## HEART FAILURE AWARENESS DAY





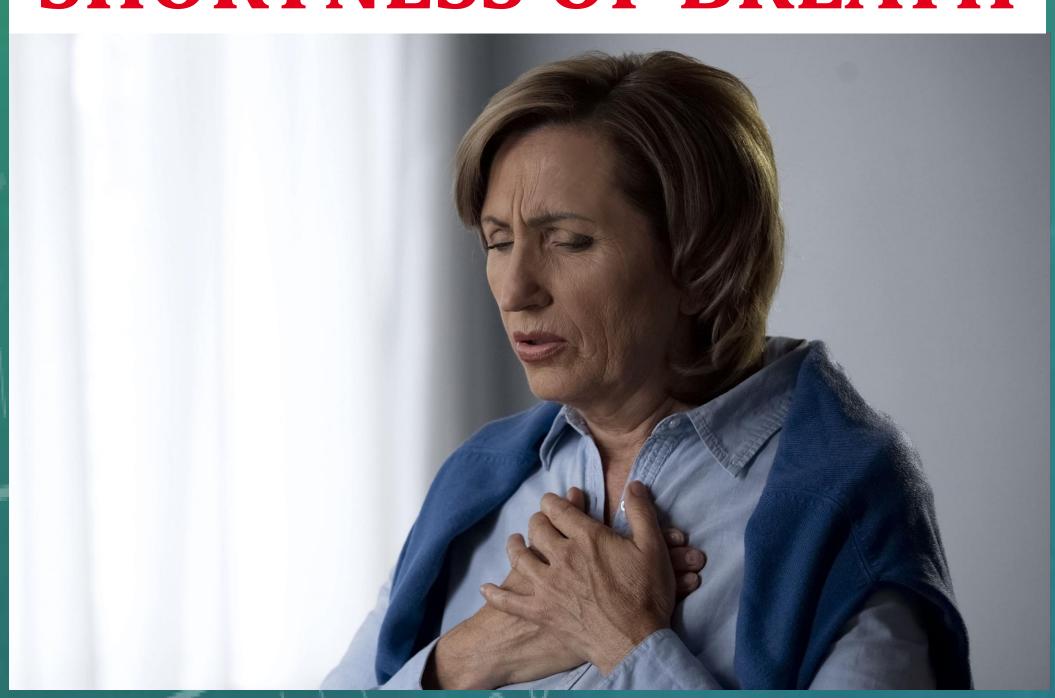
## What can cause heart failure?

- Heart attacks
- > Heart valve problems
- Excess alcohol
- > High Blood Pressure
- Diabetes
- Familial / Genetic

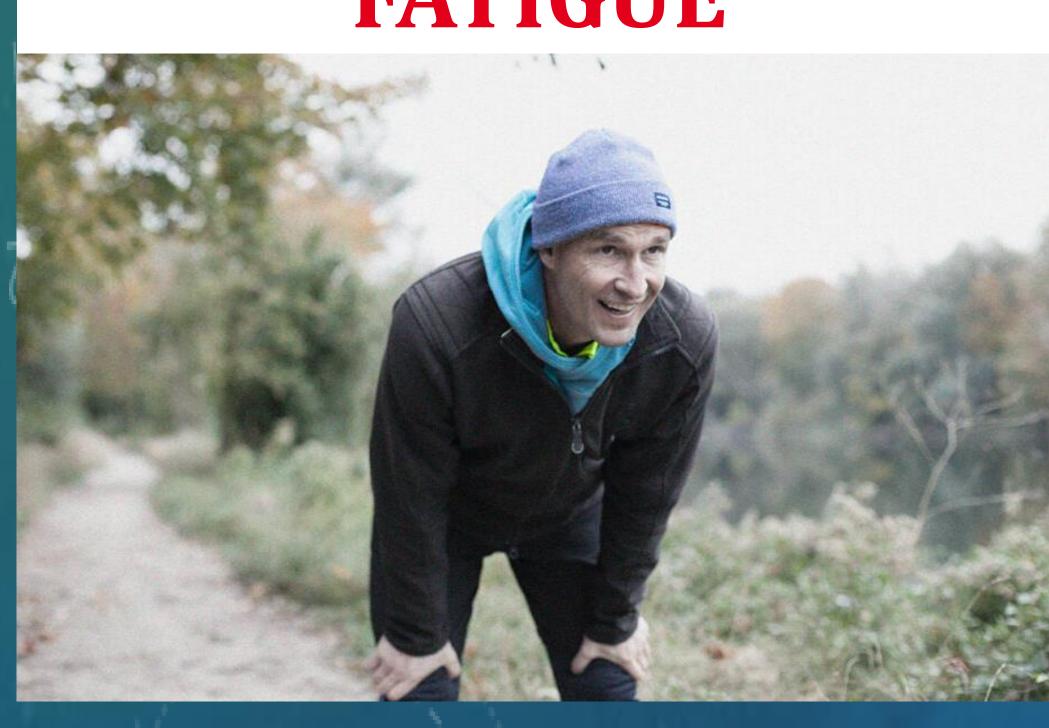


## CALL YOUR DOCTOR IF YOU SUFFER FROM





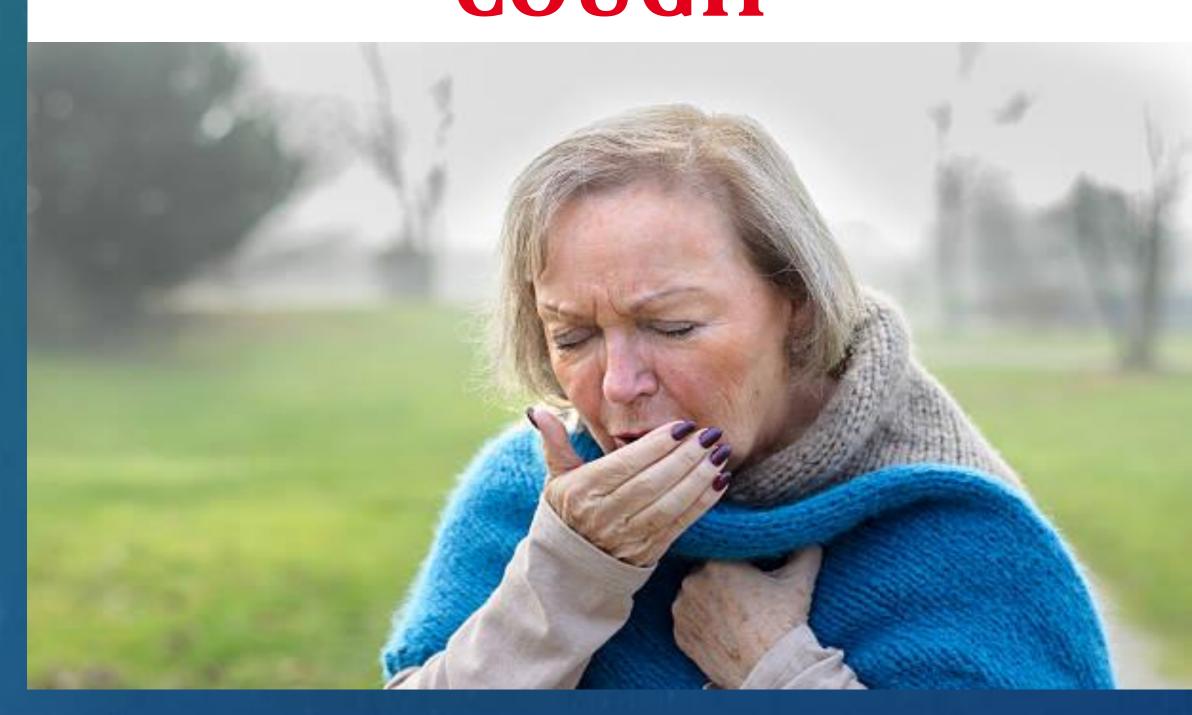
**FATIGUE** 



LEG SWELLING



COUGH



## LIFESTYLE CHANGES

Regular health checks

Monitor for weight gain



Healthy, balanced diet

Reduce salt intake

Regular Exercise