



# Heart Failure Awareness Days 2-8 May

**Please do not fail !  
Watch your step !**

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- Step 10:** diet
  - Step 9:** sport
  - Step 8:** reduce weight
  - step 7:** managing stress
  - Step 6:** give up smoking
  - Step 5:** control CV risk factors
  - Step 4:** moderate alcohol intake
  - Step 3:** medical ckeck-up
  - Step 2:** proper medication
  - Step 1:** reduce salt intake



**#HeartFailureAwarenessDay**

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