

HEART FAILURE

TAKE HOME GUIDE FOR EFFECTIVE MANAGEMENT

MRMC TV Education Channel 98:

CHF

10:10 A.M.

2:24 P.M.

6:38 P.M.

10:52 P.M.



**MAURY REGIONAL
MEDICAL CENTER**

Disclaimer

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CHF CALENDAR: Month _____

Hospital scales will weigh you differently than your home scales. Put a notation when you change to your home scales.

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Every day: Weigh in the morning before breakfast. Write it down. Compare to yesterday's weight. Take meds as prescribed. Check for swelling. Eat low salt diet.

Green Zone: ALL CLEAR This zone is your goal.

Your symptoms are under control. No weight gain more than 2 pounds (it may change 1-2 pounds some days).

No swelling of your feet, ankles, legs, or stomach.

Yellow Zone: CAUTION Call your doctor's office if:

You have a weight gain of 3 pounds in 1 day or a weight gain of 5 pounds or more in 1 week. More short of breath, more swelling in feet, ankles, legs, or stomach. Feel more tired. Dry hacky cough, dizzy, or have more trouble when lying down.

Red Zone: EMERGENCY Go to the emergency room or call 911 if you have any of the following:

Struggling to breathe. Unrelieved shortness of breath while sitting still. Have chest pain. Can't think clearly.

Please let your nurse know if you need help obtaining scales!



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EVERY DAY

EVERY DAY:

- Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat low salt food.
- Balance activity and rest periods.

Which Heart Failure Zone are you today? GREEN, YELLOW or RED?

GREEN ZONE

ALL CLEAR – This zone is your goal

Your symptoms are under control. You have:

- No shortness of breath.
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days).
- No swelling of your feet, ankles, legs or stomach.
- No chest pain.

YELLOW ZONE

CAUTION – This zone is a warning

Call your doctor's office if:

- You have a weight gain of 2-3 pounds in 1 day *or* a weight gain of 5-7 pounds or more in 1 week.
- More shortness of breath.
- More swelling of your feet, ankles, legs, or stomach.
- Feeling more tired. No energy.
- Dry hacky cough.
- Dizziness.
- Feeling uneasy, you know something is not right.
- It is harder for you to breathe when lying down. You are needing to sleep sitting up in a chair.

RED ZONE

EMERGENCY

Go to the emergency room or call 911 if you have any of the following:

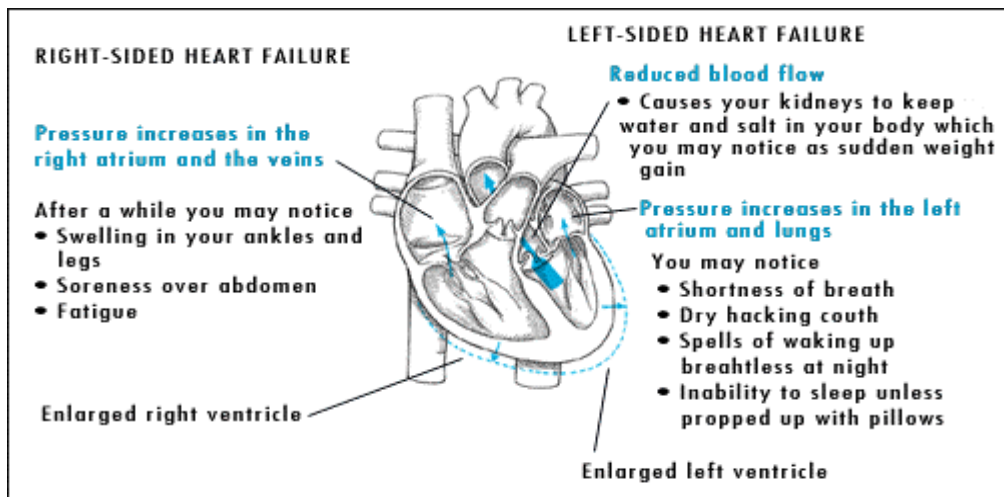
- Struggling to breathe. Unrelieved shortness of breath while sitting still.
- Have chest pain.
- Have confusion or can't think clearly.

CONGESTIVE HEART FAILURE

(commonly referred to as CHF)

Heart Failure sounds really frightening if you don't understand it. It doesn't mean that your heart has stopped working. With heart failure, the heart continues to work but not as effectively as it once did. It simply means that your heart isn't pumping blood as well as it should.

Symptoms can help doctors find out which side of your heart is not working properly.



If the left side of your heart is not working properly (left-sided heart failure), blood and fluid back up into your lungs. You will feel short of breath, be very tired, and have a cough (especially at night). In some cases, patients may begin to cough up pinkish, blood-tinged sputum.


If the right side of your heart is not working properly (right-sided heart failure), the slowed blood flow causes a buildup of fluid in your veins. Your feet, legs, and ankles will begin to swell. This swelling is called edema. Sometimes edema spreads to the lungs, liver, and stomach. Because of the fluid buildup, you may need to

go to the bathroom more often, especially at night. Fluid buildup is also hard on your kidneys. It affects their ability to dispose of salt (sodium) and water, which can lead to kidney failure. Once CHF is treated, the kidneys' function usually returns to normal.

Approximately 5 million Americans suffer from the effects of Heart Failure each year. There are approximately 400,000 new cases of Heart Failure diagnosed each year.

By using this guide about Congestive Heart Failure, you can gain a better understanding of heart failure and its treatment. You will also learn that you can live with heart failure.

What Causes Heart Failure?

- ♥ History of Coronary Artery Disease (narrowing of the blood vessels of the heart)
- ♥ Heart attack
- ♥ High blood pressure (also known as Hypertension)
- ♥ Problems with heart valves
- ♥ Toxic substances (including long-term drug and alcohol use, cocaine, methamphetamines, etc.)
- ♥ Congenital heart disease
- ♥ Abnormal heart rhythms
- ♥ Cardiomyopathy (problems with the heart muscle itself)
- ♥ Chronic Renal (kidney) Disease 
- ♥ Thyroid Disease
- ♥ Sometimes the exact cause cannot be found

Signs of CHF

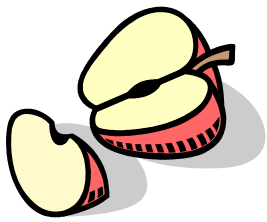
- ♥ Sudden weight gain
 - ♥ 2-3 pounds overnight, or
 - ♥ 5-7 pounds in a week
- ♥ Loss of appetite or bloated feeling, nausea
- ♥ Shortness of breath (Shortness of breath on exertion is often the earliest symptom of CHF)
- ♥ Trouble sleeping or shortness of breath after lying down
- ♥ Dry cough
- ♥ Swelling of legs, ankles, or abdomen
- ♥ Fatigue, decreased exercise tolerance
- ♥ Loss of energy
- ♥ Unexplained confusion

What Treatment Will I Need?

There is a lot that can be done to improve the heart's pumping and to treat the symptoms, but heart failure can't be completely cured. An important part of treatment is taking care of any other problems, such as high blood pressure. Treatment also includes lifestyle changes and medicine. Here are some important things you can change:



- ♥ Diet - you will need to reduce the amount of salt you eat. Other changes in diet may also be recommended, such as low cholesterol, low fat, or calorie controlled. Avoid excessive fluid intake. Some Heart Failure patients will also need a fluid restriction.
- ♥ Smoking Cessation - if you smoke you will be advised to stop smoking.
- ♥ Alcohol - you will be advised to restrict or cut out alcohol.
- ♥ Exercise - most people with heart failure can still exercise. Your doctor will help you decide how much and what kind of exercise you can do. Your doctor will decide what your activity level should be.
- ♥ Family Support - involve your family as much as possible because they can help you adjust to the changes you must make.
- ♥ Other Resources of Support - your doctor can give you information about support groups. It sometimes helps to talk with other people who have similar problems.



Low Sodium Diet Plan

Sodium is found in most foods. It may be natural or added during processing or cooking. To know if prepared foods have sodium added, read their food label. Look for words such as salt and sodium. The following will help you identify foods that are high in sodium. It also provides easy guidelines to help you limit your sodium intake.

Meats, Poultry, Fish, Eggs & Meat Substitutes

Limit to 6 ounces

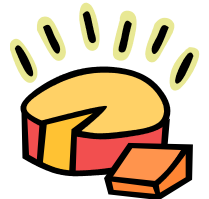
CHOOSE



- Meat, fish, poultry, shellfish...fresh or frozen, cooked without salt
- Low sodium tuna or regular tuna that has been rinsed in water and drained
- Peanut butter, unsalted
- Tofu
- Eggs
- Low cholesterol egg substitutes
- Healthy Choices® or Right & Light® entrees (Frozen entrees with a starch and vegetable should not exceed 600 mg sodium.)

Limit to 1 serving a day:

- Ricotta cheese, part skim
- Low sodium processed cheese (e.g., Alpine Lace® sliced cheeses)
- Cottage cheese (1/2 cup)
- Swiss or Mozzarella cheese (1 oz)



DO NOT CHOOSE



- Cured or processed meats: corned beef, Canadian bacon, bologna, cured ham, luncheon meats, sausage, dried chipped beef, hot dogs (regular and "1/3 less sodium)
- Canned chicken, salmon, shrimp, sardines or meat
- Peanut butter, salted
- Textured vegetable protein (TVP) products
- Frozen dinner entrees (except those listed under **CHOOSE**)
- Canned entrees, such as stews, chop suey, spaghetti
- Processed cheeses (American, cheese spread, cheese food)
- All other natural cheeses

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VEGETABLES

CHOOSE

- Canned vegetables, with no added salt
- Raw vegetables
- Fresh or frozen vegetables, cooked without salt
- Canned vegetables, rinse and drain before preparation (limit to 1 cup per day)
- Instant mashed potatoes, omit salt when preparing
- Low sodium tomato or vegetable juice
- Tomato sauce, no salt added
- Tomato paste, no salt added

DO NOT CHOOSE

- Baked Beans
- Sauerkraut
- Pickles and pickled vegetables
- Frozen seasoned vegetable dishes
- Coleslaw and potato salad, unless homemade, without salt
- Tomato or vegetable juice
- Tomato sauce
- Tomato puree



SOUPS

CHOOSE

- Low sodium canned soups
- Homemade soups and broth, with no added salt
- Low sodium soup bases

DO NOT CHOOSE

- All soups and broth, unless low sodium
- "1/3 less salt" soups
- Dehydrated soup mixes



Milk & Yogurt

Limit to 2 cups per day

CHOOSE

- Milk: whole, reduced-fat, low-fat, fat-free, chocolate, powered, evaporated
- Yogurt: plain or fruited

DO NOT CHOOSE

- Buttermilk



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BREADS, CEREALS, GRAINS, CRACKERS

Limit to 6 servings per day.

CHOOSE

- Yeast breads and rolls
- Bagel (1/2)
- English Muffin (1/2)
- Pita (1)
- Muffin (1 small)
- Bread dressing, homemade with no added salt (1/3 cup)
- Pancakes (1-4" diameter)
- Doughnuts, yeast (1)
- Crackers, unsalted tops (5)
- Dry cereal (3/4 cup), except those listed under NO LIMIT



NO LIMIT

- Hot cereal, cooked without salt
- Dry cereals
 - Puffed rice or puffed wheat
 - Shredded wheat
 - Wheat germ
 - Low sodium cornflakes
 - Low sodium crispy rice
- Crackers
 - Low sodium crackers
 - Unsalted matzoh
 - Melba toast
- Tortillas
- Pasta, noodles, or rice, cooked with no added salt



DO NOT CHOOSE

- Refrigerated dough
- Danish pastries
- Toaster pastries
- Bagels with salt toppings
- Biscuit mix
- Cornbread mix
- Commercially seasoned stuffing
- Frozen waffles
- Crackers with salt tops

BEVERAGES

CHOOSE

- Coffee and tea
- Cereal beverages
- Carbonated beverages
- Soft drinks and punch
- Mineral water

DO NOT CHOOSE

- Coca beverage mixes
- Sport beverages (such as Gatorade®)



FRUITS & JUICES

- ALL ARE ACCEPTABLE

EATING OUT

Today, many restaurants provide nutrition information about their menu items. Since most fast foods and ethnic foods (Chinese, Mexican, Italian) are high in sodium, ask to see this information before making a selection. Upon request, some fast food restaurants will accommodate your needs, such as leaving the salt off your French fries, or the ketchup off your burger. Another choice is to order a salad and add a squeeze of lemon instead of dressing, which is generally high in sodium. At restaurants that prepare foods “made to order”, ask that your meal be prepared without salt or MSG.

FOOD LABELS

Labels can be useful. The following are sodium-labeling definitions:

- **SODIUM FREE** –
Less than 5 milligrams of sodium per serving
- **VERY LOW SODIUM** -
Less than 35 milligrams per serving
- **LOW SODIUM** -
Less than 140 milligrams per sodium
- **REDUCED OR LESS SODIUM** –
The product has at least 25 percent less sodium than the original product
- **LIGHT** –
A product has at least 50 percent less sodium OR 1/3 fewer calories OR 50 percent less fat than the original product
- **NO SALT ADDED OR NO SALT** – No salt has been added in the preparation of the product



***CAUTION:** *Many products with less sodium, less salt, lite, or light on the label still may have too much sodium.*

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FATS

CHOOSE

- Oil or shortening
- Cream cheese
- Cream, dairy and non-dairy
- Sour Cream
- Low sodium salad dressing (commercial or homemade)
- Imitation whipped topping

Limit to 4 servings per day:

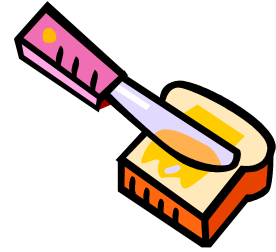
- Butter, margarine (1 tsp)
- Mayonnaise (1 Tbsp)

Limit to 1 serving per day:

- Salad dressing: regular or fat-free (1 Tbsp)

DO NOT CHOOSE

- Tarter sauce
- Bacon, bacon fat “1/3 less sodium”
- Gravy: canned, jarred or packet
- Salt Pork
- Dips
- Salad dressing: regular or fat-free (unless limited to 1 Tbsp per day)



SNACKS & SWEETS

CHOOSE

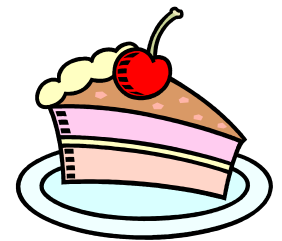
- Popcorn: homemade, unsalted; microwave, unsalted
- Pretzels, unsalted
- Nuts, unsalted
- Sugar, honey
- Jam or jelly
- Syrups: maple, corn, chocolate, etc.
- Cranberry sauce
- Candy
- Gelatin
- Ice cream, sherbet, or frozen yogurt
- Popsicles

Limit to 1 serving per day:

- Pie (1/8 – 9” diameter)
- Pudding (1/2 cup)
- Cookies (2)
- Custard (1/2 cup)
- Cake (1/16 – 9” diameter)

DO NOT CHOOSE

- Popcorn: commercial seasoned or microwave with salt
- Snack chips, pretzels or crackers with salt
- Olives
- Nuts with salt
- Cheesecake
- Instant pudding mixes



CONDIMENTS

CHOOSE

- Herbs and spices without salt, (e.g., onion and garlic), horseradish powder, vinegar, Mrs. Dash®, Tabasco ® sauce

Limit to 1 serving per day:

- Mustard (1 tsp)
- Ketchup (1 tsp)
- Worcestershire sauce (1 tsp)

DO NOT CHOOSE

- Salt, herb and spice blends containing salt
- Monosodium glutamate (MSG)
Note: MSG has no taste so it is not detected in foods!
- Soy sauce
- Teriyaki sauce
- Poultry seasoning
- Barbecue sauce
- Chili sauce
- Steak sauce
- Relish
- Poppa Dash®



Pleasing the Palate: Tips to Prepare Tasty Food Without the Salt

Cooking Tips	Dining Out																												
<ul style="list-style-type: none"> ▪ Use fresh ingredients and/or foods packaged with no salt added. ▪ For favorite recipes, you may need to substitute some ingredients and delete or decrease the salt added. Salt can be removed from any recipe except for those containing yeast. ▪ Avoid convenience foods, such as canned soups, entrees, vegetables, pasta and rice mixes, frozen dinners, instant cereal, puddings, and gravy sauce mixes. ▪ Frozen entrees, such as Healthy Choice® and Light & Right®, that contain 600 mg or less of sodium, are fine to eat. ▪ Use fresh, frozen, no added salt canned vegetables or canned vegetables that have been rinsed before they are prepared. ▪ Low sodium canned soups may be used. <p style="text-align: center;">INGREDIENT SUBSTITUTIONS</p>	<p>When dining out, choose restaurants that prepare foods “made to order” (one portion at a time). Request food to be prepared without salt.</p> <p>TIPS FOR ORDERING FOOD</p> <ul style="list-style-type: none"> ▪ Check on the nutrition information available prior to ordering. ▪ MEATS: order baked or broiled steaks, chops, fish or chicken. Remove skin from baked or broiled chicken and the breading from fried chicken or fried fish. ▪ APPETIZER: order a fruit cup, salad or bread. ▪ SALADS: ask for oil and vinegar or fresh lemon as a dressing. At the salad bar, choose fresh vegetables; avoid canned, pickled or seasoned foods. ▪ VEGETABLES: request no salt or salt seasoning be added. At the table, you can add your own margarine or pepper, if desired. Baked potatoes are a good choice. ▪ Avoid pasta dishes, casseroles, stews, soups, breaded foods, dressing, and foods cooked in sauces or gravy. ▪ Chinese, Italian, and Mexican foods are usually high in sodium. Phone ahead to see if your food can be prepared without salt and high sodium seasonings, such as MSG and soy sauce. <p style="text-align: right; font-size: small;">Brought to you by Morrison's</p>																												
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: left;">Instead Of:</th> <th style="width: 50%; text-align: left;">Use:</th> </tr> </thead> <tbody> <tr> <td>Bouillon Salt</td> <td>Low sodium broth</td> </tr> <tr> <td>Monosodium Glutamate(MSG)</td> <td>Omit from recipe</td> </tr> <tr> <td>Meat tenderizer</td> <td>Omit from recipe</td> </tr> <tr> <td>Cooking Wine</td> <td>Table Wine</td> </tr> <tr> <td>Teriyaki sauce</td> <td>Omit from recipe</td> </tr> <tr> <td>Ketchup</td> <td>Tomato Paste</td> </tr> <tr> <td>Garlic salt</td> <td>Fresh garlic/Garlic powder</td> </tr> <tr> <td>Onion salt</td> <td>Fresh onion/Onion powder</td> </tr> <tr> <td>Celery salt</td> <td>Fresh celery/Celery powder</td> </tr> <tr> <td>Bacon/Bacon Bits</td> <td>Omit from recipe</td> </tr> <tr> <td>Barbecue sauce</td> <td>Low sodium barbecue sauce</td> </tr> <tr> <td>Steak sauce</td> <td>Low sodium steak sauce</td> </tr> <tr> <td>Soy sauce</td> <td>Low sodium soy sauce (since this product still has sodium, use less soy sauce than indicated in recipe)</td> </tr> </tbody> </table>	Instead Of:	Use:	Bouillon Salt	Low sodium broth	Monosodium Glutamate(MSG)	Omit from recipe	Meat tenderizer	Omit from recipe	Cooking Wine	Table Wine	Teriyaki sauce	Omit from recipe	Ketchup	Tomato Paste	Garlic salt	Fresh garlic/Garlic powder	Onion salt	Fresh onion/Onion powder	Celery salt	Fresh celery/Celery powder	Bacon/Bacon Bits	Omit from recipe	Barbecue sauce	Low sodium barbecue sauce	Steak sauce	Low sodium steak sauce	Soy sauce	Low sodium soy sauce (since this product still has sodium, use less soy sauce than indicated in recipe)	
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SEASONINGS FOR YOUR FOOD

- Add $\frac{1}{4}$ teaspoon dried, finely powdered, or $\frac{3}{4}$ to 1 teaspoon dried, loosely crumbled, or 1 $\frac{1}{2}$ teaspoon fresh, chopped herbs for every four servings of food, pint of sauce or pound of meat.
 - For the best flavor, add seasoning during the last hour of cooking.
 - For foods that cool in less than an hour or for salads, wet the herbs with a little oil or lemon juice and let stand for $\frac{1}{2}$ hour before using to let the full flavor develop.
 - For a combination of herbs and spices, use about $\frac{1}{2}$ teaspoon for every four servings.
- One to two teaspoons of sugar can be added to vegetables during cooking. If a sugar substitute is used, add after foods have been cooked; it can change the flavor when heated.
 - If using a salt substitute, check with your doctor first. Add after foods have been cooked; it changes the flavor when heated. "Lite Salt" is still $\frac{1}{2}$ salt and may need to be limited or avoided.

Caution: Small amounts of herbs and spices should give the flavor you like. Too much may create a bitter or unpleasant taste.

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FOOD	SUGGESTED SEASONINGS
Beef	Bay leaf, basil, dry mustard, nutmeg, green pepper, sage, onion, marjoram, pepper, thyme, dill seed, oregano, caraway, curry, garlic, parsley, rosemary
Pork	Basil, caraway, cloves, nutmeg, garlic, onion, parsley, rosemary, sage, pepper, apples, applesauce, pineapple, chili powder, spiced apples and peaches, allspice, oregano
Fish	Bay leaf, basil, curry, dry mustard, green pepper, lemon juice, paprika, marjoram, allspice, onion, nutmeg, parsley
Eggs	Basil, curry, dry mustard, green pepper, onion, jelly, paprika, parsley, nutmeg, pepper
Carrots	Parsley, sugar or sugar substitute, honey, cinnamon, mint, lemon juice, allspice, nutmeg, bay leaf, caraway seed, dill seed, ginger, mace, thyme, mint jelly, pepper
Potatoes	Onion, basil, parsley, paprika, bay leaf, green pepper, chives, celery seed, oregano, poppy seed, rosemary, thyme, pepper, garlic, mint, nutmeg
Rice	Turmeric, cumin, curry, allspice, nutmeg, sugar or sugar substitute, honey, cinnamon, onion, green pepper, pepper
Broccoli	Lemon juice, pepper, vinegar, sugar or sugar substitute, basil, caraway seed, dry mustard, nutmeg, curry, oregano, garlic
Peas (green)	Onion, basil, mint, sage, mint jelly, sugar or sugar substitute, pepper, honey, rosemary, parsley, green pepper, oregano, garlic, poppy seed
String Beans	Lemon juice, nutmeg, dill seed, thyme, sugar or sugar substitute, vinegar, dry mustard, oregano, honey, caraway seed, sage, garlic, pepper
Spinach	Lemon juice, vinegar, onion, allspice, basil, mace, oregano, sugar or sugar substitute, pepper
Corn	Green pepper, onion, paprika, sugar or sugar substitute, curry

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Use the food label to help you choose appropriate foods for your diet.

Check the serving to see how much you will be able to eat for the sodium amount.

Single serve items with 140mg or less are good low sodium choices.

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

HERB SHAKER RECIPES

If you are accustomed to shaking salt on your food at mealtime, try herb shakers instead. Simply mix the ingredients together and place them in a bottle with fairly large holes in the cap; an empty glass spice container may also be used. These herb shakers may be used when dining out or “brown bagging”. If this is too cumbersome, these “spices of life” can be wrapped in plastic and carried in your pocket or purse.

SAVORY SHAKER

6 teaspoons thyme
3 teaspoons sage
6 teaspoons savory
5 teaspoons rosemary

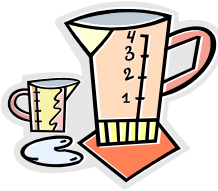
SPICY SHAKER

½ teaspoon cayenne
1 tablespoon garlic powder
1 teaspoon onion powder
1 teaspoon black pepper
1 teaspoon basil
1 teaspoon cumin

ZESTY SHAKER

2 teaspoons onion powder
2 teaspoons paprika
1 teaspoon white pepper
1 teaspoon celery seed
1 teaspoon mace
2 teaspoons dry mustard

Reference: Minear, Ralph E., M.D., The Joy of Living Salt-Free, Macmillan Publishing Company, New York: 1984



Fluid Restriction

Fluid restriction is an important part in the management of Heart Failure. When too much fluid is taken in, the heart has to work very hard to pump the excess fluid volume. This can worsen your Heart Failure and cause shortness of breath, weight gain, swelling of the feet or legs and cause a bloated feeling.

Your doctor has recommended that your daily intake of fluids be limited to _____ cc, which equals _____ quarts, which equals _____ cups or _____ ounces per day.

To help you measure:

- $\frac{1}{4}$ cup = 2 ounces = 60 ml (cc)
- $\frac{1}{2}$ cup = 4 ounces = 120 ml (cc)
- 1 cup = 8 ounces = 240 ml (cc)
- 2 cups = 16 ounces = 1 pint = 500 ml (cc)
- 4 cups = 32 ounces = 1 quart = 1000 ml (cc)
- 6 cups = 48 ounces = 1 $\frac{1}{2}$ quarts = 1500 ml (cc)
- 8 cups = 64 ounces = 2 quarts = 2000 ml (cc)

For a guide, use a container large enough to hold _____ cups of liquid. A standard household measuring cup is needed for exact measuring.

Each time fluid is consumed, measure out of the water container the same amount of fluid in the item you are taking in. For example, if you are going to drink $\frac{1}{2}$ cup of

juice, measure ½ cup of water out of the container, then discard the water.

When the container is empty, you will have used up your daily fluid allowance.

Count any beverage you consume as fluid:

water	coffee	tea	soup
juice	soft drinks	milk	

Count fluid in all foods that become liquid at room temperature:

ice cubes	custard	pudding	jello
sherbet	Ice cream	ice milk	fruit ice
Popsicles	frozen yogurt		

If dry mouth is a problem, suck on sugar-free hard candy, a lemon wedge, a popsicle, frozen orange sections, or frozen grapes, or chew sugarless gum to moisten your mouth. Brushing your teeth frequently will also help.

Do not exceed your daily fluid allowance.



Weight Tracking Chart

Unexplained weight gain is a warning sign that your treatment for Heart Failure may not be working as well as it has been. Daily weight tracking will help you notice a weight gain that may help prevent trips to the Emergency Room or stays in the hospital.

Here are some guidelines to assure your weights are accurate and comparable:

- ♥ Weigh DAILY
- ♥ Use the SAME scale
- ♥ Weigh first thing in the morning
BEFORE breakfast
AFTER urinating
- ♥ Keep a record of the daily weights

The Right Balance Between Activity & Rest

You can help strengthen your heart by doing some type of physical activity every single day. You may wonder how active you should be. You will have to learn how to balance your need for physical activity with your need for extra rest.

♥How active should you be?

- ♥ Talk to your doctor before starting an exercise program. Your doctor will work closely with you to figure out how much activity you can comfortably handle. Whatever you do, go slowly and give yourself plenty of time to adjust to the increased activity. You must listen to your body. If you feel poorly after physical activity, take it easy until you feel better.
- ♥ Remember, sexual activity is physical activity, too. Your doctor can also advise you when to resume sexual activity.



How much rest do you need?



- ♥ Giving yourself enough time to rest is vital to health and well-being. Resting for 30 to 60 minutes after meals and between daily activities eases the stress on your heart. In addition, plan time each day for relaxing activities, such as reading, sitting outside in the fresh air or watching TV. And remember to put your feet up to help reduce swelling of your legs and ankles.

Tips on Balancing Activity and Rest

- ♥ Take it slow and easy
 - ♥ Choose lighter activities at first, such as walking or shopping. Take rest breaks often. As you begin to feel stronger, gradually increase your activities and shorten rest periods. Recognize that it can take time to build up your endurance. Be patient with yourself.



♥ Pace yourself

- ♥ Always try to do activities when you are well rested. Allow enough time for each activity. Space activities out during the day and stop before you get too tired. Modify tasks so that you can sit while doing them. Stand up or sit down slowly to avoid becoming lightheaded.

♥ Lighten up

- ♥ Lifting heavy objects, straining to reach things, and using too much “elbow grease” all make your heart work harder. Instead of lifting heavy grocery bags or piles of laundry, use a wheeled cart or divide them into smaller bundles. Keep items you use all the time within easy reach. Avoid strenuous arm motions while doing household chores, such as vacuuming, mopping floors, washing windows or working in the yard.

♥ Avoid temperature extremes

- ♥ Being too hot or too cold places extra stress on the heart. Adjust your routine based on the weather and dress appropriately. Save activities for the cooler, less humid hours of the day





Be Alert to Your Symptoms

Your symptoms provide vital clues to how well your heart failure treatment is working. If you notice any changes in your symptoms, call your doctor.

- ♥ Increased Shortness of Breath
Especially when you are lying down or when you exert yourself
- ♥ Extreme fatigue
While doing activities you used to be able to do more easily
- ♥ Sudden weight gain
2-3 pounds overnight or 5-7 pounds in a week
- ♥ Swelling of legs, ankles, or feet
- ♥ Frequent coughing
Especially when you are lying down or coughing up blood
- ♥ Rapid, irregular heartbeats
Or a feeling that your heart is “racing”
- ♥ Dizziness or fainting
- ♥ Chest pain or pressure
- ♥ Nausea, loss of appetite, bloating, or tenderness of the abdomen
- ♥ Decreased urination

If you have angina or chest pain, stop what you are doing and rest immediately. Take your angina medicine as directed. If your pain does not go away, call 911. This is a medical emergency.



What medicines will I need to take?

Many different medicines are used to treat heart failure. You may need to take one or more medications, depending on your symptoms. It may take a while to find the best medicine for you and the correct amount of it.

There are basically four main types of drugs to help improve the functioning of your heart:

1. Medications that relax blood vessels to reduce the workload of the heart and make it easier for the heart to work (ACE Inhibitors, vasodilators, or ARBs)
2. Medications that help the heart pump better and slows the heart rate (Lanoxin/Digoxin)
3. Medications that reduce the extra amount of fluid and salt in the body (Diuretics)
4. Medications that reduce the tendency of the heart to beat faster and lowers blood pressure (Beta Blockers)

Some patients may also be on an anticoagulant (blood thinner) or Aspirin to help prevent blood clots. Your doctor may also order potassium supplements to replace potassium that is lost in the urine when certain diuretics are used. Your doctor, based on your individual medical history, may add other types of medicines.

When you are taking medicines for heart failure, you will need to have blood tests to check your potassium and kidney function. How often you will need these tests will depend on the type and strength of medicine you are taking.

How to Get the Most from Your Heart Failure Medicines

- ♥ Take your medicines exactly as prescribed.
 - ♥ Take your heart failure medicines every day in order for them to be effective.
 - ♥ It may be helpful to use a pill-box, timer, or written schedule to help you remember when to take your medicines.
 - ♥ If you miss a dose, contact your doctor for instructions.
 - ♥ In some cases, your doctor may start you on one drug and then add another later.
 - ♥ Do not stop taking any drug or change the dose unless the doctor tells you to do so.
 - ♥ Ask your doctor or pharmacist before taking any herbs or over-the-counter medicines.
 - ♥ If you don't know when or how to take each medicine, ask your doctor, nurse, or pharmacist.

- ♥ Watch for side effects.
 - ♥ All heart failure medicines have side effects.
 - ♥ Ask your doctor what side effects may occur with the medicines you are taking.
 - ♥ Report any unusual side effects as soon as they occur.

- ♥ Keep your appointments.
 - ♥ Visit your doctor regularly so that the effect of the medicines you are taking can be monitored.

- ♥ Give it time.
 - ♥ Some medicines take effect over several weeks.
 - ♥ Ask the doctor how long it will take before you can expect to see any benefit.

- ♥ Be realistic.
 - ♥ It takes more than medication to manage the symptoms of heart failure.
 - ♥ You must also try to limit the salt in your diet and change unhealthy habits that can make your heart failure worse.



Things to Remember About Treating Your Heart Failure

- ♥ Take your medication as directed EVERY DAY.
- ♥ Restrict your sodium.
 - ♥ Take the salt shaker off the table.
 - ♥ Use foods that are low in sodium or sodium free.
 - ♥ Your doctor recommends_____.
- ♥ Restrict your fluid intake.
 - ♥ Your doctor recommends_____.
- ♥ Weigh yourself EVERY morning and write it down.
- ♥ If you smoke, consider quitting.
- ♥ Call your doctor
 - IF:
 - ♥ You have more difficulty breathing
 - ♥ You are getting more fatigued with normal activity
 - ♥ You gain 2-3 pounds overnight or 5-7 pounds in a week
 - ♥ You are more short of breath lying down or awaken at night short of breath
 - ♥ You have new or increased swelling of your feet or legs
 - ♥ You urinate less often during the day and more often at night
 - ♥ You have a “bloated” feeling or upset stomach
 - ♥ You have cramps in your legs
 - ♥ You have blurred vision or see yellowish-green halos around objects or lights
 - ♥ You have a rapid, irregular heartbeat
 - ♥ You have frequent coughing or coughing up blood
 - ♥ You have dizziness or fainting
- ♥ Go to the EMERGENCY ROOM
 - IF:
 - ♥ You have tightness or pain in your chest
 - ♥ You are extremely short of breath
 - ♥ You are coughing up pink frothy mucus
 - ♥ You are traveling and develop symptoms of worsening heart failure



Medications



Allergies:

Name _____ Purpose _____

Instructions _____ Side Effects _____

Name _____ Purpose _____

Instructions _____ Side Effects _____

Name _____ Purpose _____

Instructions _____ Side Effects _____

Name _____ Purpose _____

Instructions _____ Side Effects _____

Name _____ Purpose _____

Instructions _____ Side Effects _____

Name _____ Purpose _____

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Name _____ Purpose _____

Instructions _____ Side Effects _____

Notes: