

# When to Call the Doctor: Heart Failure

How you feel from day to day can tell you a lot about your heart failure. New or worsening symptoms could mean your care plan needs to be changed.

So pay attention to how you feel every day. Call your doctor, or healthcare provider, if:

- 1: You feel out of breath more than usual, wake up short of breath, or have trouble breathing while lying down.
- 2: You suddenly gain weight—more than 2 to 3 pounds in 24 hours or more than 5 pounds in a week.
- 3: You have new or more swelling in your legs, ankles, or abdomen.
- 4: You have a fast or irregular heartbeat.
- 5: You notice other changes like coughing, wheezing, feeling very tired, or losing your appetite.

But call 911 right away if you have: chest pain; shortness of breath at rest; sudden weakness or trouble moving your face, arms or legs; or dizziness, confusion, or fainting.

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You suddenly gain weight.

You have new or more swelling in your legs, ankles, or abdomen.

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