

Congestive Heart Failure (CHF)

is when the heart diminishes its capacity to pump enough blood. It can affect one or both sides of the heart. This decreased strength causes blood to move slower throughout the body, impeding oxygen and nutrients from fulfilling the body's demands.

The most common causes for CHF are coronary heart disease, high blood pressure and diabetes.



FOR MORE INFORMATION, talk with your doctor or call us at the **Beneficiary Services** center at:

1-844-336-3331
(TOLL FREE)

787-999-4411
TTY (HEARING IMPAIRED)

MONDAY TO FRIDAY FROM 7:00 A.M. TO 7:00 P.M.

You can also call us 24 hours, 7 days a week to the medical consulting line

HACIENDO CONTACTO:
1-844-337-3332
(TOLL FREE)

PLANVITALPR.COM

TTY: 711
(only deaf and hearing impaired's service)

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Congestive Heart Failure (CHF)



CHF STATISTICS

- It's most common in men ages 40 through 75.
- CHF is more frequent in people older than 65.
- 30% to 40% of people with this condition are hospitalized at least once a year.

WHAT ARE THE SYMPTOMS OF CHF?

- Weight gain in a short period of time which may be for fluid retention (2 or more pounds in a week)
- Inability to sleep
- Difficulty breathing
- Confusion
- Dizziness
- Chest pain
- Shortness of breath

RISK FACTORS

The most common causes of CHF are:

- Hypertension
- Diabetes
- Coronary heart diseases
- Alcohol consumption
- Thyroid problems
- Heart valve diseases
- Obesity
- Smoking
- Nutritional factors

TESTS AND TREATMENTS

There are various tests that evaluate the heart's function:

- **Blood test** – these identify the status of diverse chemical levels in your system.
- **Electrocardiogram (EKG)** – graphic register of the heart's electrical activity.
- **Echocardiogram** - study of the anatomy and function of the heart through moving images.
- **Chest X ray.**
- **Blood pressure test.**

At this time, there is no cure for congestive heart failure. However, people with CHF can live active lives if it is detected early on and they follow their treatment plans.

For most people with this condition, treatment includes medication to:

- Reduce symptoms
- Slow down the progress of the condition
- Improve capacity for physical activity
- Improve quality of life

Remember to take your medications as recommended by your physician. If you have any doubts on how to take them, ask your physician.

CONTROL AND PREVENTION

Prevention is key. Making lifestyle changes also contributes to the healthy management of CHF:

- Limit your daily sodium intake to no more than 2,400 mg.
- Do at least 30 minutes of physical activity, always consulting the type of activity you can do with your physician.
- Eat a healthy diet low on fat and rich in grains, fruits, vegetables, fiber, calcium, magnesium and potassium.
- Reduce your alcohol consumption.
- Control your blood pressure, cholesterol levels and, if you're diabetic, control your blood sugar levels.
- Limit your liquid consumption to prevent swelling.
- Weigh yourself every day to detect any fluid retention.
- Quit smoking.

