

SVMHS Celebrates Heart

 Salinas Valley Memorial Healthcare System



Love your heart.
We do.

What is Heart Failure?

A condition where the heart does not pump well.

If you have heart failure, your heart has not actually ‘failed’ or stopped beating. It just isn’t working as well as it should.

If you have the symptoms below, contact your doctor:

Tiredness, weakness, lightheadedness, dizziness, trouble breathing, racing heartbeat even while resting, swelling in your feet, ankles, legs or in your belly.

Coming soon to SVMHS:

Transitional care management of heart failure patients. An RN Transitional Care Manager will follow patients with the diagnosis of heart failure from the inpatient to the outpatient setting in order to assure follow-up and continuity of care.

We’ve earned AHA’s Gold Plus Award/Heart Failure!

www.svmh.com/heart



Lower your risk of getting Heart Failure:

- Stop smoking
- Reduce your salt intake
- If you have high blood pressure, it should be managed well
- Use alcohol only in moderation
- Exercise regularly and maintain a healthy weight