



Know the Facts: You can control your heart condition

What can I do to control my heart condition?

- Pay attention to how you feel. Watch for swelling in your feet, hands or stomach, or for shortness of breath. These are all signs that you may be retaining fluid. If you notice these signs, check with your healthcare provider. Early action could prevent a trip to the hospital.
- Check your weight everyday. Keeping track of your weight daily will show you how well your heart condition is controlled. An increase of 2-3 pounds in one day or other sudden weight gain may mean you are not getting rid of extra fluid. Notify your doctor immediately if you notice sudden weight gain.
- Take your medication exactly as instructed. The medicine you are prescribed can have different actions. You need to take it as ordered to have the best effect and to feel your best.
- Carefully lower the amount of salt in your diet. Avoid salty and processed foods. Pick fresh fruits, vegetables and whole grain products.
- Keep moving! Ask your healthcare provider for an exercise plan. Walking is a great way to start.
- Watch your weight. Being overweight makes your heart work harder. Call the **Healthy Together!** program toll-free at 1-888-545-1710 to speak with a Health Coach who can help you find a plan for getting to a healthy weight.
- Think healthy heart. If you smoke, QUIT. Also, avoid breathing second hand smoke. Drink alcohol in moderation, if at all. Alcohol and cigarette smoke can affect blood flow and muscle strength in your heart.

Source: The DASH Eating Plan. US Department of Health and Human Services, NIH, NHLBI



Controlling your heart condition is possible if you pay attention to your health and follow your doctor's instructions.

**Call 1-888-545-1710 to speak to a nurse 24-hours a day
or visit www.WYHealthyTogether.com**

Disclaimer: Information or education provided in this fact sheet is not intended to replace medical advice from your healthcare provider. The information provided on this fact sheet is not all-inclusive of this topic.

Healthy Together! is offered by the Wyoming Department of Health to all Wyoming EqualityCare clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health and assistance in coordinating care among multiple providers. **Healthy Together!** also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. **Healthy Together!** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.

