



# 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)?

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Should I use a symptom tracker?    no    yes    If yes, see resources at [heart.org/HF](http://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?

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## Pay attention to your weight.

My current weight \_\_\_\_\_

My target weight \_\_\_\_\_

I should recheck my weight \_\_\_\_\_ time(s), each \_\_\_\_\_ day/week/month

Date	Weight	Date	Weight	Date	Weight	Date	Weight	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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_