



How Can I Improve My Low Ejection Fraction?



Talk with your health care professional.



My ejection fraction (or EF) _____



Date _____

Under 40%
may have evidence of heart failure (HF), heart valve disease or cardiomyopathy.

Between 41% and 49%
may be considered mildly-reduced (borderline) but does not always indicate that a person is developing heart failure.

Between 50% and 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 professional:

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

Which 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 professional:

Which exercises are safe for me?

Which intensity should my workout be? (low to medium)?

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 professional:

What do you recommend for stress-management with HF?

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

Increasing daily activity  Connecting with others  Meditating 

