

HEART FAILURE AWARENESS DAY

Soċjeta' Maltija
tal-Qalb



Maltese Cardiac
Society



www.heartfailurematters.org

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

SHORTNESS OF BREATH



LEG SWELLING



FATIGUE



COUGH



LIFESTYLE CHANGES

Regular health checks

Monitor for weight gain



Healthy, balanced diet

Reduce salt intake

Regular Exercise