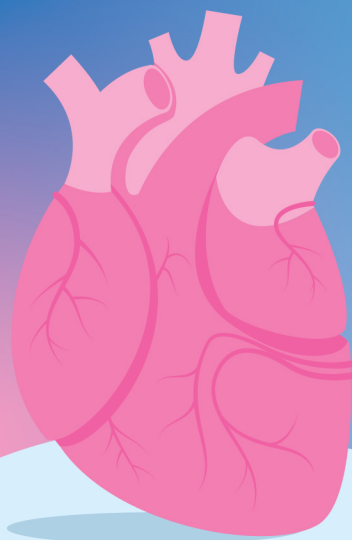


LIVING WITH CHRONIC HEART FAILURE



What are the **possible signs** and **symptoms** of worsening of heart failure or decompensation?

- Use of intravenous (IV) diuretics for the past 3 months**
- More frequent breathlessness / easy fatiguability / difficulty of breathing at rest or on exertion**
- Hospitalization due to heart failure for the past 6 months**
- Having the need to sleep in a more upright position than before to avoid breathlessness**
- Sudden weight gain (more than 2kg within 2 days); pants/shoes/socks feels tighter in a short time**
- Progressing swelling ('edema')**



If you experience these symptoms, please consult your doctor for possible worsening of heart failure/decompensation.

The advice provided should not replace that of Healthcare Professionals.

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