

What is heart failure?

Heart failure, or congestive heart failure, means the heart can no longer pump blood efficiently. It does not mean the heart has stopped beating.



TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved. PS1121x205

This document is protected as privileged and business sensitive pursuant to FOIA Exemption 4 as a result of commercial and financial information contained herein.





## Ways to prevent heart failure:

- Don't smoke
- Control high blood pressure and diabetes
- Exercise
- Eat healthy foods
- Maintain a healthy weight
- Reduce and manage stress





2



## Symptoms include:

- Shortness of breath or trouble breathing
- Cough
- Swelling (edema)
- Rapid or irregular heartbeat
- Feeling weak or tired
- Dizziness, confusion, trouble concentrating, or fainting
- Rapid weight gain







If you have symptoms, see your doctor for diagnosis, treatment and instructions for care.







Looking for additional help with your heart failure?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: <u>www.tricare-west.com/go/DMFAQ</u>.



