



American Heart Association.

Rise Above Heart Failure®

Heart Failure: Partnering in Your Treatment

Bring this sheet with you to your appointment and discuss the following with your doctor.



Understand Your HF

▶ How serious is my heart failure?
Mild Moderate Severe

▶ In what ways does having heart failure increase my health risks?

▶ How likely is it that having HF will worsen the effects of other conditions I may have?

▶ Would any of the following lifestyle changes help me to better manage the progress of HF?
Managing weight
Eating better
Quitting smoking
Making other important changes?



Identify Your HF Needs

▶ Am I a candidate for HF cardiac rehab?
Yes No

▶ Are there any remaining tests we need to do to learn more about my heart function? If so, which ones?



Explore HF Treatment

▶ What are the most important things I can do to manage my HF?

▶ What should I expect in the coming weeks, months or years?

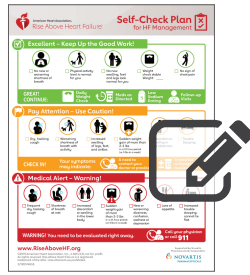
▶ Are there any activities that are off limits for me at this time? (List specific concerns you may have, like exercise, sex, housework.)

▶ What treatment options should I be thinking about for managing my HF?

▶ What are my treatment goals at this time?

▶ Should I be tracking and reporting my symptoms to you?

Yes (instructions below) No



Questions About Medication

▶ Will I be taking a medication for HF?

Yes No

▶ What do we hope the medication(s) accomplish?

▶ What will be the likely result if I don't take it?

▶ What symptoms or problems would you want me to notify you about?

Learn to recognize and manage symptoms of HF.



Shortness of Breath



Chronic Coughing or Wheezing



Build-up of Fluid (edema)



Fatigue or Feeling Lightheaded



Nausea or Lack of Appetite



Confusion or Impaired Thinking



High Heart Rate

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