

Managing Heart Failure

Be Heart SMART

Learning that your heart is not working well while you have cancer can be overwhelming. You have to take certain steps to maintain your heart function, but you can still live a full and rewarding life. Be heart SMART!



Remember to schedule an appointment with your doctor within 1 week of discharge.

Symptoms	<p>Call your doctor if you have any of the following symptoms:</p> <ul style="list-style-type: none"> • Trouble breathing or shortness of breath • Swelling in your abdomen, legs or feet • Racing heartbeat 	<ul style="list-style-type: none"> • Increased weakness or tiredness • Dizziness, lightheadedness or restlessness • Chest pain
Medicines	<ul style="list-style-type: none"> • Take your medicines at the same time every day as prescribed. • Do not skip doses, even if you do not feel well. 	<ul style="list-style-type: none"> • Do not stop taking your medicines without talking to your doctor or nurse. • Bring your medicines with you when you come for your clinic visits.
Activity	<ul style="list-style-type: none"> • Follow your doctor’s instructions about physical activity. • Set up an exercise plan that includes activities that you enjoy. 	<ul style="list-style-type: none"> • Stop and rest if you feel tired or short of breath. • Be active every day. Try taking the stairs or walking for short periods.
Regular Weight Monitoring	<ul style="list-style-type: none"> • Weigh yourself every morning at the same time, on the same scale, and with the same amount of clothing. 	<ul style="list-style-type: none"> • Call your doctor or nurse if you gain more than 2 pounds in 1 day for 2 consecutive days or more than 5 pounds in one week.
Toss the Salt Shaker	<ul style="list-style-type: none"> • Use salt sparingly, no more than 2 grams per day. • Read food labels so you will know how much salt is in the foods you eat. 	<ul style="list-style-type: none"> • Eat plenty of fresh fruits and vegetables (unless you have restrictions).