

Monitoring My Health

Keeping track of your health status is important to maintain a healthy heart and can help guide changes to your lifestyle or care plan.

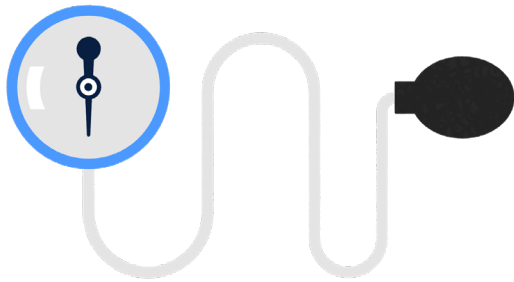
Name

Date

Doctor

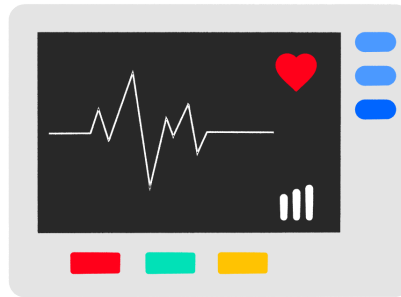
Contact

BLOOD PRESSURE



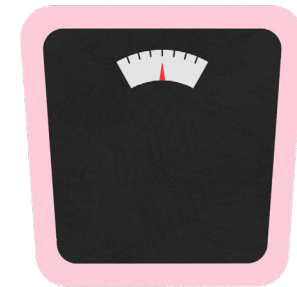
If your blood pressure is high, your heart has to work harder to circulate blood throughout your body. This extra effort can make your heart muscle too stiff or too weak to effectively pump blood.

HEART RATE



An abnormal or fast heart rate can mean your heart is trying to “make up for” a loss in pumping capacity, creating extra work for your heart. This could be a sign of new or worsening heart failure.

WEIGHT



Your weight is one way to tell if your heart failure is getting worse or if you need changes in your medication to control extra fluid in your body.

My normal blood pressure is between

/ and / mmHG

My normal heart rate is between

and beats/min

My normal weight is between

and lbs

If your blood pressure is consistently higher than mmHG* or lower than mmHG*, or you have a headache, or feel dizzy or faint, discuss this with your doctor or nurse.

If your heart rate is consistently higher than beats/min* or lower than beats/min*, or you have a headache, or feel dizzy or faint, discuss this with your doctor or nurse.

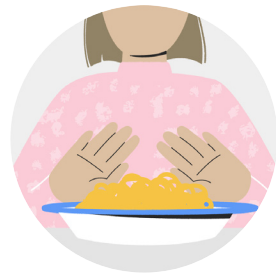
If your weight increases more than lbs* in a day or lbs* in a week then contact your doctor.

Symptom Checker

If you experience new or worsening heart failure, you may experience some of these symptoms. Contact your healthcare provider if any of the following occurs:



Increased **SHORTNESS OF BREATH**, especially when lying flat



BLOATING or loss of or **CHANGE IN APPETITE**



INCREASED URINATION at night



CONFUSION, impaired thinking, or feeling lightheaded



FATIGUE, loss of energy or extreme tiredness



COUGH OR COLD SYMPTOMS that last for longer than a week - chronic coughing or wheezing

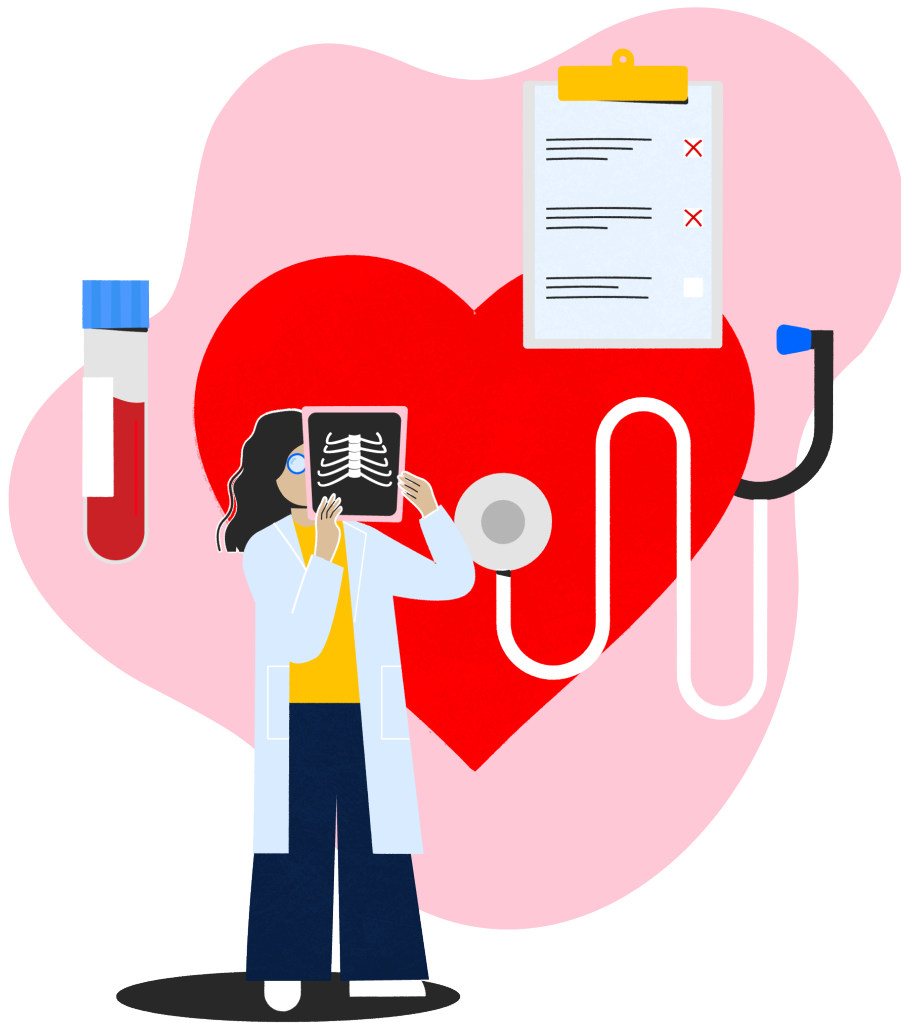


INCREASED SWELLING OF THE ANKLES, feet, legs, sacrum (base of the spine) or abdomen (stomach area)



SUDDEN GAIN of more than 1.5kg (3 pounds) over 1 to 2 days, or 2.5kg (5 pounds) in a single week

Tests you may have to diagnose and monitor heart failure include:



- **BLOOD TESTS** — to check whether there's anything in your blood that might indicate heart failure and to monitor your response to treatment, including side effects of medications
- **AN ELECTROCARDIOGRAM (ECG)** — this records the electrical activity of your heart to check for problems
- **AN ECHOCARDIOGRAM** — a type of ultrasound scan where sound waves are used to examine your heart and determine its pumping capacity
- **BREATHING TESTS** — you may be asked to blow into a tube to check whether a lung problem is contributing to your breathlessness; common tests included spirometry and a peak flow test
- **A CHEST X-RAY** — to check whether your heart's bigger than it should be, whether there's fluid in your lungs (a sign of heart failure), or whether a lung condition could be causing your symptoms
- **NUCLEAR SCAN** — to help measure your heart's pumping capacity and to determine whether blocked arteries are the cause of your symptoms.