



HEART FAILURE

KNOW THE SYMPTOMS,
EFFECTS AND MEDICATIONS

HEART FAILURE SELF-CHECK

Excellent – Keep Up the Good Work!



No new or worsening shortness of breath



Physical activity level is normal for you



No new swelling, feet and legs look normal for you



Weight check stable
Weight: _____



No sign of chest pain

GREAT! CONTINUE:

 Daily Weight Check

 Meds as Directed

 Low Sodium Eating

 Follow-up Visits

Pay Attention – Use Caution!



Dry, hacking cough



Worsening shortness of breath with activity



Increased swelling of legs, feet, and ankles



Sudden weight gain of more than 2-3 lbs. in a 24-hour period (or 5 lbs. in a week)



Discomfort or swelling in the abdomen




Trouble sleeping

CHECK IN! Your symptoms may indicate:


 A need to contact your doctor or provider

 A need for a change in medications


Medical Alert – Warning!




Frequent dry, hacking cough




Shortness of breath at rest




Increased discomfort or swelling in the lower body




Sudden weight gain of more than 2-3 lbs. in a 24-hour period (or 5 lbs. in a week)



New or worsening dizziness, confusion, sadness or depression




Loss of appetite



Increased trouble sleeping; cannot lie flat

YOU NEED TO BE EVALUATED RIGHT AWAY!



Call your physician or call 911

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?
- 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 Enalapril Ramiprill	Prinivil, Zestril Vasotec Altace
Aldosteron Antagonists	Spiroinolactone	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 FAILURE?

- Follow your doctor's advice
- Be physically active
- If you smoke, quit smoking
- 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 recommendations
- Track your daily fluid intake
- 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).

TIPS FOR REDUCING SODIUM AT HOME

- Remove salt shaker from the table.
- 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.
- Many packaged foods and canned goods can be high in sodium, so it is important to know how to read food labels and refer to them when shopping.
- 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

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

HIGH-SODIUM FOODS			HEALTHIER CHOICES		
FOOD	SERVING	SODIUM*	FOOD	SERVING	SODIUM*
Deli roast beef	2 oz	360 mg	Beef, sirloin roast cooked, roasted, unsalted	3 oz	48 mg
Packaged, flavored salted pork tenderloin	3 oz	665 mg	Pork loin roast, cooked, roasted, unsalted	3 oz	58 mg
Vegetable juice	1 cup	481 mg	Low-sodium vegetable juice	1 cup	140 mg
Corn, sweet, white cream-style, canned	1 cup	668 mg	Fresh green beans, cooked in microwave, unsalted	1 cup	30 mg
Mushrooms, canned	1 cup	663 mg	Broccoli, raw	1 cup	30 mg
Mixed vegetables, canned	1 cup	349 mg	Carrots, raw	1 cup	88 mg
Potatoes, steak fries, (salt added) oven cooked	10 strips	496 mg	Iceberg lettuce	1 cup	7 mg
Potatoes, scalloped home-prepared with salt and butter	1 cup	821 mg	Mushrooms, white, raw	1 cup	4 mg
Mixed vegetables, canned, drained	1 cup	349 mg	Potato, baked with skin, unsalted	1 med	15 mg
Canned soups	1 cup	600-1300 mg	Squash, winter, acorn, baked unsalted	1 cup	8 mg
Canned and frozen main dishes	8 oz	500-2570 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.

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg*	12%
Total Carb 15g	5%
Dietary Fiber less than 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.



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



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 low-sodium)
- 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.

