

CONGESTIVE HEART FAILURE (CHF)

CALL YOUR DOCTOR IF YOU HAVE THE FOLLOWING DANGER SIGNALS

- Breathing becomes more difficult
- Coughing at night or new constant cough
- Your feet or ankles swell more than usual
- Shortness of breath when lying flat or causing you to wake up in the night
- Weight gain of 2 pounds in one day or 5 pounds in five days

Tell the receptionist

"I need to speak directly to a nurse right away"

Tell the nurse

"I have Congestive Heart Failure"

Keep your weight log and medication list updated
and bring them to every clinic visit.

(320) 589-1313 or (800) 993-7262



Stevens Community Medical Center ^{EOE}
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"Caring is our reason for being"