

# YOUR HEART DESERVES A SECOND CHANCE — NOT A SECOND HOSPITAL STAY!

## WHY CHF PATIENTS RETURN TO THE HOSPITAL

Most CHF readmissions happen because symptoms worsen at home without monitoring. Fluid buildup, weight gain, and breathing changes escalate quickly when patients lack daily support.

## CHF CARE PREVENTION CHART

### COMMON TRIGGERS

#### SUDDEN WEIGHT GAIN

- 5+ lbs. in a week
- Clothes/shoes feel tighter

#### SHORTNESS OF BREATH AT REST

- Winded while sitting
- Harder to do simple tasks

#### SWELLING IN LEGS, ANKLES, OR ABDOMEN

- Heavy or tight legs
- Morning swelling

#### PERSISTENT OR HACKING COUGH

- Worse at night
- Doesn't improve



### WHAT YOU CAN DO AT HOME

#### PREVENTION

- Weigh yourself every morning.
- Track weight daily.
- Limit salty foods.
- Pace yourself and rest often.
- Take medications on time.
- Avoid extreme heat/cold.
- Elevate legs when sitting.
- Wear compression socks (if advised).
- Reduce salt/fluids as directed.
- Take medications exactly as prescribed.
- Avoid smoke and sick contacts.
- Keep air clean.

### HOME CARE HELPS YOU STAY SAFE

Our caregivers help CHF patients stay stable between appointments.

- Daily symptom checks
- Heart-healthy meals
- Medication reminders
- Help with bathing, dressing, & mobility
- Transportation to follow-up visits

If you or a loved one has CHF, call us today. Let us help keep your heart stronger, and keep you home where you belong.



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Home Care

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