



What is Heart Failure?

Heart failure is when the heart is unable to pump enough blood to the rest of your body.

- There are different types of heart failure.
- It is a serious condition that needs to be managed by your doctor.

Here Are Some Resources For You!

Websites:

The Heart Failure Association of America

www.hfsa.org

The American Heart Association

www.heart.org

The American Lung Association

www.lung.org

Group Meetings:

The Teer House

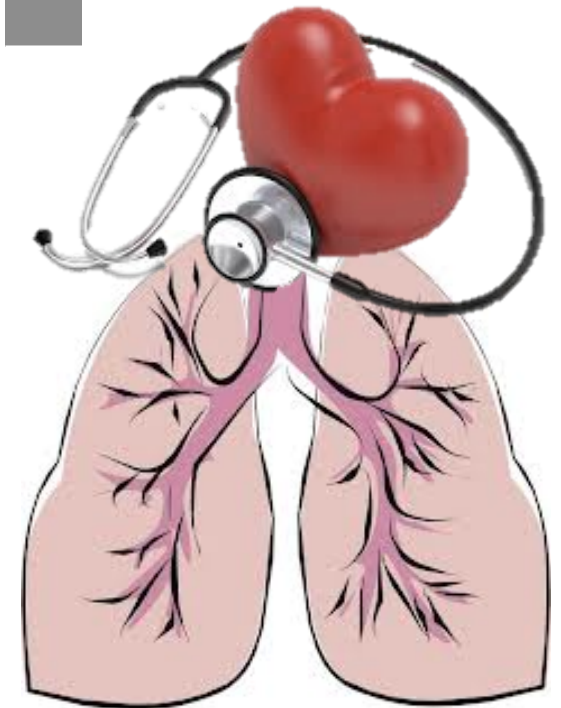
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Living with COPD & Heart Failure



Before & After Lung Transplant

What is COPD?

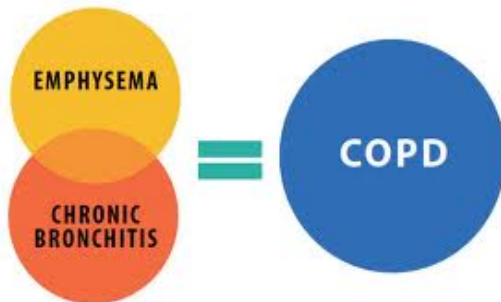
Chronic Obstructive Pulmonary Disease

COPD makes it difficult for you to breathe.

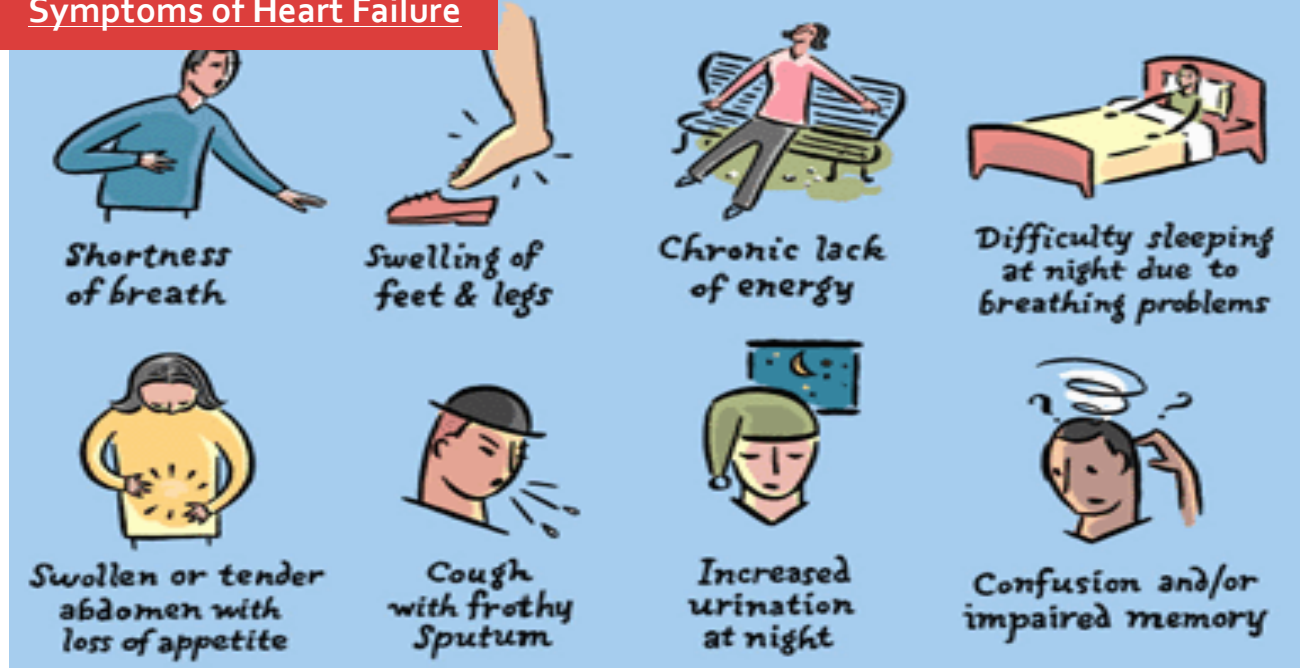
It includes both:

- **Chronic Bronchitis**- a long-term cough with mucus
- **Emphysema**- swelling and damage to the lungs

➤ This is a serious condition that should be managed by your doctor.



Symptoms of Heart Failure



Before AND After Your Lung Transplant

- Tip 1: STOP SMOKING
- Tip 2: Take your medications as directed
- Tip 3: Weigh yourself daily
- Tip 4: Eat foods low in salt
- Tip 5: Write down your symptoms
- Tip 6: Be physically active
- Tip 7: Talk to your doctors!

Benefits of Physical Therapy

BEFORE and AFTER your lung transplant:

- Improves your breathing
- Helps you to get stronger
- Keeps you more active
- Prevents complications
- Makes daily activities easier
- Teaches you how to be safe and healthy
- They can answer any of your questions!