

# Who is the Patient with Heart Failure?

Think

**FACES**

Fatigue

Activities limited

Chest congestion

Edema or ankle swelling

Shortness of breath



See back for  
more symptoms

For more information, visit [www.abouthf.org](http://www.abouthf.org)

# Symptoms That May Signal Heart Failure<sup>1,2</sup>

## breathing difficulties

- Shortness of breath from walking stairs or simple activities (dyspnea)
- Trouble breathing when resting or lying down
- Waking up breathless at night (paroxysmal nocturnal dyspnea)
- Needing more than two pillows to sleep (orthopnea)

## fatigue/exercise intolerance

- Tiring easily
- Swelling of feet, ankles or legs (edema)
- General feeling of fatigue

## coughing

- Frequent coughing
- Coughing that produces mucus or pink, blood-tinged sputum
- Dry, hacking cough when lying flat in bed

These symptoms are common and may represent other diseases. If you experience any of these symptoms or face any of these risk factors, please consult your physician.

# Heart Failure Risk Factors

- High blood pressure
- Prior heart attack
- History of heart murmurs
- Enlarged heart
- Diabetes
- Family history of enlarged heart

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## REFERENCES

1. National Heart, Lung and Blood Institute website.
2. American Heart Association website, "New Heart Failure Guidelines Address Prevention and Progression."