

Patsy: Living with Heart Failure

“Well, I don’t have a lot of energy for getting out. My ejection fraction is very low. The normal person is about sixty/sixty-five. Mine is seventeen.”

“There are days that I feel better than others. When I’m working here in the house, I’ll wash-- put the clothes on to wash or clean up, and then I’ll have to sit down and rest.”

“It’s a different life. It’s just a different way of doing things. It’s not as fast as I used to be.”

“You have to compare the food labels, fruits, vegetables, grill fruit, grill your meats. We grill out, cook out on the grill lots.”

“If you eat bad and I do sometimes, eat bad, then yeah, you can tell. You can feel the fluid, retain the fluid, and it makes it-- makes me more short of breath and my feet will swell.”

“I weigh myself every day and if there’s a big change, you can certainly tell the difference. You can tell if it drop-- goes up a pound or two, you think, “This-- that’s not right, I didn’t eat that much.” If it’s a noticeably amount of weight gain and, like, overnight, then I have to call the doctor.”

“If you can’t talk to your doctor, if you can’t get in touch with them, then you don’t need that doctor. If you’re sick enough to call a doctor or you’re scared or you’re hurting, you need to talk to somebody.”

“It gets better. It gets better. It’s just something you have to accept, that it’s a different lifestyle, a different way of life, but it’s still good. It’s still good. And, still can have lots of good happy years and fun times.”