








## Learn About Heart Failure

Scan the QR codes to watch a video about each topic. To learn more, review the booklet about heart failure from the American Heart Association.

Topic	Scan QR Code for Video	Pages to Review in Booklet	Notes
What is heart failure?		4	
Heart Failure Warning Signs and Symptoms		4	
Ejection Fraction		7	
Medicines		8, 10	
Daily Weight		14, 40	
Salt/fluid intake and reading food labels		12, 15-25	
Where is sodium hiding in our food?			
Tips for Cooking Without Salt			
Salt Substitutes in Your Diet			
Staying Active		13, 28-29	
Stop Smoking		12, 30-31	
Self-check plan/When to call your doctor or 911		8, 14	

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8323