

What to do if you have heart failure

Information for patients,
carers and relatives

**Easy
Read**



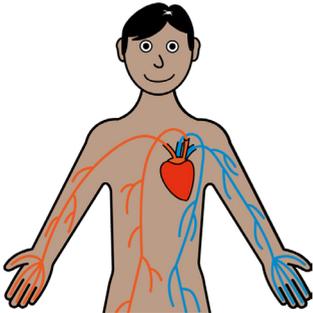
easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

heart



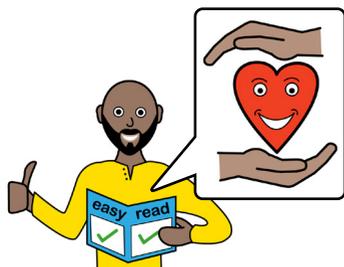
There is a problem with your heart – it is not pumping properly.

heart failure



This is what we call heart failure.

help



There are ways we can treat this problem together.

This booklet has information on what we can do.

nurse support



You will speak to a heart failure nurse who will tell you about your heart problem.

They might suggest some medicines to take.

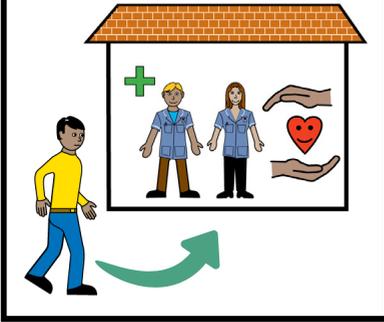
medicine



There are medicines that can help the heart to work better.

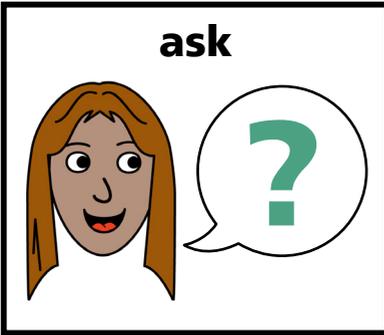
These medicines might make you feel better too.

appointment



You might have to go to several appointments to get on the right group of medicines.

ask



If you have questions or worries about your medicines, you can ask your doctor or nurse.

tell doctor

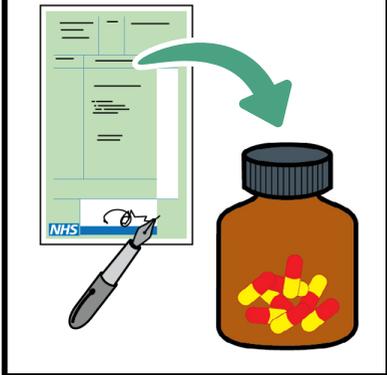


If you don't want to take your medicines you should tell your doctor or nurse.

change medicine



medicine



symptoms



If you become ill because of your heart problem, your medicines may be changed to try to help.

Sometimes a new medicine will be started.

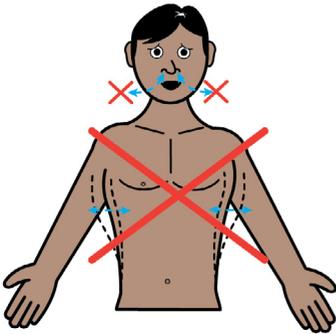
Sometimes you will be asked to take more of your usual medicines.

It is really helpful if you check yourself for symptoms of heart failure.

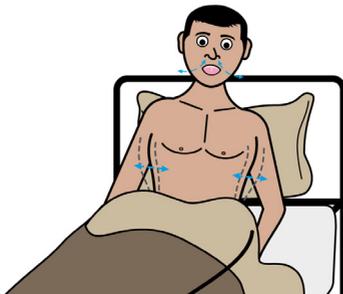
contact heart nurse team



breathless



out of breath



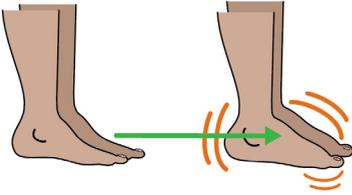
If you notice these symptoms, you should contact your heart nurse.

These are the signs to look out for:

Being more breathless than normal when moving around.

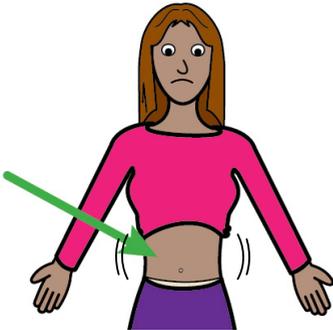
Getting out of breath when you try to lay down in bed.

swollen



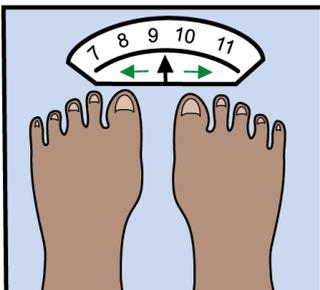
Your feet and legs becoming more swollen.

bloated stomach



Your stomach becomes bloated and feeling tight.

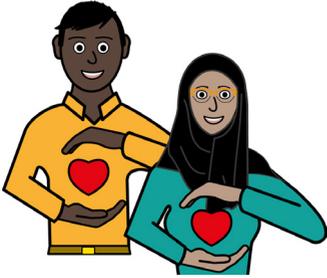
weight



Your weight goes up quickly – 4lbs or 2kg or more in 3 days.

It is a good idea to weigh yourself every morning to check this.

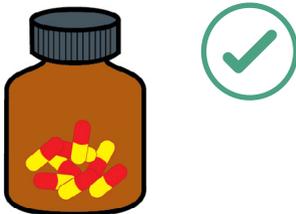
look after yourself



check symptoms



take medication



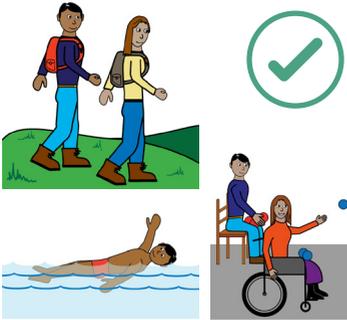
There are **4 main things** you can do to look after yourself when you have heart failure:

1. Keep checking yourself for symptoms of heart failure.

Contact your heart nurse if you notice any symptoms.

2. Take your medications.

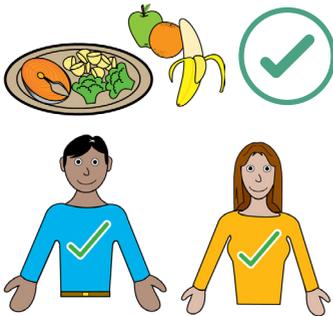
exercise



3. Do some exercise on a regular basis.

It works best to do something that you find fun.

eat well



4. Look after yourself every day by eating well, moving your body and getting help if you do not feel well.

contact heart nurse team

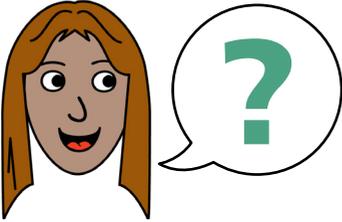


Thank you for reading our leaflet.

If you have any questions please call the heart nurse team in Leeds on:

0113 392 6420.

ask



health passport



easy read leaflets



If you have any questions, you can ask the staff.

If you have a Learning Disability or Autism diagnosis please complete a **Health Passport** and return it to the Learning Disability and Autism team on:

leedsth-tr.ldautism@nhs.net

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