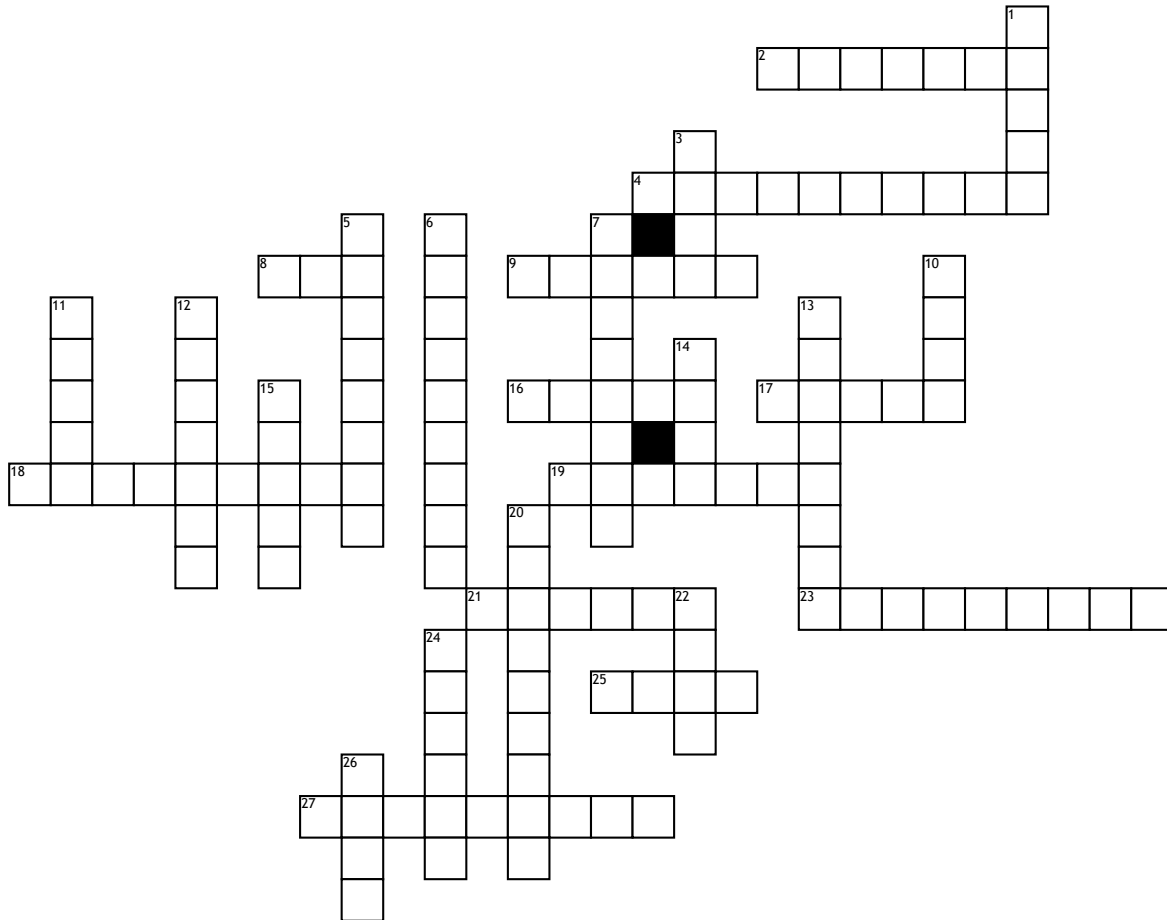


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# CHF Crossword



**Across**

- 2. If consumed, it should be done so in moderation
- 4. An echocardiogram is an \_\_\_\_\_ of the heart
- 8. No more than \_\_\_\_\_ cups of coffee should be drank daily
- 9. You should expect to need to use the bathroom within \_\_\_\_\_ minutes of taking your diuretic
- 16. Another name for swelling in the extremities or abdomen
- 17. CHF stands for Congestive \_\_\_\_\_ Failure
- 18. Swelling and weight gain are a sign of fluid
- 19. Using more of these at night may be a sign you are retaining too much fluid
- 21. Call your doctor if you gain more than three \_\_\_\_\_ in a day

- 23. \_\_\_\_\_ your legs may help to reduce leg edema
- 25. Heart failure affects your heart's ability to \_\_\_\_\_ effectively
- 27. Canned, instant, and boxed foods are considered \_\_\_\_\_ food and should be avoided

**Down**

- 1. In addition to salt, your doctor may advise you to restrict \_\_\_\_\_ as well
- 3. If you are retaining fluid, you may have trouble laying \_\_\_\_\_
- 5. Persistent \_\_\_\_\_ may be a sign of fluid overload
- 6. Your healthy diet should be low in \_\_\_\_\_ fat
- 7. Medication to eliminate "water weight"
- 10. Limit this seasoning in your diet
- 11. If you do this, you should quit

- 12. Heart failure is a long term, or \_\_\_\_\_ condition
- 13. High blood \_\_\_\_\_ may put you at risk for heart failure
- 14. If you have chest pain you should \_\_\_\_\_ your physician
- 15. How often should you weigh yourself?
- 20. \_\_\_\_\_ of breath may be a sign your body is holding on to too much fluid
- 22. Daily weights should be performed on the \_\_\_\_\_ scale everyday
- 24. History of a heart \_\_\_\_\_ may put you at risk for CHF
- 26. This imaging test may be performed to assess for fluid in the lungs