



Early Symptoms of Heart Failure

The bad news: Heart failure is a chronic condition that affects over 6.2 million people. The good news is that catching heart failure early is crucial to preventing, managing and even reversing the damage it can do.

The Most Common Symptoms of Heart Failure Include:

- Shortness of breath or difficulty breathing.
- Chronic coughing and/or wheezing.
- Chest pain.
- Fatigue.
- Light-headedness.
- Nausea.
- Loss of appetite.
- Rapid or irregular heartbeat.
- Unexplained weight gain.
- Reduced ability to exercise.
- Swelling, especially of the feet, ankles, and legs.
- Swelling of the belly area (abdomen).
- Difficulty concentrating or decreased alertness.
- Persistent cough or wheezing with white or pink blood-tinged mucus.

When to See a Doctor

See your doctor as soon as possible if you are experiencing signs or symptoms of heart failure — early intervention can be the difference between life and death. And once heart failure is diagnosed, tracking symptoms is still vital for managing the condition and significantly improving your overall quality of life.

If You Have Any of the Following, Call 911 Immediately:

- Chest pain.
- Fainting or severe weakness.
- Sudden, severe shortness of breath and coughing up white or pink, foamy mucus.
- Rapid or irregular heartbeat associated with shortness of breath, chest pain or fainting.

For more information on heart failure and how CorsoCare can support you and your loved one, call us at 248-438-8535.