Managing heart failure:  
*Information for patients and families*

This packet contains important information about managing your heart failure. In this packet, you will find:

- **Basic information on heart failure**, including a log you can use to monitor your condition
- Information on following a **sodium restricted diet**
- Information on how to **exercise safely** with heart failure
- Information on how to **quit smoking**

Please talk with your health care provider about this information, and about any questions you may have.

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