



## CHF WARNING SIGNS



**IT IS IMPORTANT TO MONITOR ALL YOUR SYMPTOMS ON A REGULAR BASIS.**

This document is a quick reminder of symptoms that you should look out for and what you should do if they occur.

### CALL FOR IMMEDIATE HELP IF YOU EXPERIENCE:

**Persistent chest pain** that is not relieved by nitroglycerin

**Severe and persistent shortness of breath**

**Fainting**

### INFORM YOUR DOCTOR OR NURSE AS SOON AS POSSIBLE IF YOU EXPERIENCE:

**Increasing shortness of breath** and tolerating less and less activity

**Consistently awakening short of breath**

**Needing more pillows to sleep comfortably**

**Rapid heart rate or worsening palpitations**

### DISCUSS WITH YOUR DOCTOR OR NURSE:

**Rapid weight gain** of more than 2 kilos (3 pounds) in three days

**Progressive swelling or pain in the abdomen**

**Increasing swelling of the legs or ankles**

**Worsening dizziness**

**Loss of appetite/nausea**

**Increasing fatigue**

**Worsening cough**

If you have any other symptoms that are causing you concern you should discuss them with your doctor or nurse.

**IN CASE OF EMERGENCY, CALL:**

*enter your doctor or nurse's name*

**Contact us to learn more about our rehabilitation program.**

**937-297-4300**

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