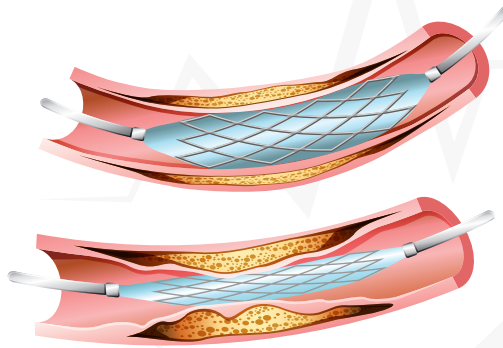


## Tests required to assess your heart function



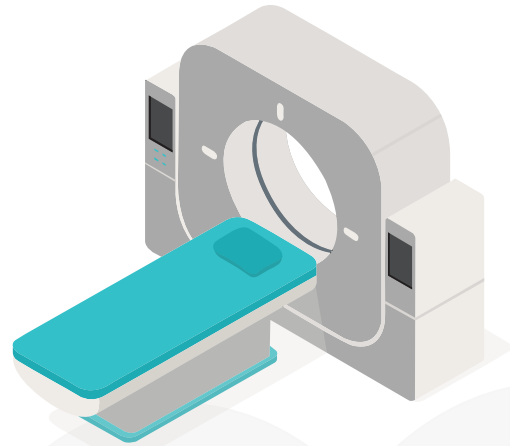
- **Echocardiogram:** Sound waves are used to produce images of your heart.



- **Cardiac catheterization:** A thin plastic tube (catheter) is inserted to take an image of the heart.



- **Cardiac Magnetic Resonance Imaging (MRI):** Magnetic fields and radio waves are used to create cross-sectional images of the heart.



- **Cardiac Computerized tomography (CT):** X-rays are used to create cross-sectional images of the heart.



- **Cardiac Stress Test:** A cardiological test measures the heart's ability to respond to external stress in a controlled clinical environment.

## Tests required to assess your heart function



Maintain a strong relationship with your healthcare professional.



Strongly monitor the signs/symptoms and immediately discuss it with your doctor get treatment accordingly.



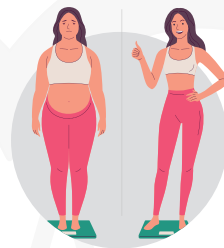
Take medication as prescribed.



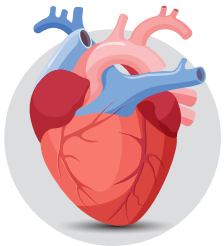
Limit sodium (salt) usage.



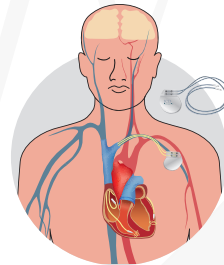
Perform exercise regularly.



Maintain body weight (weigh yourself daily)



Manage the other health-related condition that can worsen the heart failure.



Possible to use pacemaker or defibrillator in extrem medical condition.



Take healthy food.

**Note:** Heart failure is a persistent heart disease that can't be cured, but treatment can be used to control the signs and symptoms of the disease for many years. Your healthcare professional may advise you on one or more of the aforesaid treatment options such as; lifestyle changes, medications, device implantation, and surgery.

Your treatment plan will depend upon the type of heart failure, its severity, and especially your goals and seriousness in addressing the symptoms of this life-threatening disease. Suitable and effective treatment can help you feel better, live longer, and stay away from the hospital



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