

# THINK B.E.A.T

## BREATHLESSNESS

If you are more breathless than usual speak to your GP surgery.



## EXHAUSTION

If you feel exhausted or are really tired speak to your GP surgery.



## ANKLE SWELLING

If your ankles and lower legs are swollen speak to your GP surgery.



## TIME TO SPEAK TO YOUR GP SURGERY

If you have a combination of the above symptoms, contact your GP surgery.



### FIND OUT MORE SEARCH BEATHF



### OR SCAN THIS

SCAN ME

 **Pumping Marvellous**  
for heart failure patients

Help us make Heart Failure clearer for everyone

+44 (0) 1772 796542

hearts@pumpingmarvellous.org

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HEART FAILURE  
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