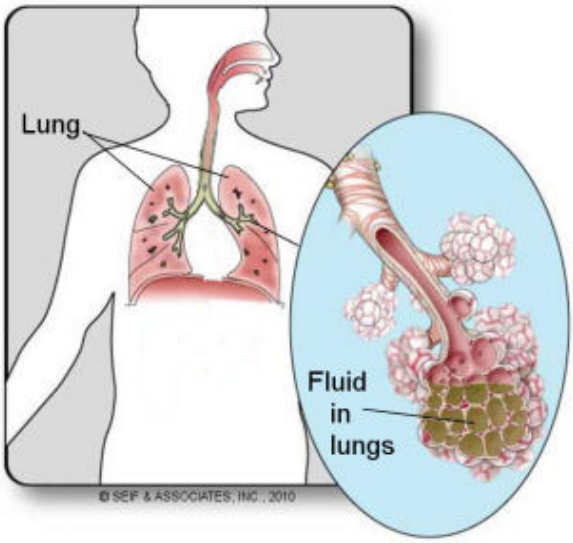
Pulmonary Edema

Pulmonary edema is abnormal fluid build up in the lungs that can make it hard to breath. It can be caused by:



- Heart problems like:
  - Heart failure.
  - Heart valve problems.
  - Heart attack.
- Injury or disease of the lungs.
- Kidney failure.

HOME CARE INSTRUCTIONS

- It is important that you take all your medications and follow your doctor's instructions to treat pulmonary edema.
- Eat a healthy diet:
  - Eat more fresh fruits, vegetables and lean meats.
  - Limit the amount of high fat and salty foods that you eat.
  - Avoid foods that are processed, canned or fried. Avoid fast food.
- Do not smoke. Smoking makes it hard for your body to get oxygen to your body organs and tissues.
- If you use home oxygen, it is very important that you do not smoke. Smoking and oxygen combined could cause a fire or an explosion.
- Weigh yourself daily. Tell your doctor right away if you gain 3 or more pounds in a day.

SYMPTOMS

- Shortness of breath with the following:
  - Sitting.
  - Movement.
  - Lying down.
- Excessive coughing.
- Swollen ankles and feet.

SEEK MEDICAL CARE IF:

- You become very short of breath and cannot "catch" your breath.
- You have a chronic, nagging cough that does not go away.
- You cough up pink or red mucous.
- You have pain in your chest.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 12/06/2010
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