

## Examples of Diagnosis Pages

# Congestive Heart Failure.

*Heart failure, also called Congestive Heart Failure is a serious condition in which the heart can no longer pump enough blood to the rest of the body.*

### Things you need to do:

Fill all of your medicine prescriptions, finish your medicine and take as directed.

Rest as needed.

Weigh yourself daily and write it down.

Call your doctor right away if you have:

- Weight change by \_\_\_ pounds for \_\_\_ days
- Sudden weakness
- Trouble breathing
- Serious cough

Do not smoke. Avoid other's smoke.

Keep all of your follow-up appointments.



# Pneumonia.

*Pneumonia is an infection of the lungs.*

## Things you need to do:

Drink plenty of fluid, such as water, each day.

Get plenty of rest. When you no longer have a fever or trouble breathing, you can go back to your regular activity.

Fill all of your medicine prescriptions, finish your medicine and take as directed.

Don't smoke. Avoid other's smoke.

Call your doctor if your breathing worsens or you develop frequent or loose stool that lasts more than a few days.



# Chronic Obstructive Pulmonary Disease.

*Chronic Obstructive Pulmonary Disease (also called COPD) is a condition in which some of your airways are blocked, making it hard for you to breathe.*

## Things you need to do:

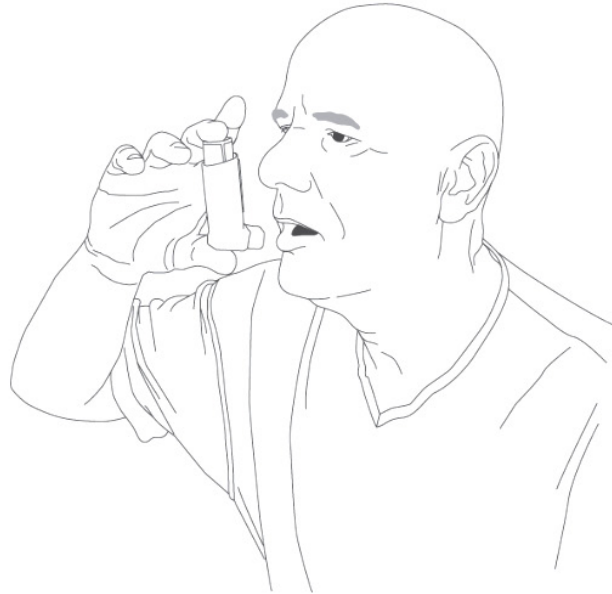
Fill all of your medicine prescriptions, finish your medicine and take as directed.

Do not smoke. Avoid smoke, pollution, and extreme changes in temperature and humidity.

Rest as needed.

Fill all of your medicine prescriptions, finish your medicine and take as directed.

Keep all of your follow-up appointments.



# Acute Myocardial Infarction.

*Acute myocardial infarction (also called heart attack or AMI) occurs when blood cannot reach a part of your heart. This causes heart damage.*

## Things you need to do:

Fill all of your medicine prescriptions, finish your medicine and take as directed.

Call your doctor if:

- You have unexplained and lasting trouble breathing.*
- Your heart symptoms change or get worse.*

Ask your doctor what other symptoms to watch out for.

Do not smoke. Avoid other's smoke.

Limit the amount of alcohol you drink.



# Diarrhea.

*Diarrhea is loose, watery, and frequent stool.*

## Things you need to do:

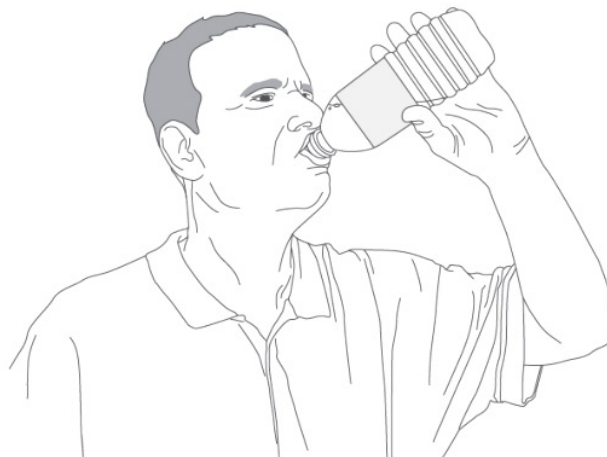
Drink plenty of fluids, such as water.

Fill all of your medicine prescriptions, finish your medicine and take as directed.

Wash your hands before eating, preparing food, touching others, and after you visit the bathroom.

Weigh yourself each day and write down the results. Call your doctor if you lose more than 3 pounds over several days.

Call your doctor if you are still having frequent diarrhea after 5 to 7 days.



# Noncardiac Chest Pain

*Noncardiac chest pain is pain that is not caused by a heart problem.*

- If your chest pain gets different or worse, call your doctor.
- Take your medicines as prescribed.
- See your doctor and ask questions.



# High Blood Pressure

*High blood pressure is also called hypertension.*

- Avoid salty foods.
- Take your medicines as prescribed.
- See your doctor and ask questions.



**Source:** National Institute of Diabetes and Digestive and Kidney Diseases