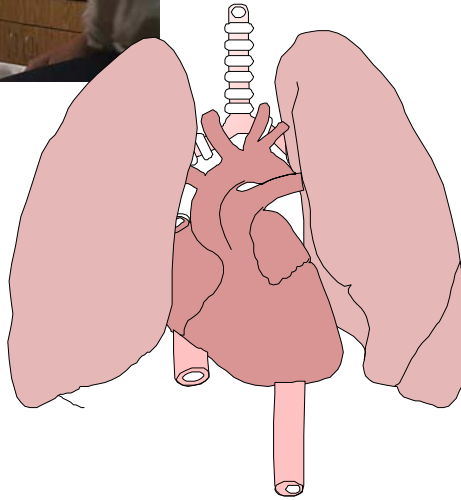


Heart Failure



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 go away, you will need to learn how to manage your condition.

Causes of Heart Failure

- Heart disease

Plawv tsis ua num

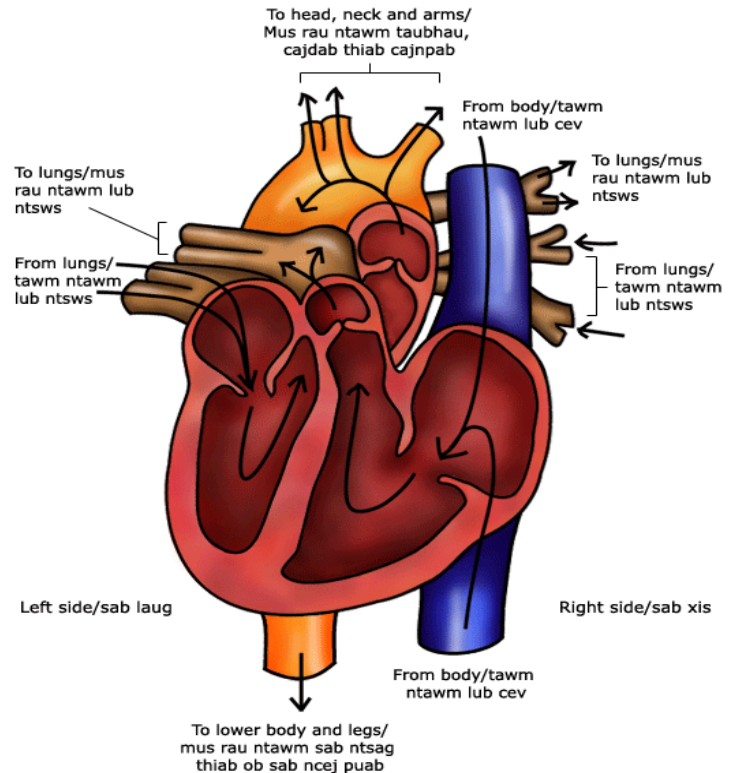
Lub plawv tsis ua num hu tau tas Congestive heart failure (lub plawv tsis muaj zug), cov leeg ntawm lub plawv tsis muaj zug hab tshuab tsis muaj zug le txhua txhua zaug.

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 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

Plawv tsis ua hauj lwm



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Yaam kws ua tsua plawv tsis ua num

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- 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.
- Pay attention to how you are feeling.
- Exercise each day, but rest as needed.
- Put your feet up to reduce

- 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.
- 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

- 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.
- 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

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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.

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.
- 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

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.

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.
- 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

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 txog kev mob ntsws.

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 nplhaib tsis haum koj lawm.
- Ua pa yau zog tuaj, los yog ua pa nyuaj
- Siv ntau lub tog hoob ncoo thaum mus pw 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.

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- Have a poor appetite or nausea.
- Feel dizzy or confused.
- Urinate less often.

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

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

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- Tsis qaab lug noj mov hab xeev sab
- Kiv taub hau los yog tsis meej pem.
- Tso zis tsawg tshaj txhua zag.

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.

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

Cov Txaj ntsig: 2008. tsim lug ntawm kev sib koom ua ke ntawm The Ohio State University Medical Center, Mount Carmel Health hab Ohio Health, Columbus, Ohio. Aaskiv hab lwm hom lug muaj rua txhua tug siv tau yaam tsi muaj txwv dlaab tsi lug ntawm www.healthinfotranslations.com. Txhais ua lug Moob Ntsuab lug ntawm Koomhum Moob Wausau. Tsim rua web lug ntawm Healthy Roads Media ©2008. Muaj rua suav dlawg siv nyob huv www.hmonghealth.org hab www.healthyroadsmedia.org. Pub luam coj moog siv qha dlawb rua lwm tug tau. Pub luam coj moog siv qha dlawb rua lwm tug tau.

- Tsis qab los noj mov thiab xeeb siab
- Kiv taub hau los yog tsis meej pem.
- Tso zis tsawg tshaj txhua zag.

Hu rau 9-1-1 tam sim ntawv 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.

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

Cov txiaj ntsim: 2008 tsim los ntawm kev sib koom ua ke ntawm The Ohio State University Medical Center, Mount Carmel Health thiab Ohio Health, Columbus, Ohio. Askiv thiab lwm hom lus muaj rau txhua tus siv tau yam tsis muaj txwv dab tsi los ntawm www.healthinfotranslations.com. Txhais ua lus Hmoob Dawb los ntawm Kooshaum Hmoob Wausau, noog ua lus Hmoob Ntsuab. Tsim rau web los ntawm Healthy Roads Media ©2008. Muaj rau sawv daws siv nyob huv www.hmonghealth.org thiab www.healthyroadsmedia.org. Pub luam coj mus siv qhia dawb rau lwm tus tau.

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