

**Contact your case manager or consult a doctor within 24 hours if you experience:**

- Increased breathing difficulty with activity
- Noticeable leg swelling or stomach bloating
- Sudden weight gain of more than 1kg per day
- Persistent night cough

**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

**Location**



**Contact Information**

**National University Heart Centre, Singapore**

NUH Main Building Zone F, Heart Clinic  
**Opening Hours:** 8.00 am - 5.30 pm (Monday - Friday)  
 Closed on Weekend & Public Holidays  
**Tel:** 6772 2002  
**Email:** [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)  
**Website:** [www.nuhcs.com.sg](http://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.

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek the advice of your doctor if you have any questions related to the surgery, your health or medical condition. Information is correct at time of printing (May 2021) and subject to revision without notice. Copyright® is held by the publisher. All rights reserved. Reproduction in whole or in parts without permission is strictly not allowed.



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To make a donation, log on to <https://www.giving.sg/nuhs-fund-limited/NUHCSHeartFund> or scan the QR code.



**Heart Failure**

Living Successfully with the Condition Close at Heart

Scan the QR code to view patient education videos on NUHCS YouTube channel!

STEP 01



Download a FREE QR Reader on your smartphone and scan the QR code.

STEP 02



The QR code will decode instantly. You'll be brought to [www.youtube.com/user/NUHCS](http://www.youtube.com/user/NUHCS)

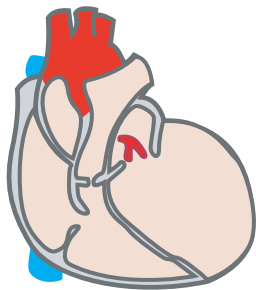


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## Understanding heart failure

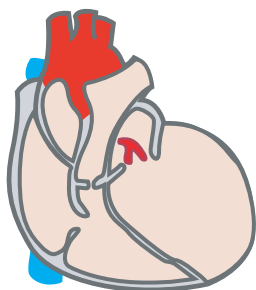
Heart failure refers to the condition where your heart does not pump enough blood to meet your body's energy demands. Slow blood flow causes fluid to build up, causing heaviness and bloatedness. You may feel tired, your feet and ankles swell with extra fluid, and simple activities make you short of breath.

### 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?



Weigh yourself daily using the same machine

- 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

### 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

### GREEN ZONE OK



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