



# Do More for Your Heart Failure

With the right medical treatments, you can live a full, active life with heart failure. Depending on what your heart needs, you have options in addition to medication.

Talk to your doctor today and explore your options.

## Learn More

Here are some places you can go for more information about heart failure



[heart.org/heartfailure](https://heart.org/heartfailure)  
[cardiosmart.org/heartfailure](https://cardiosmart.org/heartfailure)



Scan QR code to talk  
with someone

These materials are not intended to replace your doctor's advice or information. For any questions or concerns you may have regarding the medical procedures, devices, and/or your personal health, please discuss these with your physician.

1. Warning signs of heart failure. American Heart Association website. <https://www.heart.org/en/health-topics/heart-failure/warning-signs-of-heart-failure>. Accessed January 18, 2021.

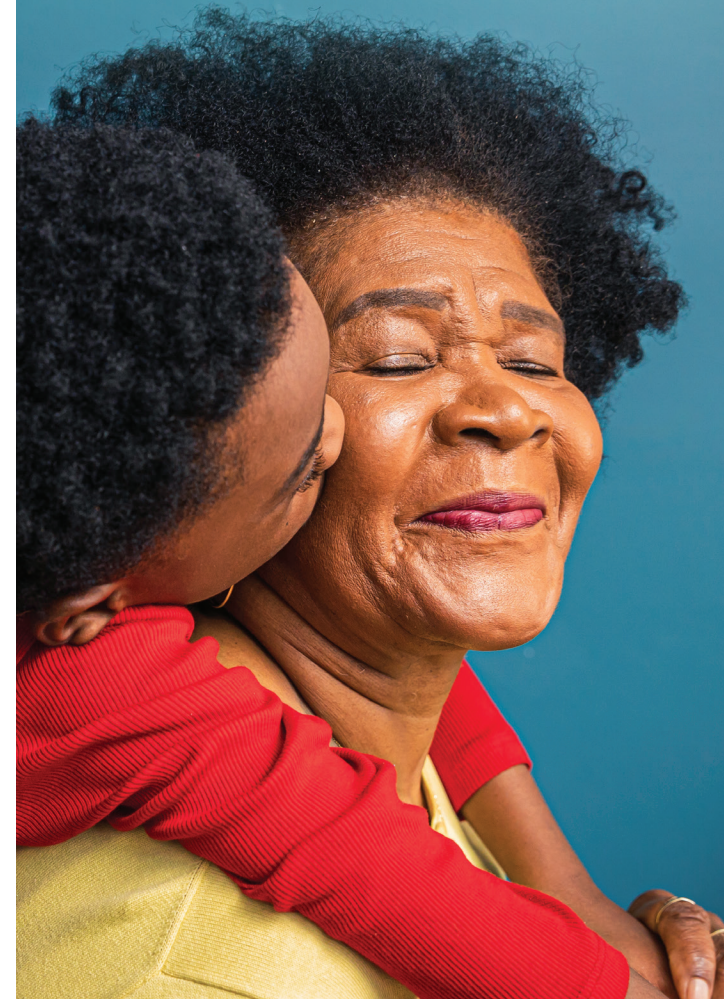
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## Learn More About Heart Failure

Take care of yourself now,  
for a healthier tomorrow



# What Is Heart Failure?



When your heart is unable to pump enough blood to meet your body's needs, you have heart failure.

Heart failure is a serious long-term condition with no known cure that can lead to hospitalization and other major health problems.

## Common Symptoms

Heart failure symptoms develop over time and may not be normal signs of daily life or aging. Check off your symptoms and talk to your doctor about them.<sup>1</sup>



Shortness of Breath



Decreased Energy



Swelling of Feet, Ankles, Legs



Lightheadedness



Faster Heart Rate



Frequent Coughing



Nausea



Weight Gain

## Managing Your Heart Failure

Taking your heart failure seriously is important.

**Here is how to start:**



Keep track of your symptoms



Stay active



Eat a healthy diet



Take your medication as directed



Write down questions for your doctor before your visit

Having regular check-ins with your doctor can help keep you healthier.