

# Treatment for Heart Failure

A heart failure diagnosis may make you feel worried, but it doesn't have to make you feel helpless. Depending on the severity of the condition, you have options that can not only alleviate symptoms, but slow down and even reverse heart failure.



## Preventing and Managing Symptoms of Heart Failure

The key to preventing and managing heart disease is to reduce your risk factors. You can control or eliminate many of the risk factors and help by making healthy lifestyle changes, including:

- Controlling your blood pressure
- Not smoking
- Eating a healthy diet
- Getting regular exercise
- Making sure that you get enough sleep
- Staying at a healthy weight
- Limiting alcohol
- Managing stress
- Managing diabetes
- Keeping your cholesterol under control

Not smoking, maintaining a healthy weight, and controlling blood sugar, blood pressure and cholesterol can add **an average of ten years** to a person's lifespan — which means a healthier heart is in your hands.

Looking for support with heart health? Start with your care team or explore more at [CorsoCare.com](https://CorsoCare.com).