



# Think heart failure (HF) if...

## You sleep on lots of pillows

HF may cause fluid to gather around the lungs. This can make it difficult to breathe, especially when lying down at night. People with HF usually find it easier to breathe if they sleep in a more upright position



## Think HF if:

## Everyday activities exhaust you

Normal activities (like climbing stairs and walking to the shops) can become very tiring for people with HF; they may adapt their normal routine in order to cope



## You suddenly gain weight

In people with HF, fluid build-up around the body can lead to rapid weight gain (2-3 kilograms in a couple of days)



## Your ankles are swollen

In people with HF, fluid build-up in the ankles or feet can make it hard to get your shoes on

Reference: Mosterd A, Hoes AW. Clinical epidemiology of heart failure. Heart. 2007 Sep;93(9):1137-46.



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