

Care Gram

Diastolic Heart Failure

What Is Diastolic Heart Failure?

Diastolic heart failure occurs when the bottom part of your heart becomes stiff. This “stiffness” makes it harder for the heart to receive blood back from the body. As a result, blood backs up, causing your lungs to fill with fluid. The fluid in your lungs (pulmonary edema) causes you to feel short of breath and only can be resolved by medical treatment. High salt diets and uncontrolled blood pressure can make diastolic heart failure worse.

Important Phone Numbers:

Heart Failure Clinic: (220) 564-4177

My doctor: _____

Signs and Symptoms of Diastolic Heart Failure

- Shortness of breath
- Shortness of breath while lying flat
- A sensation of shortness of breath that awakens you from sleep, usually relieved in the upright position

Every Day:

- Take your medicine as directed by your doctor
 - Call your doctor if you have side effects that prevent you from taking your medicine
 - Keep a list of your current medicine(s) with you at all times and bring your list to all appointments
 - Call for refills one week in advance
- Keep all follow-up appointments
- Aim for less than 2000 mg sodium (salt) a day
- If you smoke, contact our smoking cessation counselors to help you quit – (220) 564-QUIT (7848)
- Monitor blood pressure daily and record
- Weigh yourself daily around the same time and record

Call Your Doctor if You Have:

- A gradual increase in blood pressure
- A new or increased shortness of breath
- Feeling uneasy, like something is not right
- More trouble breathing when lying down or you need to sleep sitting up in a chair
- A weight gain of 2 pounds in a day or 3-5 pounds in a week

Call 911 if you have any of the following:

- Struggling to breathe – shortness of breath does not go away while sitting still
- Chest pain
- Cannot think clearly or feel confused
- Frothy sputum

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.



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