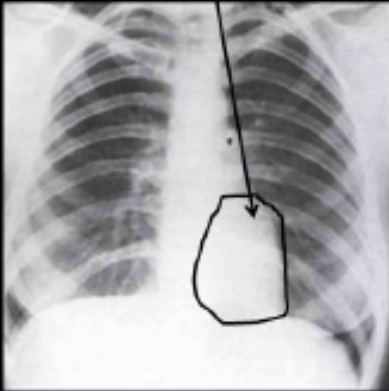


YOU & YOUR HEART

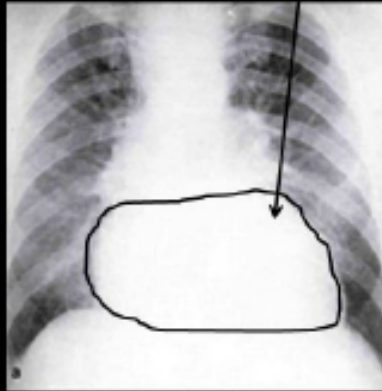
Do Your Part to Prevent Fluid Overload

Your Heart



Normal Size

Your Heart on
Fluid Overload



Enlarged due to fluid
overload

As a patient, you have a responsibility to take part in your health care.

- Talk with the members of your healthcare team
- Know what your dry weight should be
- Find out what works for **YOU** to prevent fluid overload

Remember, every one is different and each patient's health changes over time. Preventing fluid overload is another reason why you should understand your medications and diet.

Do not hesitate to ask questions.

Take an active role in your treatment.

This will lead to better outcomes and a better quality of life.



*The above picture is an actual x-ray of a normal heart and an enlarged heart.

This document was developed and produced by the Patient Advisory Committee (PAC) of the End Stage Renal Disease Network (NW) of Texas, Inc.

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Supporting Quality Care

Created for Patients by Patients



For more information on fluid overload and how it affects you, talk with the members of your care team.

Your Heart as a Balloon



NO
FILL

15
DAYS

30
DAYS

45
DAYS

*The balloons were filled with water each day for the indicated number of days.

Why is preventing fluid overload so important?

Fluid overload is very dangerous for ESRD patients.

Your heart cannot handle repeated episodes of fluid overload.

Carrying more fluid than your heart can handle can have serious consequences.

Over time, it could cause heart disease, heart attack, or even death.

Be sure to keep your heart off fluid overload!

Imagine your heart as a balloon. The first time you blow up a balloon it returns to its original shape. But over time the balloon will become stretched out and will not return to its original shape. The same is true for your heart when it must work harder to remove excess fluid!

Dry Weight



How low can you go?

Dry weight is your weight when all the extra fluid has been removed.

Talk with your doctor about how low your dry weight can go.

Dry weights are different for each person and your dry weight may change over time.

Every person also has a different daily allowance for fluid intake.

Talk with your dietitian about how much fluid you can have each day.