

SYMPTOM CHECKER

If you experience new or worsening heart failure, you may experience some of these symptoms. Contact your healthcare provider if any of the following occurs:



☐ **Increased SHORTNESS OF BREATH**, especially when lying flat



☐ **BLOATING** or loss of or **CHANGE IN APPETITE**



☐ **INCREASED URINATION** at night



☐ **CONFUSION**, impaired thinking, or feeling lightheaded



☐ **FATIGUE**, loss of energy or extreme tiredness



☐ **COUGH OR COLD SYMPTOMS** that last for longer than a week - chronic coughing or wheezing



☐ **INCREASED SWELLING OF THE ANKLES**, feet, legs, sacrum (base of the spine) or abdomen (stomach area)



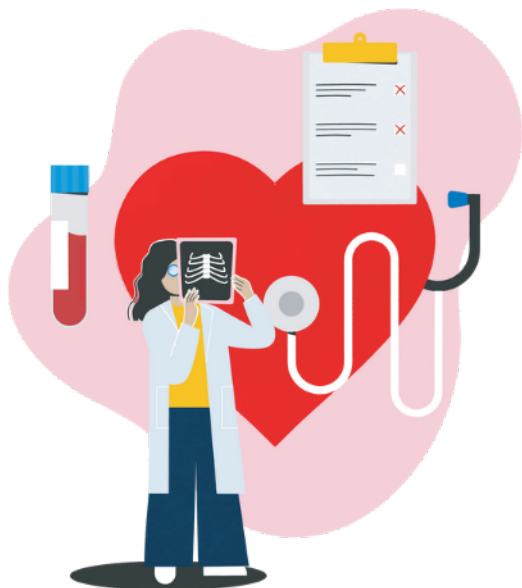
☐ **SUDDEN GAIN** of more than 1.5kg (3 pounds) over 1 to 2 days, or 2.5kg (5 pounds) in a single week

VACCINATIONS FOR HEART PATIENTS



If you live with heart disease, your immune system may be weaker, and infections can lead to serious complications. Vaccines help protect you from these preventable illnesses, reduce the risk of severe outcomes, and keep your heart healthier. Talk to your doctor about what immunizations are right for you.

TESTS YOU MAY HAVE TO DIAGNOSE AND MONITOR HEART FAILURE INCLUDE:



- **BLOOD TESTS** - to check whether there's anything in your blood that might indicate heart failure and to monitor your response to treatment, including side effects of medications
- **AN ELECTROCARDIOGRAM (ECG)** - this records the electrical activity of your heart to check for problems
- **AN ECHOCARDIOGRAM** - a type of ultrasound scan where sound waves are used to examine your heart and determine its pumping capacity
- **BREATHING TESTS** - you may be asked to blow into a tube to check whether a lung problem is contributing to your breathlessness; common tests included spirometry and a peak flow test
- **A CHEST X-RAY** - to check whether your heart's bigger than it should be, whether there's fluid in your lungs (a sign of heart failure), or whether a lung condition could be causing your symptoms
- **NUCLEAR SCAN** - to help measure your heart's pumping capacity and to determine whether blocked arteries are cause of your symptoms.

