

# DO YOU SHOW ANY SIGNS OF HEART FAILURE?

Check off those that apply to you



SHORTNESS OF BREATH



SHORTNESS OF BREATH WHEN LYING DOWN



FATIGUE AND WEAKNESS



SWELLING IN THE ANKLES, LEGS, ABDOMEN OR BASE OF SPINE



SUDDEN WEIGHT INCREASE



LOSS OR CHANGE OF APPETITE



INCREASED URINATION AT NIGHT



COUGH THAT LASTS LONGER THAN A WEEK



UNABLE TO DO ACTIVITIES YOU USED TO DO

Talk to your doctor about any signs or symptoms you are experiencing.

Visit [MyHeartFailure.ca](https://www.myheartfailure.ca) for more information.