

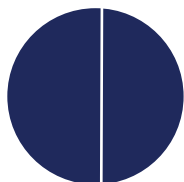
## for CHF Patients on Diuretics Hints for Health from Elara Caring



When you have a CHF diagnosis, you can be more sensitive to the summer heat and have increased swelling, resulting in the heart having to work harder to maintain a safe body temperature. Managing your congestive heart failure while on diuretics is vital due the increased risk of dehydration. It is important to be mindful of managing your health during the summer months to prevent complications or rehospitalizations.

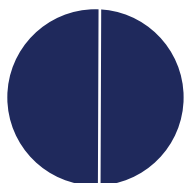
- Consume less salt to control thirst (look for low sodium items when grocery shopping).

## for CHF Patients on Diuretics



- 9 Headaches
- 9 Cool, moist skin
- 9 Dizziness and light-headedness
- 9 Weakness
- 9 Nausea and vomiting
- 9 Dark urine

If you experience these symptoms, move to a cooler place, stop exercising and cool down immediately by using cool wet cloths, compresses and fanning. Be sure to call your home health nurse and report these symptoms should they occur so they may provide further guidance.



- 9 Fever (temperature above 104° F)
- 9 Irrational behavior
- 9 Extreme confusion
- 9 Dry, hot and red skin
- 9 Rapid, shallow breathing
- 9 Rapid, weak pulse
- 9 Seizures
- 9 Unconsciousness

If you experience these symptoms call 911 or your local emergency number right away!

Do you have questions or concerns?