



KNOW YOUR SYMPTOMS

Heart failure is a serious condition and can have a significant impact on your day-to-day life, sometimes without you realising it. That's why it's important to know the possible symptoms of heart failure and to watch out for them.

The symptoms of heart failure can be confused with other health conditions, so it's important to mention all your symptoms to your doctor.

5 signs of possible heart failure:



1 Needing to sleep propped up on pillows so you can breathe at night

If you have difficulty breathing while lying flat at night it may be due to heart failure which can cause fluid to build up in the lungs.



2 Finding you are short of breath doing day-to-day activities like walking up stairs

If you find you need to catch your breath doing day-to-day activities this may be due to heart failure which can cause fluid to build up in the lungs.



3 Having swollen feet or ankles

If you have swollen feet or ankles it may be due to excess fluid building up. This can make your shoes tight and uncomfortable.



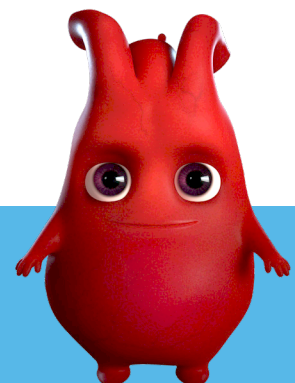
4 Persistent coughing without having a cold (dry and hacking cough)

Coughing is the body's way of clearing the fluid that has built up in the lungs.



5 Having to say no to hobbies and activities you used to enjoy e.g. gardening, playing with grandchildren or walking the dog

If you feel too tired or exhausted to do day-to-day activities it may be due to heart failure which can make it harder for the body to get the oxygen it needs.



If any of your symptoms are severe, or if you gain more than 2 kg in 2 days, please talk to your doctor as soon as possible.