



A diagnosis of heart failure can be a worrying time both for the patient and their family/carer. This leaflet has been created **by heart failure patients for heart failure patients**; to provide information on a few key resources and websites which will help answer some of the questions you may have regarding your diagnosis, medication, lifestyle changes and long term impact.

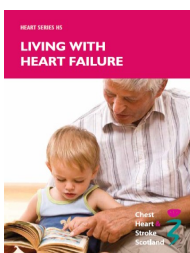
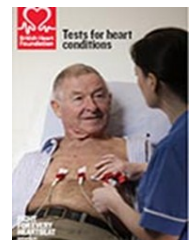
Booklets & Factsheets

An every day guide to living with heart failure; Designed for adults of all ages who have heart failure, and for their families, carers and friends, this practical guide will help you understand and manage your condition better. It contains tips and advice about medications, treatment, self-management and dealing with everyday challenges which will help you live your life as full as possible.



Living with heart failure; This booklet is for people with heart failure, their family and friends. It explains what heart failure is, what causes it, the symptoms, the possible treatments including medicines, and what can be done to help keep the condition under control. This booklet is also available to download in large print.

Tests for heart conditions; This booklet describes the special tests that are commonly used to help diagnose heart diseases. Some of the tests are also used to assess the current condition of people who have already been diagnosed with heart disease. The information in this booklet is a general guide. The arrangements for each test, and the way tests are carried out, may vary between different hospitals.



Living with heart failure; A comprehensive booklet detailing what heart failure is, the effects of heart failure and how heart failure makes you feel. Helping you to understand your treatment, the medication prescribed and how to control your symptoms.

DVD's

One step at a time - living with heart failure; featuring six inspirational stories from individuals with heart failure sharing their experience of learning about the condition and living a normal life. Health care professionals also answer some common questions.



Living with heart failure; Presented by Tom Cotcher it features people who have had heart failure and looks at the practical steps that can be taken to control and monitor their condition once a diagnosis of heart failure has been made.



How to order - Booklets, Factsheets & DVD's

To order the following booklets and DVD free of charge from the British Heart Foundation either call **0870 600 6566** or email our orderline on orderline@bhf.org.uk. Quoting the title and code

- **An every day guide to living with heart failure - code G275U**
- **Living with heart failure - code HIS8**
- **Tests for heart conditions - code HIS9**
- **One step at a time - living with heart failure (DVD) - code DVD5**

To order the following booklets and DVD from Chest, Heart & Stroke Scotland either call 0131 225 6963 or complete the online order form on their website <http://www.chss.org.uk>

- **Living with heart failure**
- **Living with heart failure (DVD) - cost £5**

All of the above booklets can also be downloaded directly from the website BHF and CHSS website

On line Information - Recommended Websites

A lot of information is also available on line, however not all information may be medically accurate. Below are a list of recommended websites to find out more about heart failure

British Heart Foundation - <http://www.bhf.org.uk>

The Cardiomyopathy Association - <http://www.cardiomyopathy.org>

Chest, Heart & Stroke Scotland - <http://www.chss.org.uk>

Heart Failure Matters - <http://www.heartfailurematters.org>



Heart Help & Advice Lines*

You may prefer to speak with a healthcare professional over the phone.

British Heart Foundation - 0300 330 3311 (open Mon-Fri 9am to 5pm similar cost to 01 and 02 numbers)

Chest, Heart & Stroke Scotland - 0808 801 0899 (open Mon –Fri 9.30am to 4pm Freephone)



**This information does not replace the advice that your doctor or nurse may give you. If you are worried about your heart health in any way, contact your GP or local healthcare provider.*