

# Living with Congestive Heart Failure

**Congestive Heart Failure** is a serious condition and learning to live a chronic condition may seem difficult for many. With ongoing medical care and proper management of symptoms, many people can otherwise enjoy full lives.

## Tips for living with Congestive Heart Failure



### Manage Your Medicines

- Take your medicine exactly as they are prescribed. If you are having side effects, be sure to notify your healthcare provider.
- Bring your medicine list with you to each visit.



### Daily Weights

- Weigh yourself daily in the morning wearing approximately the same amount of clothing each time.
- Keep track of your weight on a chart.

### Nutrition/Diet

- **Eat a well balanced diet** to ensure you are getting all the necessary vitamins and minerals.
- **Fluid Restriction**-Limit your total fluid intake to 8 cups or 64 oz per day to keep your body from retaining fluid.
  - Keep track of your daily fluid intake (1 cup =8 oz. = 250 mL)
  - Too much fluid can cause a buildup of excess fluid in the body tissues, also known edema
  - Drink less beverages that contain caffeine, such as coffee, coke or black tea
  - Avoid or consume less alcohol
- **Sodium Restriction**-Restrict your total daily salt intake to keep your body from retaining fluid preventing edema (swelling).



### Exercise

- Aim for at least 30 minutes of aerobic exercise per day, such as walking, biking, swimming or dancing
- Exercise helps to condition your heart giving you energy to perform other activities.
- If you experience dizziness, difficulty breathing, heart palpitations or extreme fatigue while exercising, notify your healthcare provider.



**Any questions or concerns? Don't hesitate to talk to your health care team!**



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