How can I improve my Low Ejection Fraction?

Talk with your healthcare provider.

My ejection fraction (or EF)

<table>
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<th>Under 40%</th>
<th>41% to 49%</th>
<th>Between 50% - 70%</th>
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<td>may have evidence of heart failure (HF), heart valve disease or cardiomyopathy.</td>
<td>may be considered “borderline” but does not always indicate that a person is developing heart failure.</td>
<td>Between 50% to 70% is considered a normal ejection fraction. However, there is a type of HF with an ejection fraction over 50.</td>
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Questions to ask your healthcare provider:

- Does my low EF have a specific cause I should know about?
- What action 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? □ If yes, download My HF Path app or see resources at heart.org/RiseAboveHF

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 healthcare provider:

- What exercises are safe for me to do?
- What intensity should my workout be? (Low - Med)
- 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)

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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 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

Lower your stress.

- **Ask your healthcare provider:**
  - Heart.org/RiseAboveHF
  - **Stress management strategies I am likely to try:**
    - [ ] Increasing daily activity
    - [ ] Connecting with others
    - [ ] Meditating

Find more resources at heart.org/RiseAboveHF

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