Keeping you Healthy

If you are suffering from Congestive Heart Failure (CHF), you are not alone.

What is CHF?
Congestive Heart Failure is a condition in which the heart works as a pump and does not meet the body’s needs. CHF happens when arteries that bring blood to the heart become narrow by a buildup of fat which is called plaque.

What are the symptoms of CHF?
You can have one or many heart failure symptoms, such as:
- Rapid weight gain
- Shortness of breath during exercise, rest or sleep
- Fatigue with a persistent cough
- Swelling in ankles or legs

If you experience any of these symptoms, call your doctor or nurse immediately.

Congestive heart failure is serious, but it can be managed at home by taking your medications as prescribed, planning your meals, avoiding foods high in sodium, exercising regularly, communicating with your healthcare team, and knowing the warning signs so that you can take early action.

Caring for seniors in your neighborhood since 2004.

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