



Touching Hearts & *Enriching Lives*



What is Congestive Heart Failure?

Congestive Heart Failure, or heart failure, is a condition in which the heart is unable to adequately pump blood throughout the body.

How Prevalent is CHF? Nearly 5 million people experience heart failure and about 550,000 new cases are diagnosed each year in the United States.

What are some symptoms of CHF?

- Fatigue and weakness
- Rapid or irregular heartbeat
- Shortness of breath
- Persistent cough or wheezing
- Swelling
- Sudden weight gain from fluid retention

What are some changes in symptoms to look for?

- Sudden weight gain—three or more pounds in one day, five or more pounds in one week.

AARN can help...

- Observation and Assessment
- Management and Evaluation
- Fluid Intake Education
- Weight Monitoring

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www.AARNHealth.com

We treat our patients like family

