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MAGDI YACOUB

HEART FOUNDATION  
ASWAN HEART CENTRE

Educational Health Program

Heart failure

This booklet will help you

gain a better understanding

Constantly monitor your weight

You must monitor your weight by measuring your weight daily (preferably at the same time of the day) and inform the doctor of any changes

Potassium level in the blood

It is an important mineral your body needs to function properly  
When you take diuretics to treat heart failure, your body

may lose some of this potassium

Here are foods rich in potassium

Bananas - oranges - plums - soybeans - cantaloupe -

watermelon - fish - potatoes

There are warning signs

Shortness of breath

A common symptom in most heart failure patients, you should monitor your breathing and see if there are any changes that may occur. You may notice an increase in shortness of breath during the night, lying on your back, and you may need more pillows to

raise the upper part of your body to overcome this problem

When you feel shortness of breath, lack of endurance and lack of activity, you should contact your doctor for advice or go to the nearest hospital when you feel severe and persistent shortness of breath

Fainting or dizziness

It may be caused by reduced blood flow to the brain and sudden

loss of consciousness due to the heart's inability to pump blood

adequately

Heart Failure

Although it's called heart failure, it doesn't mean your heart is about to stop working. It just means that your heart is having a hard time working to meet your body's needs (especially while