

Heart failure can be manageable

It's a serious diagnosis, providers say. But there's a roadmap to keep enjoying life

SOT

Margy Goetten, APRN [MAR-jee // GET-en]

OSF HealthCare cardiology provider

"New heart failure patients may experience shortness of breath. They might have difficulty when laying down. They can't breathe. Leg swelling and fatigue are also common. But if heart failure is well controlled, a lot of people don't have symptoms." (:17)

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"Your symptoms are more severe. They come more frequently," Goetten points out. "If you miss medications, the symptoms can occur quickly within a day rather than missing medications for a couple days and showing symptoms." (:11)