Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)
Discomfort or swelling in the abdomen
Trouble Sleeping

CHECK IN!
Your symptoms may indicate:
A need to contact your doctor or provider
A need for a change in medications

Medical Alert – Warning!
Frequent dry, hacking cough
Shortness of breath at rest
Increased discomfort or swelling in the lower body
Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)
New or worsening dizziness, confusion, sadness or depression
Loss of appetite
Increased trouble sleeping; cannot lie flat

WARNING! You need to be evaluated right away.
Call your physician or call 911