

# Heart Failure

With heart failure, also called congestive heart failure, the heart muscle is weakened and does not pump as strong as it should. The blood flow slows and fluid can build up in your lungs or other parts of your body. This does not mean that your heart has stopped pumping blood. Because heart failure does not go away, you will need to learn how to manage your condition.

## Causes of Heart Failure

- Heart disease
- High blood pressure
- Heart valve problems
- Lung diseases
- An infection or virus
- Heavy alcohol or drug use
- Heart problems at birth
- Thyroid or kidney disease

## Your Care

- Take your medicines as ordered by your doctor.
- Weigh yourself every morning at the same time. Keep a record of your daily weights.
- Limit salt or sodium in foods and drinks.
- Call your doctor for any of the signs listed below—do not delay calling.
- Pay attention to how you are feeling.
- Exercise each day, but rest as needed.
- Put your feet up to reduce ankle swelling.
- Keep your doctor appointments.
- Limit your daily liquids if ordered by your doctor.
- Lose weight if you are overweight.
- Stop smoking.
- Avoid alcohol.
- Get the flu vaccine each year. Talk to your doctor about the pneumonia vaccine.

# 心力衰竭

心力衰竭也称为充血性心脏衰竭，患病时心肌减弱，不能正常地强劲泵动。血流量减慢，液体可能在肺脏或身体其它部位积聚。这并不意味着您的心脏已经停止抽吸血液。因为心力衰竭不会消失，您需要学习如何处理您的病情。

## 心力衰竭的原因

- 心脏病
- 高血压
- 心瓣膜问题
- 肺病
- 发炎或病毒
- 酗酒或吸毒
- 先天性心脏问题
- 甲状腺或肾脏疾病

## 您的医疗

- 遵医嘱服用药物。
- 每天早晨同一时间称自己的体重。记录您每日的体重。
- 限制饮食中的盐或钠。
- 如有任何以下症状，请打电话给您的医生—不要拖延打电话。
- 注意您的感觉如何。
- 每天锻炼，但酌情休息。
- 抬起双脚以减少踝部肿胀。
- 按时赴医生的约诊。
- 如有医嘱，请限制您每日的液体摄取量。
- 如果您体重过量，请减肥。
- 戒烟。
- 避免饮酒。
- 每年接受流感疫苗。和您的医生谈一谈肺炎疫苗的事。

Call your doctor **right away** if you:

- Gain 2 pounds or 1 kilogram in a day or 3-5 pounds or 1-2 kilograms in 5 days.
- Have swelling in your legs, feet, hands or abdomen or feel that your shoes, waistband or rings are tighter.
- Feel short of breath.
- Use more pillows when you sleep or need to sleep in a chair.
- Cough at night or have increased cough or chest congestion.
- Are more tired or weak.
- Have a poor appetite or nausea.
- Feel dizzy or confused.
- Urinate less often.

Call 911 **right away** if you:

- Feel short of breath even with rest
- Have chest pain, pressure or tightness
- Faint
- Have rapid, irregular heartbeats

**Talk to your doctor or nurse if you have any questions or concerns.**

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如有以下症状，请**立刻**打电话给您的医生：

- 如果一天体重增加 2 磅或 1 公斤或 5 天增加 3-5 磅或 1-2 公斤。
- 腿、足、手或腹部肿胀或您的鞋子、腰带或戒指比以前紧。
- 感到呼吸短促。
- 睡觉时用更多枕头或需要在椅子中睡觉。
- 晚间咳嗽或咳嗽或胸部挤迫感加剧。
- 更加疲累或虚弱。
- 食欲差或恶心。
- 觉得晕眩或糊涂。
- 小便次数减少。

如有以下症状，请**立刻**拨打 911：

- 甚至休息时也感到呼吸急促
- 胸痛、有压迫感或气闷
- 昏倒
- 心跳快且不规则

**如果您有任何疑问或关注事宜，请告知您的医生或护士。**

Heart Failure. Simplified Chinese.

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