



How Can I Improve My Low Ejection Fraction?



Talk with your health care provider.



My ejection fraction (or EF) _____



Date _____

Under 40%

may have evidence of heart failure (HF), heart valve disease or cardiomyopathy.

Between 41% to 49%

may be considered "borderline" but does not always indicate that a person is developing heart failure.

Between 50% to 70%

Between 50% to 70% is considered a normal ejection fraction.

However, there is a type of HF with an ejection fraction over 50.



Questions to ask your health care provider:

Does my low EF have a cause I should know about?

What steps are most likely to help me improve my low EF?

Can medication improve my EF?

Are there treatments for my related condition(s)?

Should I use a symptom tracker? no yes If yes, see resources at heart.org/HF.



Treat any known causes of heart failure.



Am I getting treated for any of these HF-related conditions?



Check all that apply.

High Blood Pressure



Diabetes



Metabolic Syndrome



Heart Valve Disease



Other _____



Get the right amount of physical activity.



Exercise options to discuss with your health care provider:

What exercises are safe for me?

What intensity should my workout be? (low - med)?

How often and for how long should I exercise each week?

Are there exercises I should avoid?



Pay attention to your weight.

 My current weight _____

 My target weight _____

 I should recheck my weight _____ time(s), each _____  day/week/month

Date	Weight								



Know your sodium limits and regulate fluids.

 My daily recommended sodium limit is _____ mg/day.
(1/4 teaspoon salt = 575 mg sodium)

 Recommendations for sodium management: Discuss and check all that may help you.
 Read product labels Use a salt substitute Track intake each day Discover new recipes



Eliminate harmful substances.

 Talk with your provider if you need resources to help you: Check all that apply.

Eliminate or reduce alcohol  Quit smoking  Stop using cocaine or amphetamines  Other: _____



Lower your stress.

 Ask your health care provider:

Do you have any recommendations for stress-management with HF?

 Stress management strategies I am likely to try including plans, ideas and/or details:

<input type="checkbox"/> Increasing daily activity 	<input type="checkbox"/> Connecting with others 	<input type="checkbox"/> Meditating 
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____