

Heart Failure

With heart failure, also called congestive heart failure, the heart muscle is weakened and does not pump as strongly as it should. The blood flow slows and fluid can build up in your lungs or other parts of your body. This does not mean that your heart has stopped pumping blood. Because heart failure does not go away, you will need to learn how to manage your condition.

Causes of Heart Failure

- Heart disease
- High blood pressure
- Heart valve problems
- Lung diseases
- An infection or virus
- Heavy alcohol or drug use
- Heart problems at birth
- Thyroid or kidney disease

Your Care

- Take your medicines as ordered by your doctor.
- Weigh yourself every morning at the same time. Keep a record of your daily weights.
- Limit salt or sodium in foods and drinks.
- Call your doctor for any of the signs listed below—do not delay calling.
- Pay attention to how you are feeling.

Paghina ng Puso

Sa paghina ng puso, na tinatawag ring paninikip na paghina ng puso (congestive heart failure), ang kalamnan ng puso ay humihina at hindi makapagbomba nang sapat. Bumabagal ang daloy ng dugo at maaaring maipon ang likido sa inyong mga baga o ibang bahagi ng inyong katawan. Hindi ibig sabihin nito na tumigil na ang inyong puso sa pagbomba ng dugo. Dahil hindi nawawala ang paghina ng puso, kakailanganin ninyong pag-aralan kung paano pangangasiwaan ang inyong kondisyon.

Mga Sanhi ng Paghina ng Puso

- Sakit sa puso
- Mataas na presyon ng dugo
- Mga problema sa balbula ng puso
- Mga sakit sa baga
- Isang impeksyon o virus
- Sobrang alkohol/alak o paggamit ng droga
- Mga problema sa puso noong kayo ay isinilang
- Mga sakit sa tiroydeo (thyroid) o bato

Ang Inyong Pangangalaga

- Inumin ang inyong mga gamot ayon sa bilin ng inyong doktor.
- Timbangin ang inyong sarili tuwing umaga sa parehong oras. Gumawa ng talaan ng inyong mga timbang sa araw-araw.
- Limitahan ang dami ng asin o sodium sa pagkain at mga inumin.
- Tawagan ang inyong doktor para sa alinman sa mga palatandaan na nakalista sa ibaba—huwag patagalín ang pagtawag.
- Bigyang-pansin ang inyong nararamdaman.

Heart Failure. Tagalog.

- Exercise each day, but rest as needed.
- Put your feet up to reduce ankle swelling.
- Keep your doctor appointments.
- Lose weight if you are overweight.
- Stop smoking.
- Avoid alcohol.
- Get the flu vaccine each year. Talk to your doctor about the pneumonia vaccine.
- Limit your daily liquids if ordered by your doctor.

Call your doctor **right away** if you:

- Gain 2 pounds or 1 kilogram in a day or 3 to 5 pounds or 1 to 2 kilograms in 5 days.
- Have swelling in your legs, feet, hands or abdomen or feel that your shoes, waistband or rings are tighter.
- Feel short of breath.
- Use more pillows when you sleep or need to sleep in a chair.
- Cough at night or have increased cough or chest congestion.
- Are more tired or weak.
- Have a poor appetite or nausea.
- Feel dizzy or confused.
- Urinate less often.

- Mag-ehersisyo araw-araw, ngunit magpahinga kapag kailangan.
- Itaas ang inyong mga paa upang mabawasan ang pamamaga ng bukong-bukong.
- Pumunta sa mga inyong pakikipagtipan sa doktor.
- Magbawas ng timbang kung kayo ay sobrang bigat.
- Itigil ang paninigarilyo.
- Iwasan ang alkohol/alak.
- Magpabakuna laban sa trangkaso bawat taon. Kausapin ang inyong doktor tungkol sa bakuna sa pulmonya.
- Limitahan ang iniinom ninyong likido sa araw-araw kung ibinilin ito ng inyong doktor.

Tawagan **agad** ang inyong doktor kung kayo:

- Ay bumigat ng 2 libra (pounds) o 1 kilo sa isang araw o 3 hanggang 5 libra o 1 hanggang 2 kilo sa 5 araw.
- May pamamaga sa inyong mga binti, paa, kamay o tiyan o pakiramdam na sumikip ang inyong mga sapatos, baywang o mga singsing.
- Nakakaramdam ng paghabol sa hininga.
- Gumagamit ng mas maraming unan kapag natutulog o kinakailangang matulog sa isang upuan.
- Ay inuubo sa gabi o may lumalalang ubo o paninikip ng dibdib.
- Ay mas pagod o mahina.
- Ay walang ganang kumain o naduduwal.
- Ay nahihilo o nalilito.
- Dumadalang ang pag-ihi.

Call 911 **right away** if you:

- Feel short of breath even with rest
- Have chest pain, pressure or tightness
- Faint
- Have rapid, irregular heartbeats

Talk to your doctor or nurse if you have any questions or concerns.

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Tawagan **agad** ang 911 kung:

- Hinahabol ninyo ang hininga kahit nakapahinga
- Mayroon kayong sakit sa dibdib, bigat o paninikip
- Nahihimatay
- Mayroon kayong mabilis, hindi maayos na tibok ng puso

Kausapin ang inyong doktor o nars kung mayroon kayong mga katanungan o pag-aalala.

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