

FAST FACTS



CHF is one of the top reasons for adult hospitalization in the U.S.

CHF is one of the most manageable chronic diseases

Weighing yourself daily is a must for people with CHF

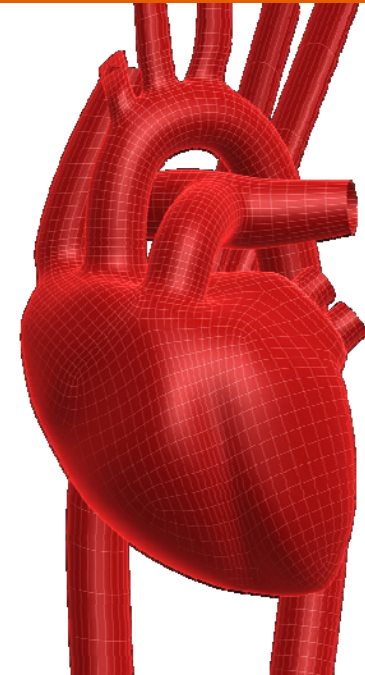
Call your doctor at the first sign of CHF complication



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DISEASE
MANAGEMENT
LINK *to Better Health*



Congestive Heart Failure

Providing support to help you better manage your health & well-being.

By



TIPS FOR CONTROLLING HEART FAILURE

What is Congestive Heart Failure?

Congestive heart failure (CHF) is a condition in which the heart is unable to adequately pump blood to the lungs and body. As a result, fluid backs up causing symptoms including: swelling in feet, ankles, legs, abdomen, and occasionally the neck veins; shortness of breath; increased fatigue; weight gain; increased urination; and trouble sleeping due to breathing difficulty. CHF occurs when the heart is damaged by other diseases (such as coronary artery disease, high blood pressure, diabetes, heart attack, alcohol abuse, and obesity) or when the heart is otherwise damaged. The earlier CHF is diagnosed and treatment started, the better the outcome.

What Can you Do?

It is very important to follow your provider's instructions for treating CHF. The initial goal is to treat the underlying condition. Understanding CHF, and daily self-monitoring, are key in preventing episodes that require

emergency treatment or hospitalization. You must weigh yourself daily in order to recognize fluid retention, and keep a weight record. Consume a low sodium diet. Exercise as tolerated. Don't smoke. Limit alcohol. Take medication as prescribed.

Contact your provider for the following symptoms:

- Weight gain of 2 or more pounds in a few days
- Increased fatigue (even mild)
- Increased breathing difficulty
- Increased swelling (edema) to feet, legs or abdomen
- Red or painful swelling in feet or legs
- Frothy pink sputum

Seek immediate medical attention for the following:

- Sudden or severe shortness of breath
- Severe unrelieved chest pain
- Fainting



A low-sodium diet is essential to your success!



Welborn Health Plans Disease Management

For questions about Congestive Heart Failure or other disease states, call Welborn Health Plans Disease Manager at 800-521-0265.

If you wish to discontinue receipt of educational material, please call 800-521-0265.

This publication is not meant to replace the care or advice of your primary care provider.



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