

Heart Failure

Matenda Yamu Mutima | Ubulwele Bwa Mutima

Ultrasound



Healthy diet



Monitor weight



*↑ 1-2 kg

Quit Smoking



Do not drink

Stay active



Know warning signs

Heart Failure
Signs and Symptoms

- Short of breath
- Tired
- Swollen ankles
- Loss of appetite
- Coughing
- Dizziness
- Abdominal bloating
- Sleep disturbance

Enalapril
Carvedilol
Empagliflozin



First-line medications



Association of
Family physicians
of Zambia

Patient plan



SCAN ME



The University of Zambia
School of Public Health
Family Medicine MMed Program