

KEY INDICATORS OF Congestive Heart Failure (CHF)



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HEALTH CARE SYSTEM

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Congestive Heart Failure (CHF) is a complex medical condition with various symptoms that may manifest differently in individuals. If you observe any of the following indicators, it is crucial to seek immediate medical attention for a comprehensive evaluation and appropriate guidance on managing CHF.



Cardiovascular Changes:

Shortness of Breath (Dyspnea)

- ✓ Difficulty breathing, especially during physical activity or while lying down.
- ✓ Persistent coughing or wheezing, indicating potential fluid buildup in the lungs.

Swelling (Edema)

- ✓ Noticeable swelling in the legs, ankles, or abdomen.
- ✓ Sudden weight gain, often linked to fluid retention.

Fatigue

- ✓ Unexplained tiredness or weakness, even with minimal exertion.
- ✓ Feeling constantly fatigued, affecting daily activities.

Irregular Heartbeat (Arrhythmia)

- ✓ Palpitations or a sense of fluttering in the chest.
- ✓ Persistent rapid or irregular heartbeat.

Increased Heart Rate

- ✓ Elevated heart rate, especially at rest.
- ✓ The sensation of a racing heart.

A normal resting heart rate is typically between 60 and 100 beats per minute. In heart failure, an elevated resting heart rate may indicate increased stress on the heart. It's important to monitor and manage this based on individual patient factors.

Reduced Exercise Tolerance

- ✓ Inability to engage in physical activities as comfortably as before.
- ✓ Easily fatigued during exercise or daily tasks.

Persistent Coughing

- ✓ A chronic cough, possibly with pink or blood-tinged phlegm.
- ✓ Coughing that worsens when lying down.

Chest Discomfort

- ✓ Pain, pressure, or discomfort in the chest, often mistaken for indigestion.

Remember, early detection and management of CHF are essential for better outcomes. If you or someone you know experiences these symptoms, consult a healthcare professional promptly.

If you or someone dear to you has received a diagnosis of CHF and you're seeking answers or need more information about how Anova can provide support, please don't hesitate to reach out to us. We're here for you at 1-888-ANOVA-11 (266-8211)