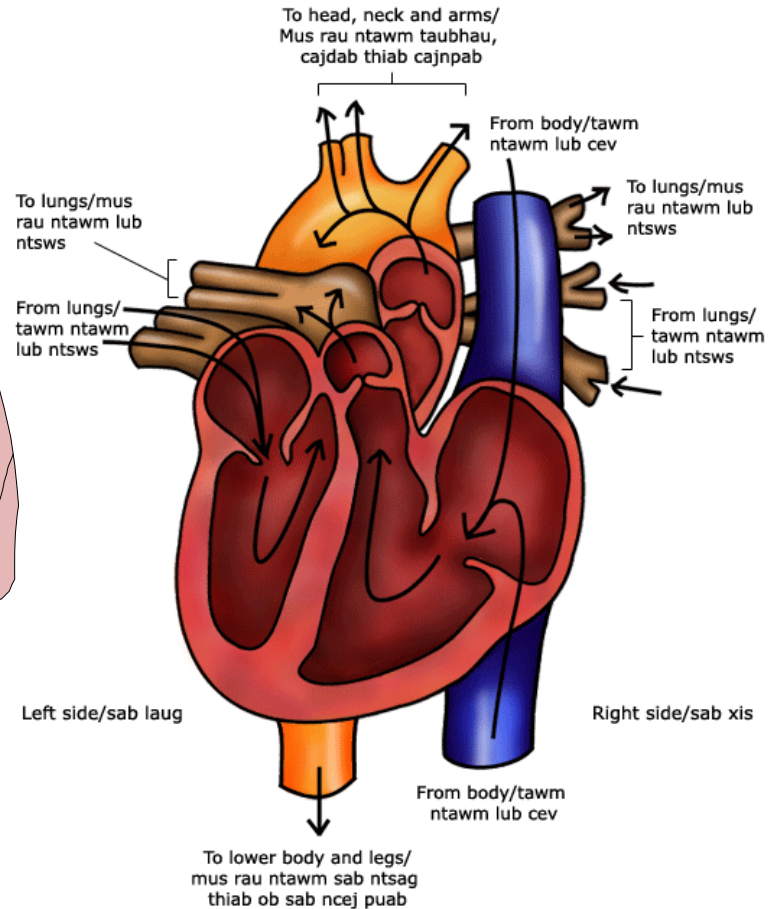
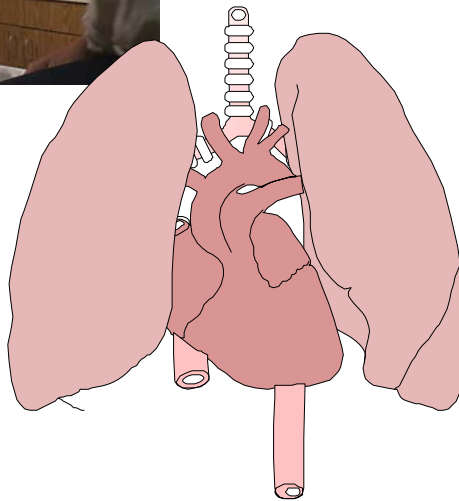


## Heart Failure

## Plawv tsis ua num

## Plawv tsis ua hauj lwm



With heart failure, also called congestive heart failure, the heart muscle is weakened and does not pump as strong 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

Lub plawv tsis ua num hu tau tas Congestive heart failure (lub plawv tsis muaj zug), cov leeg ntawm lub plawv tsis muaj zug hab tshuab tsis muaj zug le txhua txhua zaug.

Cov ntshaav yuav dlha qeeb hab huv lub ntsws los yog lub cev yuav tauv tau dlej tuaj. Qho nuav tsis tau txhais tas koj lub plawv nreg es tsis tshuab ntshaav lawm.

Yaam kws ua tsua koj lub plawv

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Yaam kws ua tsua koj lub

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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

### **Other causes of Heart Failure**

- 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.

tsis muaj zug nuav yuav tsis muaj hnuv ploj moog, koj yuav tsum tau moog kawm lug khu koj tej kev mob nuav.

### **Yaam kws ua tsua plawv tsis ua num**

- Kaab Mob plawv
- Ntshaav sab
- Teebmeem ntawm cov nplhuag (leeg) plawv
- Kaab Mob ntsws

### **Lwm yaam kws ua tsua plawv tsis ua num**

- Raug kab mob los yog kab mob virus
- Haus dlej cawv luaj thuam los yog siv tshuaj
- Muaj teebmeem ntawm lub plawv thaum nyaav yug lug.
- Mob qog thyroid los yog mob raum

### **Kev tus koj tug kheej**

- Yuav tsum noj koj tej tshuaj raws le koj tug kws khu mob tau has tseg.
- Luj koj tug kheej txhua txhua taag kig nyob tib lub sijhawm. Sau ca seb koj hnyaav npaum le cag txhua txhua nub koj luj koj tug kheej.
- Txu noj ntsev hab sodium hauv zaub mov hab dlej.
- Hu tsua koj tug kws khu mob yog tas koj muaj tej yaam mob nyob raws le nrag nuav. Tsis txhob tos hu moog tsua kws khu mob.

plawv tsis muaj zug nuav yuav tsis muaj hnuv ploj moog, koj yuav tsum tau moog kawm lug khu koj tej kev mob nuav.

### **Yaam kws ua tsua plawv tsis ua num**

- Kaab Mob plawv
- Ntshaav sab
- Teebmeem ntawm cov nplhuag (leeg) plawv
- Kaab Mob ntsws

### **Lwm yam uas ua rau plawv tsis ua hauj lwm**

- Raug kab mob los yog kab mob virus
- Haus dej cav luaj thuam los yog siv tshuaj
- Muaj teebmeem ntawm lub plawv thaum nyuam qhuav yug los
- Mob qog thyroid los yog mob raum

### **Kev tus koj tus kheej**

- Yuav tsum noj koj tej tshuaj raws li koj tus kws kho mob tau hais tseg.
- Luj koj tus kheej txhua txhua tag kis nyob rau tib lub sibhawm. Sua cia seb koj nyhav npaum li cas txhua hnuv koj luj koj tus kheej.
- Txo noj ntsev thiab sodium hauv zaub mov thiab dej.
- Hu rau koj tus kws kho mob yog tias koj muaj tej yam mob nyob raws li nram nov. tsis txhob tos hu rau koj tus kws kho mob.

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- Pay attention to how you are feeling.
- Exercise each day, but rest as needed.
- Put your feet up to reduce ankle swelling.
- Keep your doctor appointments.
- Limit your daily liquids if ordered by your doctor.
- Lose weight if you are overweight.
- Stop smoking.
- Avoid alcohol.
- Get the flu vaccine each year. Talk to your doctor about the pneumonia vaccine.
- Yuav tsum noog seb koj lub cev hloov le cag.
- Ua dlag zug ib nub twg, tab sis su yog tas koj xav su.
- Thaum nyob muab koj txhais taw tso kuam sab txhaj le yuav paab kuam tsis txhob o tuaj.
- Ncu ntsoov moog ntsib koj tug kws khu mob le tau teem tseg.
- Txu kev haus dlej yog tas koj tug kws khu mob tau txwv lawm.
- Yuav tsum ua dlag zug kuam yuag yog tas koj rog dlhau lawm.
- Txhob haus luam yeeb.
- Txwv tsis pub haus dlej cawv.
- Moog nkaug ntshuaj tiv thaiv khaub thuas los ntswg txhua txhua xyoo. Nrug koj tug kws khu mob thaam txug kev mob ntsws.
- Yuav tsum hmloog seb koj lub cev hloov li cas.
- Ua dag zog ib hnuv twg tab sis so yog tias koj xav so.
- Thaum zaum muab koj txhais taw tso kom siab thiaj li yuav pab kom tsis txhob o tuaj.
- Nco ntsoov mus ntsib koj tus kws kho mob li tau teem tseg.
- Txo kev haus dej yog tias koj tus kws kho mob tau txwv lawm.
- Yuav tsum ua dag zog kom yuag yog tias koj rog dhau lawm.
- Txho haus luam yeeb.
- Txwv tsis pub haus dej cawv.
- Mus nkaug ntshuaj tiv thaiv khaub thuas los yog ntswg txhua txhua xyoo. Nrog koj tus kws kho mob tham txug kev mob ntsws.

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

- Gain 2 pounds or 1 kilogram in a day or 3-5 pounds or 1-2 kilograms in 5 days.
- Have swelling in your legs, feet, hands or abdomen or feel that your shoes, waistband or rings are tighter.

Hu koj tug kws khu mob **tamsim hov** yog koj:

- Nce 2 phaus los yog 1 kis lus le ntawm ib nub twg los yog nce txug le 3-5 phaus los yog 1-2 kis lus li ntawm 5 nub twg.
- Ceg, tes, taw phob vog, los yog plaab, los yog noog zoo le koj txhais khau, siv tawv, los yog nplhaib tsi haum koj lawm.

Hu koj tus kws kho mob **tamsim ntawv** yog koj:

- Nce 2 phaus los yog 1 kis lus li ntawm ib hnuv twg los yog nce txog li 3-5 phaus los yog 1-2 kis lus li ntawm 5 hnuv twg.
- Ceg, tes, taw, phob vog, los yog plab, los yog hmloog zoo li koj txhais khau, siv tawv, los yog lub

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- 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.

- Ua paa yau zug tuaj- los yog ua paa nyuaj
- Siv ntau lub tog hauv ncoo thaum koj moog pw los yog xaav pw ntawm lub tog xwb.
- Nqug thaum tsaus ntuj los yog nqug heev heev tuaj hab txhaws ntswg.
- Nkeeg heev hab tsis muaj zug
- Tsis qaab lug noj mov hab xeev sab
- Kiv taub hau los yog tsis meej pem.
- Tso zis tsawg tshaaj txhua zag.

- nplhaib tsis haum koj lawm.
- Ua pa yau zog tuaj, los yog ua pa nyuaj
- Siv ntau lub tog hoob ncoo thaum mus pwb los yog xav pw ntawm lub tog xwb.
- Hnoos thaum tsaus ntuj los yog hnoos heev heev tuaj thiab txhaws ntswg.
- Nkees heev thiab tsis muaj zog.
- Tsis qab los noj mov thiab xeeb siab
- Kiv taub hau los yog tsis meej pem.
- Tso zis tsawg tshaj txhuaj zaus.

**Call 9-1-1 right away** if you:

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

**Hu rau 9-1-1 tam sim hov** yog tas koj:

- Noog zoo le twb su lawm los pheej tseem ua paa nyuaj.
- Mob ntawm xub nplhag, hnyaav los yog nruj nruj.
- Tsaus muag
- Tej zag lub plawv dlha nrawm heev los yog tej zag lub plawv dlha qeeb qeeb tsis zoo le txhua zag.

**Hu rau 9-1-1 tam sim ntwav** yog tias koj:

- Hmloog zoo li twb so lawm los tseem ua pa nyuaj
- Mob ntawm lub xub nthiag, hnyav los yog nruj nruj
- Tsaus muag
- Tej zaum mas lub plawv dhia nrawm heev hos tej zaum mas lub plawv dhia qeeb qeeb tsis zoo li txhia zaus.

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

**Nrug koj tug kws khu mob los yog tus nurse tham yog tas koj muaj lus nug los yog kev nyuaj sab.**

**Nrog koj tus kws kho mob los yog tus nurse tham yog tias koj muaj lus noog los yog kev nyuaj siab.**

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