Heart Failure
Living Successfully with the Condition Close at Heart

Every day, we save lives by providing financial relief to needy patients, funding groundbreaking research and giving training to our medical specialists. This is why the support we receive is essential.

Make a donation and help us continue the fight for every heartbeat!

To make an online donation, log on to http://www.nuhcs.com.sg/make-a-gift.html

View patient education videos on NUHCS YouTube page!

AMBER ZONE NOT OK

- Call your case manager during office hours
- Consult a doctor within 24 hours

Seek medical treatment immediately if you experience:

- Shortness of breath at rest especially if accompanied with cold sweats
- Chest discomfort
- Dizziness
- Fainting (this is very serious)

RED ZONE GET HELP!

- Call 995 immediately
- Go to the nearest Emergency Department immediately
- See a doctor immediately

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Location

National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: 6779 5555  Fax: 6779 5678  Website: www.nuh.com.sg

Contact Information
National University Heart Centre, Singapore
1 Main Building of NUH
Opening Hours: 8.30 am - 5.30 pm (Monday - Friday)
Closed on Weekends & Public Holidays
Website: www.nuhcs.com.sg

Getting to NUH
Circle Line Kent Ridge MRT Station
Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.
Exit A: Right at the doorstep of National University Heart Centre, Singapore.
Exit B: Along South Buona Vista Road, which links to Singapore Science Park 1.
Exit C: Leads to NUH Medical Centre.

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Understanding heart failure
Heart failure refers to the condition where your heart does not pump enough blood to meet your body’s energy demands. Slow blood flow causes fluid to build up, causing heaviness and bloatedness. You may feel tired, your feet and ankles swell with extra fluid, and simple activities make you short of breath.

Heart failure with poor heart function

In heart failure with reduced ejection fraction, the heart size is typically enlarged, and contraction is weak. Heart attack is the most common cause of this condition. Pumping capability and efficiency of the left ventricle is abnormal.

Heart failure with preserved heart function

In heart failure with preserved ejection fraction, the heart size is typically normal or small, while contraction remains normal. Older women and hypertensives are typically prone to this condition, where relaxation of the left ventricle is abnormal.

How Do I Manage Heart Failure?

- Take your medication as prescribed faithfully
- Watch your salt intake
- Drink water to the amount prescribed, unless advised otherwise by your doctor
- Weigh yourself daily
- Identify early signs and symptoms of heart failure
- Balance physical activities/exercise and rest
- Follow up on your appointments with your doctor

Tips for Low Salt/Sodium Diet

- Choose fresh food rather than processed foods
- Avoid canned meat, fish, soup and preserved food products
- Avoid salty condiments and seasoning
- Choose foods with "no added salt", "unsalted" or "low sodium" label
- Choose unsalted food products or that have less than 120mg sodium

Tips to Control Fluid Intake

- Fill and drink from a 1.5 litre bottle or jug to help you limit your daily intake
- Spread the daily allowance of fluid throughout the day

Heart Failure Action Plan

- Your symptoms are under control
- Keep up the good work
- Continue to weigh yourself daily
- Continue to follow medical instructions

GREEN ZONE OK

- You are doing well when you experience
  - NO shortness of breath
  - NO weight gain
  - NO feet, ankle and leg swelling or stomach bloating
  - NO chest pain

Weigh yourself daily using the same machine

• Your symptoms are under control
• Keep up the good work
• Continue to weigh yourself daily
• Continue to follow medical instructions

Tips to Control Fluid Intake

- Fill and drink from a 1.5 litre bottle or jug to help you limit your daily intake
- Spread the daily allowance of fluid throughout the day