



STRONGER HEARTS HELPLINE: A RESOURCE FOR HEART FAILURE PATIENTS

HEART FAILURE AND ITS RISK FACTORS

The term heart failure is misleading. It does not mean the heart has failed. It means the heart is not pumping as well as it should.

You may be at risk for heart failure if you have high blood pressure, diabetes or coronary heart disease.

Unhealthy behaviors can also put a person at risk for heart disease. Such behaviors include:

- Smoking tobacco
- Eating foods high in fat, cholesterol, and salt
- Not getting enough physical activity

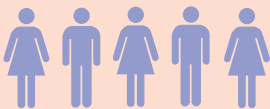
SIGNS AND SYMPTOMS OF HEART FAILURE

Common symptoms of heart failure include:

- Shortness of breath during daily activities
- Having trouble breathing when lying down
- Weight gain with swelling in the feet, legs, ankles, or stomach
- Generally feeling tired or weak

HOW TO TELL IF YOU HAVE HEART FAILURE

Only a doctor can tell you if you have heart failure. Talk to your doctor if you have any of these symptoms. If need help finding a doctor, call the Stronger Hearts Helpline at 2-1-1. The live operators will help you find a doctor and schedule an appointment.



1 OUT OF **5** seniors living in San Bernardino County have heart failure.

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