

Heart Failure

With heart failure, also called congestive heart failure, the heart muscle is weakened and does not pump as strong as it should. The blood flow slows and fluid can build up in your lungs or other parts of your body. This does not mean that your heart has stopped pumping blood. Because heart failure does not go away, you will need to learn how to manage your condition.

Causes of Heart Failure

- Heart disease
- High blood pressure
- Heart valve problems
- Lung diseases
- An infection or virus
- Heavy alcohol or drug use
- Heart problems at birth
- Thyroid or kidney disease

Your Care

- Take your medicines as ordered by your doctor.
- Weigh yourself every morning at the same time. Keep a record of your daily weights.
- Limit salt or sodium in foods and drinks.
- Call your doctor for any of the signs listed below—do not delay calling.
- Pay attention to how you are feeling.
- Exercise each day, but rest as needed.
- Put your feet up to reduce ankle swelling.
- Keep your doctor appointments.

心力衰竭

心力衰竭也稱為充血性心臟衰竭，患病時心肌減弱，不能正常地強勁泵動。血流量減慢，液體可能在肺臟或身體其他部位積聚。這並不意味著您的心臟已經停止抽吸血液。因為心力衰竭不會消失，您需要學習如何處理您的病情。

心力衰竭的原因

- 心臟病
- 高血壓
- 心瓣膜問題
- 肺病
- 發炎或病毒
- 酗酒或吸毒
- 先天性心臟問題
- 甲狀腺或腎臟疾病

您的醫療

- 遵醫囑服用藥物。
- 每天早晨同一時間秤自己的體重。記錄您每日的體重。
- 限制飲食中的鹽或鈉。
- 如有任何以下症狀，請打電話給您的醫生-不要拖延打電話。
- 注意您的感覺如何。
- 每天運動，但酌情休息。
- 抬起雙腳以減少踝部腫脹。
- 按時赴醫生的約診。

Heart Failure. Traditional Chinese.

- Limit your daily liquids if ordered by your doctor.
- Lose weight if you are overweight.
- Stop smoking.
- Avoid alcohol.
- Get the flu vaccine each year. Talk to your doctor about the pneumonia vaccine.

Call your doctor **right away** if you:

- Gain 2 pounds or 1 kilogram in a day or 3-5 pounds or 1-2 kilograms in 5 days.
- Have swelling in your legs, feet, hands or abdomen or feel that your shoes, waistband or rings are tighter.
- Feel short of breath.
- Use more pillows when you sleep or need to sleep in a chair.
- Cough at night or have increased cough or chest congestion.
- Are more tired or weak.
- Have a poor appetite or nausea.
- Feel dizzy or confused.
- Urinate less often.

Call 911 **right away** if you:

- Feel short of breath even with rest
- Have chest pain, pressure or tightness
- Faint
- Have rapid, irregular heartbeats

Talk to your doctor or nurse if you have any questions or concerns.

- 如有醫囑，請限制您每日的液體攝取量。
- 如果您體重過量，請減肥。
- 戒煙。
- 避免飲酒。
- 每年接受流感疫苗。和您的醫生談一談肺炎疫苗的事。

如有以下症狀，請立刻打電話給您的醫生：

- 如果一天體重增加 2 磅或 1 公斤或 5 天增加 3-5 磅或 1-2 公斤。
- 腿、足、手或腹部腫脹或您的鞋子、腰帶或戒指比以前緊。
- 感到呼吸短促。
- 睡覺時用更多枕頭或需要在椅子中睡覺。
- 晚間咳嗽或咳嗽或胸部擠迫感加劇。
- 更加疲累或虛弱。
- 食慾差或噁心。
- 覺得暈眩或糊塗。
- 小便次數減少。

如有以下症狀，請立刻撥打 911：

- 甚至休息時也感到呼吸急促
- 胸痛、有壓迫感或氣悶
- 昏倒
- 心跳快且不規則

如果您有任何疑問或關注事項，請告知您的醫生或護士。

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