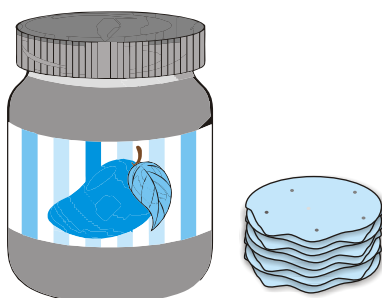


DO'S OF STANDARD LIFESTYLE MANAGEMENT OF HEART FAILURE

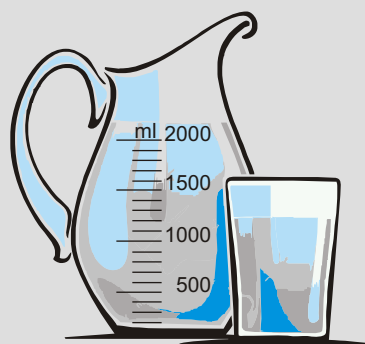
Dietary restriction of salt to 2-3 g daily



Restricted pickles/ papads/ packaged foods



Fluid restriction < 1.5 Litre /day



Smoking cessation



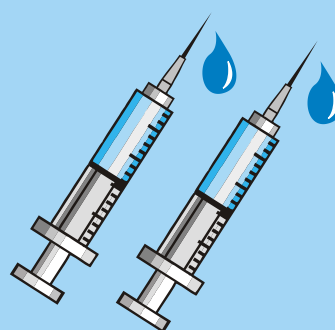
Ejection Fraction (EF) <30% talk to your doctor



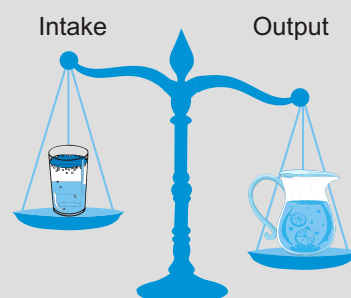
Annual influenza vaccination



Pneumococcal vaccination one time



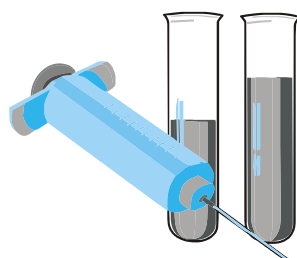
Fluid Intake < Urine output



ECG has a abnormality (wide QRS) talk to your doctor



Serum creatinine & potassium test once a month.



Should attempt to walk as much as you can- effortlessly



For more information please visit at www.draparnajaswal.com

Dr. Aparna Jaswal
Senior Consultant - Department of
Cardiac Pacing and Electrophysiology
M.B.B.S. (Gold Medalist),
M.D. (Medicine),
D.N.B. - Cardiology (Gold Medalist)
CCDS, FHRS, FACC
HRS - IBHRE, World Ambassador

Cardiology & ENT Center
A-2/95, Janakpuri, New Delhi - 110058
Timing: 6.30pm - 8.30pm (Monday to Saturday)
For Appointments: #+91 81307 62838
(9.00am - 5.00pm)

SYMPTOMS OF HEART FAILURE

Rapid weight gain of
1½ - 2 kgs within a week



Shortness of breath
while at rest



Increased swelling of
the lower limbs



Swelling of or pain
in the abdomen



Trouble sleeping



Frequent dry,
hacking cough



Loss of appetite



Increased fatigue



Psychological changes -
sadness such as depression



Dr. Aparna Jaswal
Senior Consultant - Department of
Cardiac Pacing and Electrophysiology
M.B.B.S. (Gold Medalist),
M.D. (Medicine),
D.N.B. - Cardiology (Gold Medalist)
CCDS, FHRS, FACC
HRS - IBHRE, World Ambassador

Cardiology & ENT Center

A-2/95, Janakpuri, New Delhi - 110058
Timing: 6.30pm - 8.30pm (Monday to Saturday)
For Appointments: #+91 81307 62838
(9.00am - 5.00pm)

DON'TS OF STANDARD LIFESTYLE MANAGEMENT OF HEART FAILURE



Dr. Aparna Jaswal
Senior Consultant - Department of
Cardiac Pacing and Electrophysiology
M.B.B.S. (Gold Medalist),
M.D. (Medicine),
D.N.B. - Cardiology (Gold Medalist)
CCDS, FHRS, FACC
HRS - IBHRE, World Ambassador

Cardiology & ENT Center
A-2/95, Janakpuri, New Delhi - 110058
Timing: 6.30pm - 8.30pm (Monday to Saturday)
For Appointments: #+91 81307 62838
(9.00am - 5.00pm)