



American Heart Association.

Rise Above Heart Failure®

How Can I Improve My Low Ejection Fraction?



Talk with your healthcare provider.



My ejection fraction (or EF) _____



Date: _____

Under 40%

may have evidence of heart failure (HF), heart valve disease or cardiomyopathy.

41% to 49%

may be considered "borderline" but does not always indicate that a person is developing heart failure.

Between 50% - 70%

Between 50% to 70% is considered a normal ejection fraction. However, there is a type of HF with an ejection fraction over 50.



Questions to ask your healthcare provider:

Does my low EF have a specific cause I should know about?

What action steps are most likely to help me improve my low EF?

Can medication improve my EF?

Are there treatments for my related condition(s)?

Should I use a symptom tracker?

If yes, download see resources at heart.org/RiseAboveHF



Treat any known causes of heart failure.



Am I getting treated for any of these HF-related conditions?



Check all that apply.



High Blood Pressure



Diabetes



Metabolic Syndrome



Heart Valve Disease

Other: _____



Get the right amount of physical activity.



Exercise options to discuss with your healthcare provider:

What exercises are safe for me to do?

What intensity should my workout be? (Low - Med)

How often and for how long should I exercise each week?

Are there exercises I should avoid?



Pay attention to your weight.

My current weight _____

My target weight _____

I should recheck my weight _____ time(s), each _____ day/week/month

Date	Weight	Date	Weight	Date	Weight	Date	Weight	Date	Weight



Know your sodium limits and regulate fluids.

My daily recommended sodium limit is _____ mg/day.
(1/4 teaspoon salt = 575 mg sodium)

Recommendations for sodium management:

Discuss and check all that may help you.

Read product labels

Use a salt substitute

Track intake each day

Discover new recipes



Eliminate harmful substances.

Talk with your provider if you need resources to help you:

Check all that apply.

Eliminate or Reduce Alcohol

Quit Smoking

Stop Using Cocaine or Amphetamines



Lower your stress.

Ask your healthcare provider:

Stress management strategies I am likely to try:

Do you have any recommendations for stress-management with HF?

<input type="checkbox"/> Increasing daily activity	<input type="checkbox"/> Connecting	<input type="checkbox"/> Meditating
Plans and ideas		

Find more resources at heart.org/RiseAboveHF

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