



American
Heart
Association.

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)?

Should I use a symptom tracker? no yes If yes, see resources at 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?



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


