



## LIVING WITH *Congestive Heart Failure*

Congestive Heart Failure changes the way you live, but it doesn't have to stop you from enjoying life. Here are some self-care tips for living well with CHF.

### LEARN MORE ABOUT CHF

Understanding how your condition affects your body is important in managing symptoms, such as shortness of breath, excessive fluid and weight gain.

### WEIGH YOURSELF DAILY

A sudden weight gain of 3 pounds or more in 24 hours is an indication you are retaining extra fluid.

### ADHERE TO YOUR TREATMENT PLAN BY:



**Taking your medications**



**Staying active**



**Limiting salt intake**



**Quitting smoking**



**Limiting alcohol intake**

### CONSIDER YOUR MENTAL HEALTH

Depression and anxiety occur in 50% of CHF patients. Meet with a counselor or your physician to discuss treatment options.

For more information visit [evolution.net/healthtips](http://evolution.net/healthtips)

