

# Reminders for patients with heart failure

Symptoms your heart failure may be getting worse	Call your doctor right away	Call 911
<p>You are the expert on how you feel. Take time each day to notice whether your heart failure is getting worse. Noticing changes early and reporting them to your doctor can prevent urgent problems.</p> <p>Keep track of these symptoms every day and <b>call your doctor if they get worse:</b></p> <ul style="list-style-type: none"> <li>• a weight gain or loss of:               <ul style="list-style-type: none"> <li>▶ 2 pounds or 1 kilogram a day</li> <li><b>or</b></li> <li>▶ 5 pounds or 2 to 3 kilograms a week</li> </ul> </li> <li>• more swelling in your feet, legs or stomach</li> <li>• loss of appetite, bloating or fullness in your stomach, nausea or vomiting</li> <li>• increased shortness of breath with your usual activities</li> <li>• feeling more tired or weak</li> <li>• a constant cough or chest congestion</li> <li>• feeling dizzy, light-headed or sweating</li> <li>• feeling confused or restless</li> </ul>	<p>Call your doctor right away if you have any of these:</p> <ul style="list-style-type: none"> <li>• increased shortness of breath or a new shortness of breath while resting</li> <li>• trouble sleeping because of difficulty breathing – for example, if it wakes you up at night</li> <li>• need to sleep sitting up on more pillows than usual</li> <li>• fast or irregular heart beats or a “racing heart” that makes you feel dizzy</li> <li>• coughing up frothy or pink sputum</li> <li>• feeling like you may faint</li> </ul>	<p>Call 911 or your local emergency number right away if you have:</p> <ul style="list-style-type: none"> <li>• severe shortness of breath that will not go away</li> <li>• fainted</li> <li>• chest discomfort or pain that lasts more than 15 minutes and is not relieved by rest or nitroglycerin</li> </ul> <p><b>What to do if you have chest discomfort or pain:</b></p> <ol style="list-style-type: none"> <li>1. Rest - Stop what you are doing right away. Sit or lie down.</li> <li>2. Relax - Take slow, deep breaths.</li> <li>3. Take nitroglycerin - Take your 1st dose of nitroglycerin. Spray or place tablet under your tongue.           <p>If the chest pain does not go away after 5 minutes, take a 2nd dose.</p> <p>If the chest pain is still there after 5 more minutes (now a total of 10 minutes), take a 3rd dose.</p> </li> <li>4. If the chest pain is still there after 5 more minutes (now a total of 15 minutes) call 911.</li> </ol>

please turn over →

# Community Resources

<b>Hamilton Community Care Access Centre</b>	905-523-8600 or 1-800-450-8002 website: <a href="http://www.hamilton.ccac-ont.ca">www.hamilton.ccac-ont.ca</a>
<b>Heart &amp; Stroke Foundation of Ontario</b>	1439 Upper Ottawa Street Hamilton, Ontario L8W 3J6  905-574-4105  1-866-797-0000 or 1-866-797-0007 website: <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>
<b>Telehealth Ontario</b>	Free. Talk to a Registered Nurse over the telephone, 24 hours a day, 7 days a week.  Hamilton office: 905-574-4105
<b>Your family doctor</b>	Dr. _____  Phone: _____
<b>Your pharmacist</b>	Phone: _____



