1. Heart failure can be cured with the proper medication.
   - True
   - False

   Answer: False

   Heart failure is a chronic condition that you will have the rest of your life. Proper treatment can make your heart stronger and control your symptoms.

2. Which of the following can you do to help control your Heart Failure? (Check all that apply)
   - Weigh yourself daily.
   - Eat less sodium.
   - Stop smoking
   - Being physically active.

   Answer: All of these are things you should do and will help you to take charge of your Heart Failure.

3. It is okay to stop taking your medicine as long as you are not having heart failure symptoms.
   - True
   - False

   Answer: False

   You should take your medications exactly as prescribed and should never stop taking medications without consulting with your doctor.

4. Getting the flu or pneumonia can worsen your heart failure symptoms.
   - True
   - False
Answer: True

Getting sick increases the amount of work that your heart already has to do, therefore causing you to have heart failure symptoms.

5. I should call my doctor if I have gained ______ lbs in 3 days.
   a. 2 lbs.
   b. 5 lbs.
   c. 1 lbs.
   d. 3 lbs.

Answer: b. 5 lbs.

6. You can weigh yourself at any time of day as long as you do it every day.
   □ True
   □ False

Answer: False

It is important to get your dry weight. You do this by weighing yourself as soon as you wake in the morning after you have emptied your bladder.

7. Which of the following are early warnings sign of heart failure? (check all that apply)
   □ Swelling in your feet.
   □ Difficulty breathing lying down.
   □ Feeling more tired than usual.
   □ Headaches

Answer: All of these are early warning signs of heart failure except headaches. Headaches are not a typical sign of heart failure.