Who is the Patient with Heart Failure?

Think
- Fatigue
- Activities limited
- Chest congestion
- Edema or ankle swelling
- Shortness of breath

See back for more symptoms

For more information, visit www.abouthf.org
### Symptoms That May Signal Heart Failure$^1, 2$

**BREATHING DIFFICULTIES**
- Shortness of breath from walking stairs or simple activities (dyspnea)
- Trouble breathing when resting or lying down
- Waking up breathless at night (paroxysmal nocturnal dyspnea)
- Needing more than two pillows to sleep (orthopnea)

**FATIGUE/EXERCISE INTOLERANCE**
- Tiring easily
- Swelling of feet, ankles or legs (edema)
- General feeling of fatigue

**COUGHING**
- Frequent coughing
- Coughing that produces mucus or pink, blood-tinged sputum
- Dry, hacking cough when lying flat in bed

### Heart Failure Common Risk Factors

- **HIGH BLOOD PRESSURE**
- **PRIOR HEART ATTACK OR BLOCKAGES IN HEART BLOOD VESSELS**
- **HISTORY OF HEART MURMURS**
- **ENLARGED HEART**
- **DIABETES**
- **FAMILY HISTORY OF HEART FAILURE**
- **SMOKING**

For more information, visit [www.abouthf.org](http://www.abouthf.org)

### REFERENCES

1. National Heart, Lung and Blood Institute website.