



About
5.7
million adults
in the United
States have
heart failure.¹

UNDERSTANDING HEART FAILURE

WHAT IS HEART FAILURE?

The main job of the heart is to pump blood to carry oxygen and other vital nutrients to feed the cells and tissues in your body. When you have heart failure, your heart doesn't pump enough blood to meet the needs of your body.

SYMPTOMS CHECKER

Talk to your doctor if you're experiencing any of the following symptoms:

- › Weight gain
- › Increase in tiredness or weakness
- › Frequent coughing or wheezing
- › Swelling in feet, legs or stomach
- › Shortness of breath

RISK FACTORS

Certain diseases and habits can increase your risk for heart failure:

- › Coronary heart disease
- › High blood pressure
- › Diabetes
- › Smoking
- › Overweight

Early diagnosis can drastically extend life expectancy and improve overall quality of life. Tracking your symptoms at home can help identify problems before they get worse.

HOW IS HEART FAILURE TREATED?



Medications



Lifestyle Changes



Devices/Surgery

Our Heart Failure Program can help you better manage your symptoms at home and reduce your chance of going back to the hospital.

Call a care center near you.
www.amedisys.com/locations



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