

Do you have unexplained shortness of breath, swollen ankles?

- Come and see us today for your four step plan.

Step one. Get Information.....Today!!

Step two. Contact your GP

Step three. Investigations that you may need:

1. Echocardiogram – a painless, scan of your heart
2. Electrocardiogram/ECG – a heart monitoring device

3. Blood tests – general tests and also sometimes a special blood test is used which can show if you are likely or not likely to have heart failure

If you have been diagnosed with heart failure:

Step four. TREATMENT

- Medication – ask us today about the main heart failure medication
- Changes to lifestyle that will keep you well
- Support – Rotherham's services for you
- Knowledge – so you can recognise symptoms and know what to do