

Tracking your weight when you have heart failure

You may wonder why it is important to keep track of your weight if you have heart failure. It is because sudden weight gain is one of the symptoms of heart failure getting worse. It is important to track your weight and report any sudden gains to your healthcare team right away. This means 3 or more pounds in 2 to 3 days.

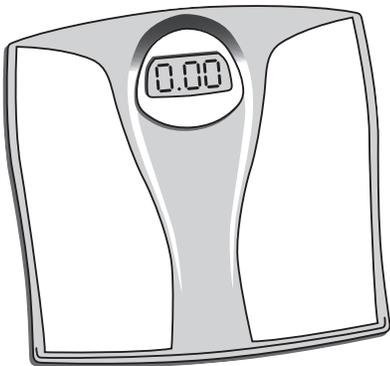
How can heart failure affect my weight?

Heart failure can make your weight go up because it can cause extra fluid and salt to build up in the tissues. That extra fluid can cause swelling and can add weight to your body.

How can heart failure cause fluid to build up in my body?

- When the heart cannot pump enough blood it causes blood to back up in your veins
 - Fluid can also build up in the lungs and abdomen
 - Heart failure can make it difficult for the kidneys to get rid of the extra salt and water. Too much salt and water in the body can cause fluid to build up
 - Fluid can build up, causing swelling in your feet, ankles and legs (Fluid build-up is called “edema”)

Why is it important for me to track my weight?



Tracking your weight every day is one of the ways you can help your healthcare team monitor your heart failure symptoms. Be sure to let your healthcare team know if you have a sudden weight gain. This means 3 or more pounds in 2 to 3 days.

You or a friend or family member can get started on tracking your weight daily. See the back of this page for a sample weight tracker you can use.

Sudden weight gain can be a warning sign of worsening heart failure. Talk to your healthcare providers about how to measure your weight and when to contact them.

You can get started on tracking your weight with the help of your healthcare provider. A family member or friend can also help you track your weight. See below for a sample weight tracker to fill in. Why not get started today?

Here are some questions you can ask your provider:

How much weight gain is a “sudden weight gain” for me? _____

How often should I measure my weight? _____

What time of the day should I measure my weight? _____

What other recommendations do you have about how to measure my weight? _____

My weight tracker

Write down your weight and the date on your tracker every day.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Example	6/25 160	6/26 161	6/27 160	6/28 159	6/29 159	6/30 158	7/1 158
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							

Ask your healthcare provider about what you can do to help keep track of your weight.