II receptor blockers and beta blockers) help to control blood pressure -Medications (diuretics and aldosterone antagonists) to help remove excess fluid -Medication (digoxin) to help increase the strength of the heart muscle contractions -Severe CHF: coronary bypass, heart valve repair/replacement, implantable cardioverter-defibrillator (ICD), cardiac resynchronization therapy (CRT), heart pump and/or heart transplant 	<ul style="list-style-type: none"> -Eat healthy by restricting salt, limiting fats/cholesterol/alcohol and maintaining a healthy weight -Restrict the amount of fluid (water) -Check daily for any swelling -Stop/don't start smoking -Be active as possible -Reduce stress -Get adequate amounts of sleep every night

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