

Heart Failure

With heart failure, also called congestive heart failure, the heart muscle is weakened and does not pump as strongly 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 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
- 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.
- Pay attention to how you are feeling.

Zatajenje srca

Kod srčanog zatajenja, takođe zvanog i kongestivno zatajenje srca, srčani mišić je oslabljen i ne pumpa dovoljno snažno kao što bi trebalo. Krvotok se usporava i može doći do nakupljanja tečnosti u Vašim plućima ili drugim dijelovima tijela. To ne znači da je Vaše srce prestalo pumpati krv. Pošto zatajenje srca nije bolest koja nestane, morate naučiti kako kontrolisati svoje stanje.

Uzroci zatajenja srca

- Oboljenje srca
- Visok krvni pritisak
- Problemi sa srčanim zaliskom
- Plućna oboljenja
- Infekcija ili virus
- Prekomjerno uzimanje alkohola ili narkotika
- Srčani problemi pri porodu
- Bolest štitnjače ili bubrega

Vaša njega

- Uzimajte lijekove kako ih je propisao Vaš doktor.
- Izvažite se svako jutro u isto vrijeme. Bilježite težinu svakodnevno.
- Ograničite so ili natrij u ishrani i piću.
- Pozovite svog doktora zbog bilo kojeg od dole navedenih simptoma – ne odgađajte poziv.
- Obratite pažnju na to kako se osjećate.

- Exercise each day, but rest as needed.
- Put your feet up to reduce ankle swelling.
- Keep your doctor appointments.
- Lose weight if you are overweight.
- Stop smoking.
- Avoid alcohol.
- Get the flu vaccine each year. Talk to your doctor about the pneumonia vaccine.
- Limit your daily liquids if ordered by your doctor.

Call your doctor right away if you:

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

- Vježbajte svaki dan, ali se po potrebi odmarajte.
- Podignite noge radi smanjivanja oticanja zglobova.
- Idite na zakazane preglede kod doktora.
- Smršajte ako ste prekomjerne težine.
- Prestanite pušiti.
- Izbjegavajte alkohol.
- Svake godine se vakcinišite protiv gripe. Razgovarajte sa svojim doktorom o vakcini protiv upale pluća.
- Ograničite dnevni unos tečnosti ako je tako propisao ljekar.

Odmah pozovite svog doktora:

- ako dobijete 2 libre ili 1 kilogram za dan ili 3 do 5 libri, odnosno 1-2 kilograma za 5 dana.
- ako Vam otiču noge, stopala, ruke ili abdomen, ili ako osjećate da su Vam cipele, kaiš ili prsten postali tijesni.
- ako osjećate nedostatak daha.
- ako koristite više jastuka kad spavate ili morate spavati na stolici.
- ako noću kašljete ili imate pojačan kašalj ili začepljenje pluća.
- ako ste više umorni ili malaksali.
- ako imate loš apetit ili mučninu.
- ako osjećate vrtoglavicu ili zbunjenost.
- ako rjeđe mokrite.

Call 911 right away if you:

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

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

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Odmah pozovite 911 (hitnu pomoć):

- ako osjećate nedostatak daha čak i prilikom odmaranja
- ako osjećate bolove u prsima, pritisak ili stezanje
- ako se onesvjestite
- ako imate ubrzane, nepravilne otkucaje srca

Posavjetujte sa svojim ljekarom ili medicinskom sestrom ako ste u bilo kakvoj dilemi ili ako imate pitanja.

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Heart Failure. Bosnian.