

HEART FAILURE

Feeling a little winded?

Your heart needs oxygen to do its endless job of pumping blood throughout your body. Healthy arteries allow blood to flow freely to your heart, so it gets enough oxygen whether you're resting or active.

Persistent shortness of breath is a primary symptom of congestive heart failure (CHF) – when the heart muscle is not working as well as it should. This condition reduces the body's circulation of blood, oxygen and nutrients. Fluid may build up in your legs and lungs.

A weak heart muscle can leave you feeling unusually tired. Other symptoms can consist of a persistent, dry, hacking cough; sudden weight gain; and swelling of your abdomen, arms, or legs.

CHF results from conditions that damage your heart, including long term high blood pressure and coronary artery disease, as well as smoking, obesity and alcohol abuse.

Medications for CHF help you lead a more normal life. Your provider may prescribe ACE inhibitors to help lower blood pressure and increase blood flow, diuretics to reduce fluid retention, or beta-blockers to prolong survival.

Keep your heart pumping strong:

- Stop smoking
- Monitor blood pressure and cholesterol
- Lose excess weight
- Limit alcohol intake
- Get daily moderate exercise

Your provider and/or Med-Cert, Inc. can advise you on making these changes successfully.

**If you would like more information, please contact
Med-Cert, Inc. at 866-633-2378 (toll free) or at www.medcertinc.com**



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