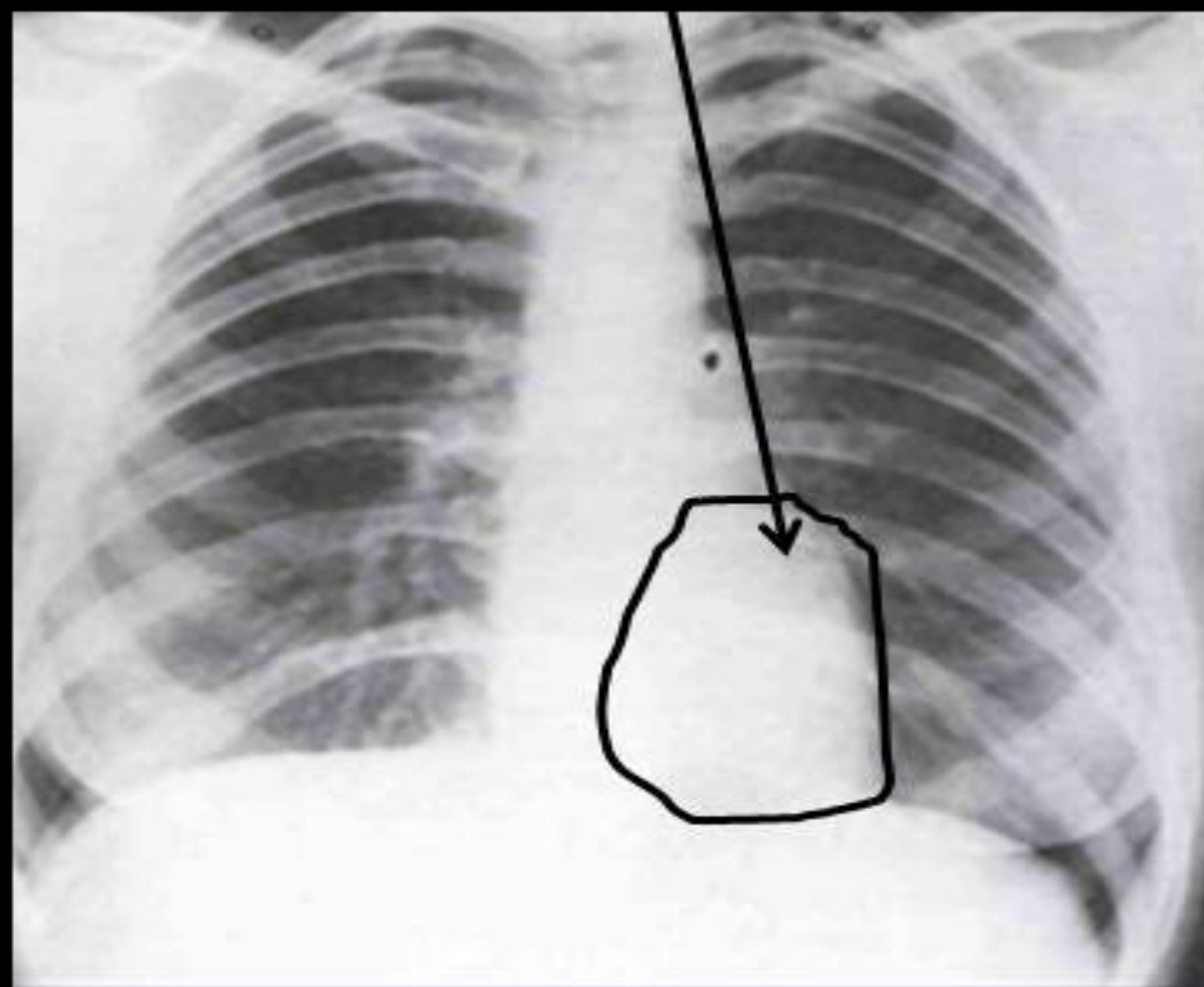


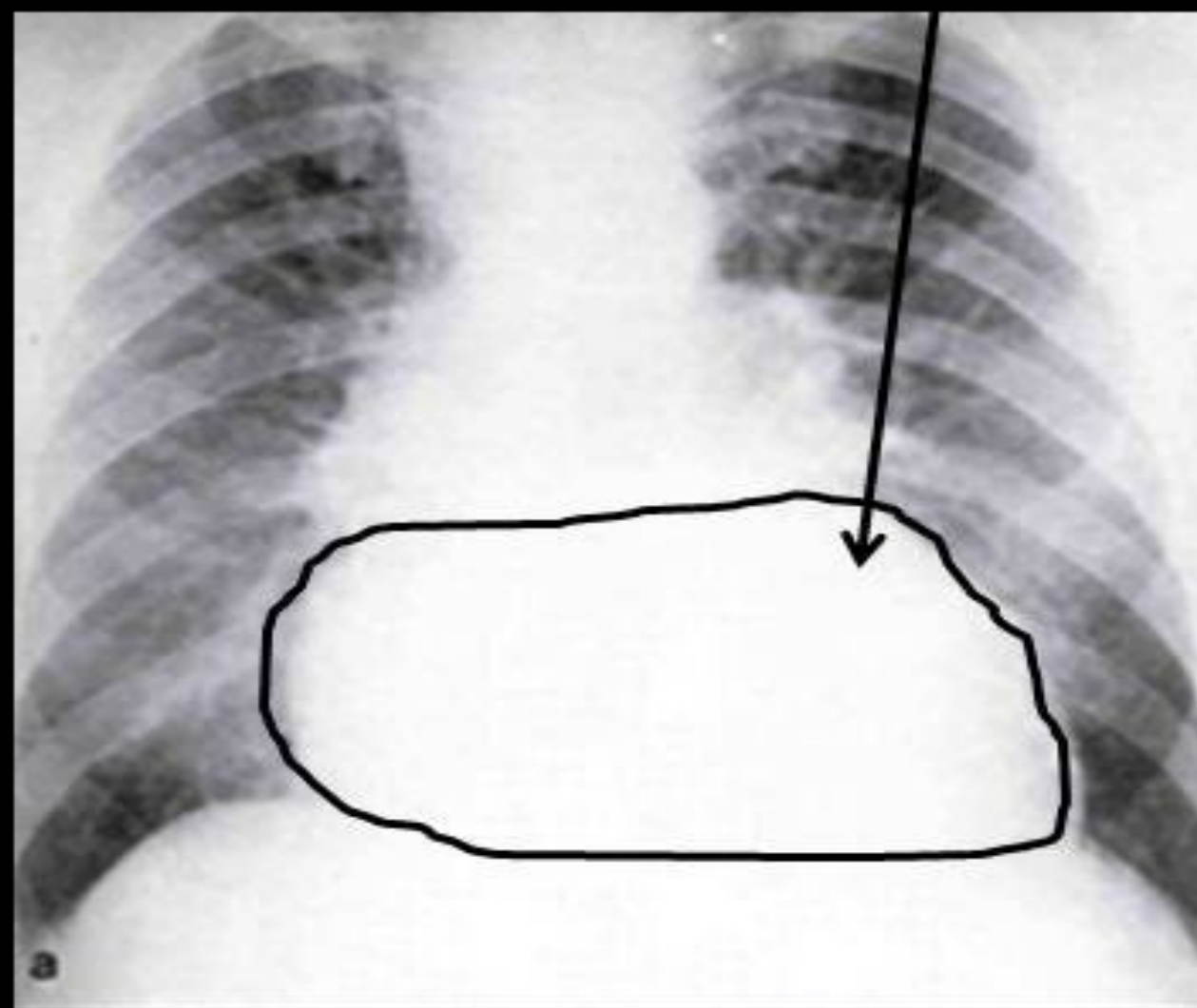
# You and Your Heart

## Your Heart



Normal Size

## Your Heart on Fluid Overload



Enlarged due to fluid overload

Actual x-ray of a normal heart and an enlarged heart

Over time, your heart will be unable to return to its original size. Just like a balloon blown up over and over again.



\*Number of days in a row balloons were filled with water



*This poster was created for patients by patients*

**How low can you go?  
Patient's dry weight or target weight often changes. Talk with your doctor about what your target weight should be!**



END STAGE RENAL DISEASE NETWORK OF TEXAS

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To file a grievance please contact Network 14 at 1-877-886-4435 and www.esrdnetwork.org  
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