

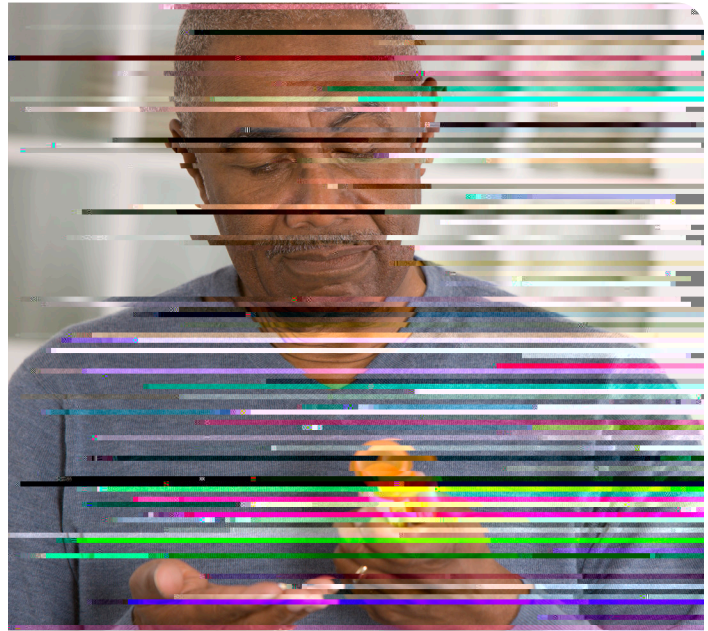


# How Can I Live With Heart Failure?

About 6.7 million Americans are currently living with heart failure. In fact, it's one of the most common reasons people 65 and older go into the hospital.

Heart failure is a long-term (chronic) condition, but it can be treated. Getting good medical care and following your treatment plan will help you have the best quality of life.

You can help by taking your medications as prescribed and following your eating and exercise plans.



Limit your fluid intake.

Manage anemia and iron deficiency if you have been

improve artery opening and blood flow, reduce

(continued)

