Hospital Universitario 12 de Octubre

SaludMadrid

HEART FAILURE AWARENESS DAYS

From 2 to 8 May 2022

Staying together inside a large community

The aim is to raise public awareness and educate patients about the importance of recognition of heart failure symptoms early, getting an accurate diagnosis and receiving optimal treatment

#HeartFailureAwarenessDay

01 RECOGNITION OF HEART FAILURE SYMPTOMS EARLY

02 ACCURATE DIAGNOSIS

03 OPTIMAL TREATMENT

10 TIPS TO PREVENT HEART FAILURE*

1. Perform physical exercise on a regular basis.
2. Do not smoke and avoid smoking areas.
3. Minimise the consumption of alcohol and other stimulants such a coffee, coke or tea.
4. Get under control your body weight based on your age or illnesses (if you have them).
5. Check your blood pressure and pulse regularly.
6. Have a balanced mediterranean diet, avoiding the consumption of fats and industrial pastries.
7. Drink around 1,5 to 2 liters of water per day, no more.
8. Minimise the salt in your meals.
9. Sleep at least 8 hours a day.
10. Anti-inflammatory medication must be avoided.

*Heart Failure Unit from Cardiology Service of Hospital Universitario 12 de Octubre recommendations.