

YOU ARE IN THE DRIVER'S SEAT TRAVELING THE ROAD TO A **HEALTHIER HEART**

Obey the Traffic Signals EVERY morning, afternoon and night



OK

You are OK right now if:

1. You did all five items on the checklist to the right.
2. You have no new shortness of breath.
3. You checked your feet, ankles, and knees. You have no new swelling.
4. You have no weight gain.
5. You are able to maintain whatever your normal activity is.

Good News!

CHECKLIST

1. Take all your medications.
2. Weigh yourself.
3. Enter weight on your Healthy Heart calendar.
4. Follow your prescribed diet, (no cheating).
5. Check to see what medical appointments you have and keep them.



CAUTION

Call your physician's office for further advice if you have ANY of these symptoms:

1. Weight gain of two or more pounds in any one day or
2. Weight gain of five or over in a five-day period.
3. Dry or Moist Hacking Cough.
4. More swelling of feet, ankles, legs or stomach.
5. Hard to breath when lying down, so you need more pillows to sleep or you need to sleep sitting up in a chair.

Doctor's Phone Number: _____



URGENT!

Call 911 and then your Doctor IMMEDIATELY if there is any:

1. Uncontrollable shortness of breath while sitting still.
2. Continual difficulty breathing.
3. Wheezing or tightness in the chest, even at rest.
4. Pain in the chest.
5. Feeling confused and not able to think clearly.



**Good Samaritan Hospital
Medical Center**
Catholic Health Services
At the heart of health

FOR CAREGIVERS:

PLEASE CALL YOUR
LOVED ONE DAILY
TO MAKE SURE THEY ARE
IN THE “GREEN”
AND USING THE
GREEN CHECK LIST

TIPS:

Have a copy of this “Healthier Heart Stop Light” with you when you call

Take a photo of it on your cell phone for easy referral

Have your loved one’s doctor’s phone number in your cell phone

Go to the hospital website - good-samaritan-hospital.org and scroll to the button and click on “Healthier Heart Stop Light” for beneficial information regarding congestive heart failure.



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