

Symptoms of that declined efficiency include breathlessness with activity or even at rest, swelling of legs or feet (shoes may feel tighter), and general fatigue. These are important symptoms to report to your health care provider. What can we do to minimize the effects of this condition? Many medication regimens are available to improve your circulation and help your heart work better. Regular health care review by a professional is necessary to monitor the effect of medications. Dietary recommendations include lowering your salt intake. Treating other conditions such as sleep apnea, high blood pressure, and deconditioning (which is the result of inactivity, bedrest, or a sedentary lifestyle) is also helpful. This is a time to consider “downsizing” your household responsibilities to reduce stress and maximize your lifestyle comfort. Sometimes receiving emotional support or assistance with daily activities helps. What we want to happen is to improve your symptoms and the suffering they may cause, and, overall, improve the quality of your physical, spiritual, and social life.