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# **HEART FAILURE** KNOW THE SYMPTOMS, EFFECTS AND MEDICATIONS

EVERY DAY	<ul> <li>Weigh yourself in the morning before breakfast, write it down, and compare to yesterday's weight</li> <li>Take your medicine as prescribed</li> <li>Check for swelling in your feet, ankles, legs and stomach</li> <li>Eat low-salt food</li> <li>Balance activity and rest periods</li> </ul>	HEART FAILURE (HF) Primary Physician Physician Phone U TODAY? GREEN, YELLOW OR RED?	
GREEN ZONE	<ul> <li>GREEN ZONE = "ALL CLEAR"</li> <li>No shortness of breath</li> <li>No swelling</li> <li>No weight gain</li> <li>No chest pain</li> <li>No decrease in your ability to maintain your activity level</li> </ul>	<ul> <li>GREEN ZONE MEANS:</li> <li>Your symptoms are under control</li> <li>Continue taking your medications as ordered</li> <li>Continue daily weights</li> <li>Follow a low-salt diet</li> <li>Keep all physician appointments</li> </ul>	
YELLOW ZONE	<ul> <li>YELLOW ZONE = "CAUTION"</li> <li>If you have any of the following si and symptoms:</li> <li>Weight gain of 3 lbs. in 24 hour and/or 3-5 lbs. in a week</li> <li>Increased cough</li> <li>Increased swelling</li> <li>Increase in shortness of breath activity</li> <li>Increase in the number of pillow needed</li> <li>Anything else unusual that both you to maintain your activity level</li> </ul>	<ul> <li>an adjustment of your medication</li> <li>Call your physician</li> <li>Call your homecare nurse first if you have services.</li> </ul>	
RED ZONE	<ul> <li>RED ZONE = "MEDICAL ALER"</li> <li>Unrelieved shortness of breath</li> <li>Unrelieved chest pain</li> <li>Wheezing or chest tightness at</li> <li>Need to sit in chair to sleep</li> <li>Weight gain or loss of more that lbs.</li> <li>Confusion</li> <li>Chest pain or pain that worsens when you breathe or cough</li> </ul>	<ul> <li>You need to be evaluated by a physician right away</li> <li>rest</li> <li>Call your physician or call 9-1-1</li> <li>n 5</li> <li>Call your physician immediately if you are going into the red zone!</li> </ul>	

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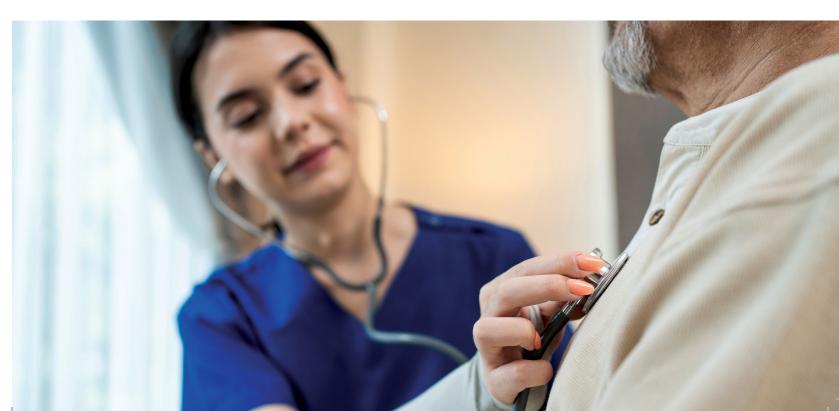
### **PATIENT NOTES**



Being in the hospital can be an overwhelming experience for you and your family, whether you As a member of your health care team, it is your are admitted to the hospital because of illness or role to ask the doctor and hospital staff about injury, or have a planned hospital stay for surgery or your illness or injury. It is important to learn about testing. No matter your level of anxiety or concern, your diagnosis, know what you need to do about there are a number of things you can do to it, and understand why it is important to follow the participate in your care and help achieve the health treatment plan. care outcomes you desire.

#### DON'T HESITATE TO COMMUNICATE

Talk to your doctor and all members of the hospital staff. Tell them how you feel and if you are experiencing any pain or other symptoms. Let them know about all the medications and vitamins you take. Tell them about all the illnesses you currently have or have experienced in the past, as well as anything that might keep you from following your prescribed treatment plan.



### **BE A TEAM PLAYER**

Don't be afraid to ask questions. If you have a specific concern or problem, tell a member of your health care team.

### WHEN YOU'RE AT HOME

- Review all discharge information, including when to make follow-up appointments.
- Review your medication list and know what medications are new and which prior medications may have been stopped.
- Report symptoms of disease recurrence or complications to your doctor, homecare nurse or pharmacist.

### **REMEMBER, YOU ARE THE MOST IMPORTANT MEMBER OF YOUR HEALTH CARE TEAM!**

### WHAT IS HEART FAILURE?

Approximately 5.7 million Americans are living with heart failure, making it one of the most common reasons for hospitalization in people 65 and older. It can take years for heart failure to develop. Heart failure is called congestive heart failure when fluid builds up in various parts of the body. If you are at risk for heart failure, you should make lifestyle changes now to help prevent it.

Heart failure symptoms usually develop over time as your heart becomes weaker and less able to pump the blood your body needs. Heart failure usually results in an enlarged heart (left ventricle).

#### SIGNS OF HEART FAILURE

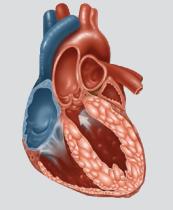
- Shortness of breath, especially when lying down
- Tired, run-down feeling
- Coughing or wheezing, especially when exercising or lying down
- Swelling in feet, legs and ankles
- Weight gain from fluid buildup
- Confusion or can't think clearly

#### CAUSES

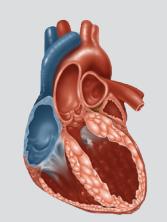
- Coronary artery disease occurs when arteries that supply blood to the heart muscle become narrowed by the buildup of fatty deposits
- Past heart attack
- Heart defects present since birth
- High blood pressure
- Heart valve disease or disease of heart muscle
- Infection of the heart
- Abnormal heart rhythm
- Being overweight
- Diabetes
- Thyroid problems
- Alcohol or drug abuse
- Certain types of chemotherapy

#### WHAT CAN HAPPEN?

- Your heart does not pump enough blood
- Blood backs up in your veins
- Edema occurs when fluid builds up in your body, causing swelling in your feet, ankles and legs
- Your body does not get enough blood and oxygen



The normal heart has strong muscular walls which contract to pump blood out to all parts of the body. Heart muscle pumps blood out of the left ventricle.



Heart failure is a condition that causes the muscle in the heart wall to slowly weaken and enlarge, preventing the heart from pumping enough blood.

Weakened muscle prevents left ventricle from pumping enough blood.

## **PATIENT NOTES**


### PATIENT NOTES

### THE EFFECTS OF HEART FAILURE

#### **EDEMA**

With heart failure, your heart doesn't pump with enough force. This means not enough blood is pumped out of your heart with each beat, causing your heart not to empty as it should. Because the heart isn't emptying as it shou g from your body can't enter the heart and it backs up in to your veins. This forces fluid from the blood vessels into other tissue, causing swelling (edema). You may notice edema in your feet, ankles, legs and fingers. This build-up of fluid can cause weight gain.

When the left side of your heart isn't pumping well, fluid can back up in to the vessels of your lungs. This may cause shortness of breath.

#### SHORTNESS OF BREATH

Shortness of breath, or dyspnea, can be caused by fluid in the lungs or by poor heart function. Shortness of breath can occur during physical activity or even at rest. It can come on suddenly and may seem to get better when you get up and move around. When sleeping, using several pillows to raise your upper body may make it easier to breathe.

#### FATIGUE

You may feel fatigued (tired) because your organs and tissues are not getting enough oxygen and nutrients. Feelings of fatigue may include sleepiness after eating, weak legs after walking, and shortness of breath with activity.

#### **OTHER EFFECTS**

The following symptoms can be caused from fluid back-up, less blood to organs of the body, and changing levels of certain things in the blood:

- Coughing
- Wheezing
- Lack of appetite
- Confusion •
- Increased heart rate



#### **CALL YOUR HEALTH CARE PROVIDER IF YOU:**

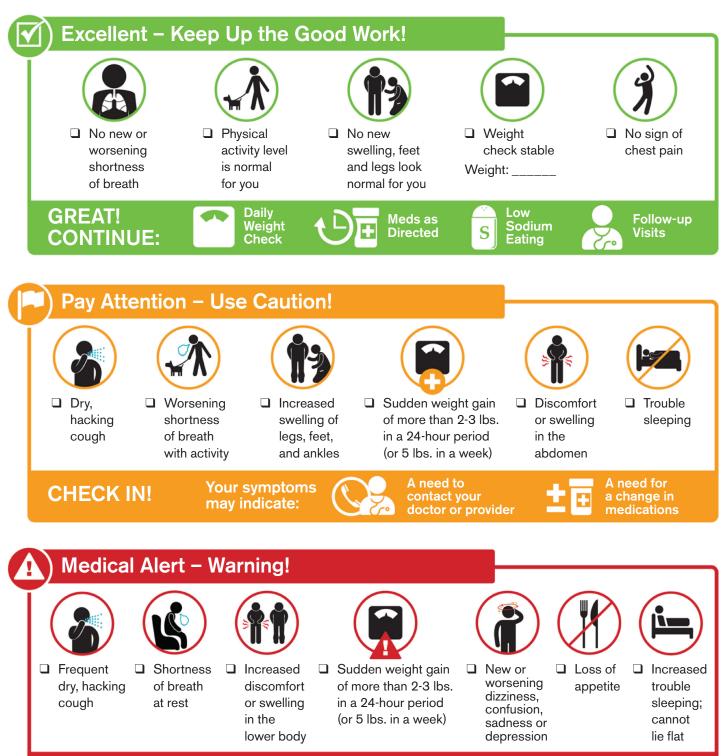
- Have shortness of breath after mild to moderate activity or while at rest
- Have sudden episodes of shortness of breath
- Need to use extra pillows when you lie down
- Are wheezing or an "asthma attack"

This may mean your heart failure symptoms are getting worse. The sooner you talk with your doctor, the better chance you have of preventing hospitalization.

#### CALL 911 IF:

- You feel lightheaded
- Your heart is racing
- You have sudden chest pain or heaviness

## **HEART FAILURE SELF-CHECK**



YOU NEED TO BE EVALUATED RIGHT AWAY!

Call your physician or call 911  $\sum_{n}$ 

## **MEDICATION INFORMATION**

### MANAGING HEART FAILURE MEDICATIONS

Heart failure patients are often prescribed multiple medications. Each medication comes with its own instructions. The medications can't do their job if you don't take them correctly. Be sure to work with your health care team to understand your medications, what they do, why they are important and how to take them appropriately.

### You should know the answers to the following questions about each medication you are taking:

- What is the name of the medicine? Is this the brand name or generic name?
- What is the medicine supposed to do?
- How and when should it be taken?
- What do I do if I miss a dose?
- How long will the medication be needed?
- What foods, drinks and other medicines should be avoided while taking this medicine? ٠ What are the possible side effects? What should be done if they occur? •

### Tips for taking your medications:

- Keep a record of all the medicines you are taking (see insert for sample).
- Be sure to bring your medication record with you to all medical appointments to help your health care team assess how well the medications are working.
- Use a weekly pill organizer. This will separate your pills each day of the week.
- Take your medications at the same time every day to help form a routine. Be sure to follow instructions as to when each medication should be taken (with meals, bed time, etc.).
- Your health care team can help you make a schedule for taking your medications.
- Fill your prescriptions before they run out.



### **MEDICATION INFORMATION**

#### TAKING MEDICATIONS FOR HEART FAILURE

The goal of heart failure treatment is to help you live a longer and have a better quality of life. Lifestyle changes may not always be enough to manage your heart failure. Your doctor may recommend further treatment options, such as medications, to help manage your symptoms. Heart failure medications can lessen fatigue, shortness of breath and swelling. If medication is prescribed for you, follow your doctor's directions exactly. Do not change how much you take or when you take it without talking with your doctor. Always tell your doctor about all medications you are taking, including over-the-counter drugs, supplements and herbal medicines.

#### MEDICATIONS COMMONLY USED TO TREAT HEART FAILURE

#### **Diuretics (water pills)**

• Help to remove extra fluid and sodium from the body by making you urinate.

#### **ACE Inhibitors and Angiotensin Receptor Blockers**

• Slows the progress of heart failure, lowers blood pressure and decreases work of the heart.

#### **Beta Blockers**

 Lowers blood pressure and heart rate, making the heart work easier.

MEDICATION CLASS	GENERIC NAME	BRAND NAME
Diuretic	Furosemide Bumetanide	Lasix Bumex
ACE Inhibitors	Lisinopril Enalopril Ramiprill	Prinivil, Zestril Vasotec Altace
Aldosteron Antagonists	Spironolactone	Aldactone
ARB	Losartan	Cozaar
Antihypertensive	Hydralazine	Apresoline
Beta-blockers	Carvedilol Metoprolol	Coreg Lopressor
Nitrates	Isosorbide dinitrate Isosorbide mononitrate	Isordil Imdur
Neprilysin Inhibitor	Sacubutrill/valsartan	Entresto

### MANAGE YOUR HEART FAILURE

#### WHAT CAN YOU DO TO MANAGE YOUR HEART TIPS FOR REDUCING SODIUM AT HOME **FAILURE?** Remove salt shaker from the table.

- Follow your doctor's advice
- Be physically active
- If you smoke, quit smoking ٠
- Take you medications as prescribed
- Get adequate rest
- Weigh yourself daily to check for weight gain caused by increased fluid
- Lose or maintain weight based on your doctor's Many packaged foods and canned goods can recommendations be high in sodium, so it is important to know how to read food labels and refer to them when Track your daily fluid intake shopping. Monitor your blood pressure daily

- Avoid or limit alcohol and caffeine
- Eat less salt and salty foods
- Eat a heart-healthy diet low in sodium, saturated fats, and trans fats

#### EAT A HEART-HEALTHY DIET

- · What you eat affects your heart health. Eating a heart-healthy diet can help you feel better and help manage your symptoms.
- A heart-healthy diet is rich in fruits and vegetables, whole grains, peas, beans, skinless poultry, fish, and low-fat dairy products.
- It is important to limit red meat and avoid saturated fat, trans fat, added sugar, and sodium.

#### **REDUCE SALT**

- Too much salt can cause excess water to build up. When fluid builds up is when you may notice edema (swelling). When extra fluid is present in the blood vessels, the heart must work harder.
- Discuss with your doctor how much sodium you should have in your daily diet. Patients with mild forms of heart failure should limit their salt intake to about 1,500 mg a day (1 teaspoon of salt is approximately 2,300 mg of sodium).

- Look for low sodium or no salt added versions of your favorite foods.
- Eat fresh fruits and vegetables instead of high sodium foods when possible.
- Talk with your doctor before using salt substitutes. These can be high in potassium and dangerous for certain conditions.
- Hidden sources of sodium include canned soups, pre-packaged frozen meals, cheese, salad dressings, fast food, and processed deli meats.



### MANAGE YOUR HEART FAILURE

### **READING FOOD LABELS TO LOOK FOR SODIUM**

Easy-to-read food labels can help you find foods low in sodium. This will help you keep track of the number of grams (g) or milligrams (mg) you consume each day. According to Food and Drug Administration regulations, no manufacturer can say that their product is "low-sodium" unless they can prove that claim. Learning to read food labels is a good first step in a sensible eating plan.

IF THE LABEL SAYS:	ONE SERVING OF THE PRODUCT HAS:	
Sodium-free, salt-free or no sodium	Less than 5 mg of sodium and no sodium chloride in ingredients	
Very low sodium	35 mg or less of sodium	
No added salt or unsalted	No salt added to the product during processing (this is not a sodium-free product)	
Low sodium	140 mg or less of sodium	
Reduced or less sodium	At least 25 percent less sodium than the regular product	
Light in sodium	50 percent less sodium than the regular product	

Nutritio	n Facts		
Serving Size 1 slice (47g) Servings Per Container 6			
Amount Per Servin	ng		
Calories 160 Calories from Fat 90			
	% Daily Value*		
Total Fat 10g	15%		
Saturated Fat 2.5g	11%		
Trans Fat 2g			
Cholesterol Omg 0%			
Sodium 300mg*	12%		
Total Carb 15g	5%		
Dietary Fiber less t	han 1g 3%		
Sugars 1g			
Protein 3g			
Vitamin A 0%	Vitamin C 4%		
Calcium 45%	Iron 6%		
Thiamin 8%	Riboflavin 6%		

\* The American Heart Association recommends that all Americans should reduce the amount of sodium in their diet to less than 1500 mg a day. Ask your healthcare provider for guidance on your sodium intake.

### ALWAYS COMPARE THE SODIUM CONTENT FOR SEVERAL SIMILAR PRODUCTS AND CHOOSE THE FOOD OR BEVERAGE WITH THE LOWEST AMOUNT OF SODIUM.

#### **HIGH-SODIUM FOODS**

FOOD	SERVING	SODIUM*
Deli roast beef	2 oz	360 mg
Packaged, flavored salted pork tenderloin	3 oz	665 mg
Vegetable juice	1 cup	481 mg
Corn, sweet, white cream-style, canned	1 cup	668 mg
Mushrooms, canned	1 cup	663 mg
Mixed vegetables, canned	1 cup	349 mg
Potatoes, steak fries, (salt added) oven cooked	10 strips	496 mg
Potatoes, scalloped home-prepared with salt and butter	1 cup	821 mg
Mixed vegetables, canned, drained	1 cup	349 mg
Canned soups	1 cup	600-1300 mg
Canned and frozen main dishes	8 oz	500-2570 mg

#### **HEALTHIER CHOICES**

	FOOD	SERVING	SODIUM*
	Beef, sirloin roast cooked, roasted, unsalted	3 oz	48 mg
	Pork loin roast, cooked, roasted, unsalted	3 oz	58 mg
	Low-sodium vegetable juice	1 cup	140 mg
	Fresh green beans, cooked in microwave, unsalted	1 cup	30 mg
	Broccoli, raw	1 cup	30 mg
	Carrots, raw	1 cup	88 mg
	Iceberg lettuce	1 cup	7 mg
	Mushrooms, white, raw	1 cup	4 mg
	Potato, baked with skin, unsalted	1 med	15 mg
3	Squash, winter, acorn, baked unsalted	1 cup	8 mg
)	Sweet potato, baked unsalted	1 cup	72 mg

\* The sodium content in these foods may vary. Check with your dietician for more product information.



### LIFESTYLE MODIFICATIONS

### **GET ENOUGH REST**

Rest times are essential because they give the heart a chance to pump more easily. Daytime rest can help keep you from overdoing it.

#### Tips to improve your night time sleep:

- Use pillows to prop up your head, which can help your breathing.
- Avoid naps and meals right before bedtime. •
- If you are waking up to use the bathroom at night, talk to your doctor about timing your diuretic differently.

#### MANAGE STRESS AND ANXIETY

Stress makes the heart work harder and can make symptoms worse. You may feel stressed and anxious about your heart failure diagnosis. Certain stress triggers can make your heart pound and make you breathe harder.

#### Tips to help manage stress and anxiety:

- Learn to accept things you can't change.
- Talk with family, friends and other trusted individuals about your concerns and ask for support.

 Don't use smoking, drinking, overeating, drugs or caffeine as ways to cope with stress.

• Try to avoid things that upset you.

#### **DEPRESSION**

It's normal to feel sad or low when diagnosed with a chronic condition. However, if your feelings interfere with daily activities, you may be depressed. Talk with your health care team right away if you feel little or no interest in doing things or if you're feeling down or hopeless. Depression can slow your recovery and increase your risk for future cardiac events. Don't be afraid to talk about your feelings. Depression is a common medical condition that can be treated.

#### **RESUMING INTIMACY**

Resuming sexual relations after a heart failure diagnosis is a very common concern. Do not be embarrassed to discuss this topic with your doctor. If your doctor approves, you can return to normal activity as soon as you feel ready.

## LIFESTYLE MODIFICATIONS

#### **QUITTING SMOKING**

Quitting smoking can remove a major source of damage to your heart and may improve your heart failure symptoms.

#### Tips for quitting:

- Set a date to quit.
- Find support in family and friends and ask for help and encouragement.
- Write down all the reasons you want to quit. ٠
- Hang in there! Nicotine is addictive. If you • smoke while trying to quit, get right back on track.
- · Get physically active as soon as possible. It will help you relax and reduce your desire to smoke.
- Hard candy and sugarless gum are good substitutes when you are having a craving.

#### TALK WITH YOUR DOCTOR IF YOU NEED HELP QUITTING.

#### PHYSICAL ACTIVITY

Physical activity is anything that makes your body move and burns calories. Examples include walking, raking leaves, or climbing stairs. Regular, moderately vigorous physical activity can help make your heart stronger. Some benefits of physical activity include mood improvement, less stress, more energy, lowering blood pressure, lowering bad cholesterol and increasing good cholesterol.

How much and what kind of activity you do depends on your heart health. Be sure to discuss physical activity with your doctor.

#### Tips:

- Start slowly and gradually build up intensity and time.
- You're more likely to keep exercising with a partner, so ask someone to join you.
- Vary your activity to keep interest. ٠
- Look for opportunities to be more active throughout the day.



### MANAGE YOUR HEART FAILURE

#### WHAT TO LOOK FOR AT THE GROCERY STORE

CATEGORY	FOOD CHOICES		
Fruits	• Fresh, canned or frozen (unsweetened or packed in juice)		
Vegetables	• Fresh or frozen (avoid sauce or flavor pouches, which may add salt and saturated fat)	<ul> <li>Canned is OK if low sodium or unsalted (rinse to remove excess sodium)</li> </ul>	
Meats, poultry, fish	<ul> <li>Fresh or frozen fish (not breaded)</li> <li>Canned tuna and salmon (unsalted or rinsed)</li> </ul>	<ul> <li>Chicken or turkey, both with the skin removed</li> <li>Lean cuts of beef, veal, pork or lamb (trim away all fat)</li> </ul>	
Meat substitutes	<ul> <li>Dried beans, peas, lentils</li> <li>Unsalted or low-sodium Tofu (soybean curd)</li> <li>Unsalted peanut butter</li> </ul>	<ul> <li>Nuts or seeds (unsalted, dry-roasted), such as sunflower seeds, peanuts, almonds and walnuts</li> </ul>	
<b>Drinks</b> (follow your healthcare team's instructions on limiting fluid intake)	<ul> <li>Water and sparkling water</li> <li>100% fruit juices, fresh, frozen or canned (with no added sugars)</li> </ul>	<ul> <li>Canned low-sodium or no-salt-added tomato and vegetable juice</li> <li>Tea and coffee in moderation</li> <li>Soy or almond milk</li> </ul>	
Dairy choices	<ul> <li>Liquid or dry milk or milk substitutes (1%, low-fat, fat-free or non-fat)</li> <li>Low-fat, low-sodium cottage cheese</li> </ul>	<ul> <li>Low-fat, low-sodium cheese</li> <li>Low-fat yogurt</li> </ul>	
Fats, oils (Use these in small amounts)	• Unsaturated nontropical vegetable oils such as canola, olive, corn, cottonseed, peanut, safflower, soybean and sunflower	<ul> <li>Unsalted margarine with liquid vegetable oil as first ingredient</li> </ul>	
Breads, cereals, grains, starches	<ul> <li>Whole-grain pasta</li> <li>Brown rice</li> <li>Starchy vegetables such as corn, potatoes, green peas, etc. (not canned unless salt-free, no added salt, or low-sodium)</li> <li>Whole-grain bread and rolls</li> <li>Melba toast</li> <li>Matzo crackers</li> <li>Whole-grain pita bread</li> </ul>	<ul> <li>Taco shell, corn tortilla (no <i>trans</i> fat, unsalted/low-sodium)</li> <li>Cooked cereals, such as corn grits, farina (regular), oatmeal, oat bran, cream of rice, cream of wheat</li> <li>Puffed rice or wheat, shredded wheat or any cereal with 100–140 mg of sodium</li> <li>Wheat germ (in small amounts)</li> <li>Unsalted, air-popped popcorn</li> </ul>	
Sweets*	<ul> <li>Carob powder, cocoa powder</li> <li>Flavored sugar-free gelatins</li> <li>Fruit</li> <li>Frozen 100% juice bars, fruit ice, sorbet, sherbet with no added sugars</li> </ul>	<ul> <li>Jelly, jam, preserves, apple butter made with 100% fruit</li> <li>Whole grain graham and animal crackers, fig bars, ginger snaps</li> </ul>	

## MANAGE YOUR HEART FAILURE

#### **HEALTHY COOKING TIPS**

#### Cooking ingredients and seasonings:

- Corn starch, tapioca
- Cornmeal (not self-rising because some have high sodium content)
- Fresh or dried herbs, salt-free herb seasonings
- Whole grain flour (not self-rising)
- Fresh fruits and vegetables such as lemons, limes, onions, celery, etc.
- Fresh garlic or ginger
- Chili pepper sauce (no added salt or lowsodium)
- Low-sodium baking powder
- Onion or garlic powder (avoid onion salt and garlic salt)
- Tomato paste (no added salt), unsalted tomatoes, unsalted tomato sauce
- Vinegar
- Water chestnuts (no added salt)
- Yeast



#### Try these seasonings instead of salt:

- Basil: beef, lamb, seafood, soup, stew
- Chives: salad, sauces, soup, stew, fish
- Chili powder: meat, poultry, seafood, corn, salad dressing
- Curry powder: lamb, chicken, fish, beef, rice, vegetables
- Dill: soup, salad, fish, meat, chicken, carrots, zucchini, peas
- Fresh garlic or ginger: chicken, seafood, soup, stew, beef, pork
- Garlic or onion powder: casseroles, meat, poultry, vegetables
- Lemon or lime juice: meat, fish, vegetables, seafood, chicken, salad, fruit
- Paprika: chicken, fish, meat, baked potatoes
- **Rosemary:** meat, fish, poultry, salad dressing, potatoes, peas
- Sage: meat, poultry, stuffing, rice, green beans
- Tarragon: soup, salad, meat, chicken, greens
- Thyme: chicken, veal, pork, soup, salad, tomatoes

#### Microwave:

It's quick and does not add calories.

#### Grill, bake, poach, sauté, and steam:

These are other alternative cooking options that can help you reduce saturated and trans fats.

#### Roast:

Put a rack in the pan so the poultry does not sit in the drippings. Instead of basting the meat with the drippings, use a saturated-fat-free liquid like wine, lemon juice, or low sodium tomato juice.

## MANAGE YOUR HEART FAILURE

#### **TRACK YOUR FLUID INTAKE**

Your doctor may recommend that you limit your fluid intake. Oftentimes, people with heart failure are prescribed diuretics that help get rid of extra water and sodium, reducing the heart's workload. Talk with your provider to see how much liquid you should be drinking daily. Talk to a dietician, nurse, or doctor about ways to keep track of your fluid intake.

#### I SHOULD BE LIMITING MY FLUID **INTAKE TO ML/OZ DAILY**

### **AVOID/LIMIT ALCOHOL AND CAFFEINE**

- Talk with your doctor about reducing or eliminating alcohol consumption.
- Drinking too much alcohol can raise blood pressure, cause heart muscle damage and heart failure, and lead to stroke.
- People with heart failure should limit their caffeine intake, as caffeine can add extra stress to your heart. Caffeine can be found in coffee, tea, and caffeinated soda.

### **AVOID/LIMIT ALCOHOL AND CAFFEINE**

### **KNOW YOUR BASELINE** WEIGHT: LBS

- You should weigh yourself every day. Sudden weight changes can be signs of worsening heart failure.
- A weight gain of 2-3 pounds in a day or 5 pounds in a week can be the first sign of fluid build-up.
- Report a weight gain to your doctor right away, even if you are feeling fine. The sooner your provider knows about a weight gain, the sooner they can adjust medications and help avoid hospitalization.

### **TIPS FOR OBTAINING YOUR MOST ACCURATE WEIGHT**

- Weigh yourself in the morning after going to the bathroom and before eating or drinking.
- Use the same scale and wear the same type of clothing each time (preferably no shoes).
- A great place to track your weight is on a calendar.
- Bring your log with you each time you see your doctor.

### **EXTRA WEIGHT MAKES YOUR HEART WORK** HARDER. IF YOU NEED TO LOSE WEIGHT. CONSULT YOUR HEALTH CARE TEAM.