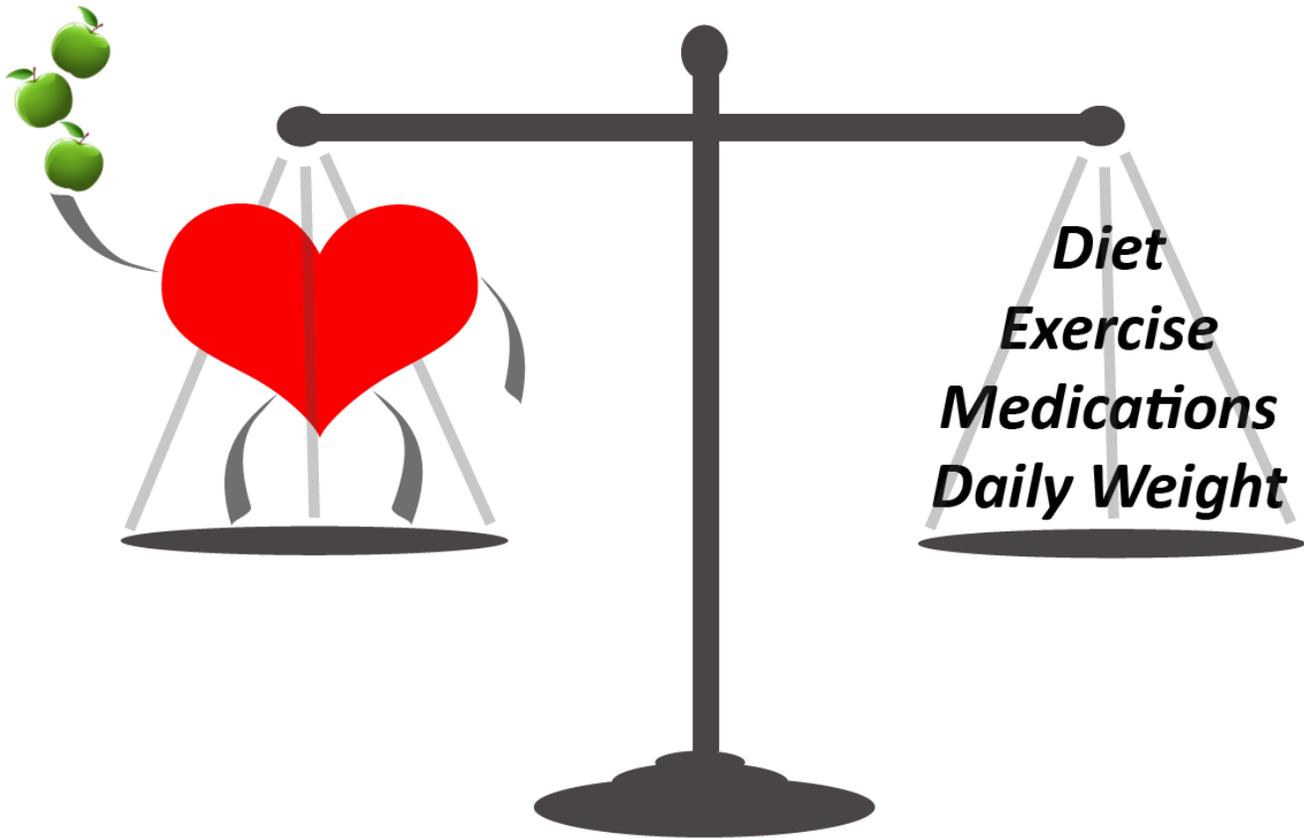


Heart Failure

A Self Care Guide



Heart Failure: A Self Care Guide



What is heart failure?

Heart failure is when the heart becomes too weak to pump enough blood into the rest of the body and fluid can back up into the lungs. Heart failure is also called “congestive heart failure” or “CHF”.

What are the symptoms of heart failure?

- o Shortness of breath with activity, or even at rest
- o Persistent cough, especially at night
- o Feeling tired and weak
- o Swelling in ankles, feet, legs or abdomen
- o Weight gain over a short period of time
- o Lack of appetite or feeling bloated

How can I manage my heart failure?

You have a big role to play in successfully managing your heart failure. Symptoms of heart failure are very treatable and most patients feel better with proper care.

In this booklet, you will learn how to have the best results using nutrition, exercise, special heart failure medicines and home monitoring of your weight.

Nutrition for Heart Failure

Eating less than 2,000 milligrams (mg)/2 grams (g) of sodium per day is one of the most important ways to keep yourself feeling well. When you eat too much sodium, your body holds on to water, which makes it harder for you to breathe and may cause your legs or abdomen to swell.



How do I follow a 2,000mg Sodium Diet?

The average American eats around 6,000-7,000mg of sodium a day, so it is really important to closely watch what you eat to keep your sodium intake low. You should:

1. Read food labels

- Look at the serving size. One package may have many servings. Compare the serving size on the label with the amount of food you are eating. If you eat more than 1 serving, you will be getting more sodium than what it says on the label.
- Look at the amount of sodium. Try to pick foods with less than 140 mg per serving. This food has 40 mg of sodium per serving —this is a good choice.
- You do not need to pay attention to the “Percent Daily Value”. This number is a guide for people WITHOUT heart failure.

Nutrition Facts	
Serving Size 1/2 cup (about 82g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 130
%	
Total Fat 14g	
Saturated Fat 9g	
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	
Sugars 14g	
Protein 3g	
Vitamin A 10% • Vitamin C 0%	
Calcium 10% • Iron 6%	
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

2. Throw out your salt shaker

- One teaspoon of salt is equal to about 2,300 mg of sodium. That is more than you can have in a day.

Helpful Nutrition Tips



- Eat fresh food. The fresher the food, the less sodium it has, so enjoy!
- Crush herbs between the palms of your hands before adding them to your dish. This releases their full flavor and aroma. If you like your food spicy, try hot peppers, such as jalapenos or serranos (fresh or dried).
- Keep a list of sodium free foods handy for snacking. Try fresh fruits and vegetables, yogurt and unsalted nuts.
- Talk with your heart failure specialist before starting salt substitutes (such as Nu-Salt®, Saltless®, Half Salt®).
- Tell your friends and family that you are on a low sodium diet. This way they can prepare foods that you can enjoy.
- **When eating in restaurants:**
 - Avoid deep fried foods. Choose foods that are baked, broiled, grilled, poached, roasted or steamed, and ask for sauces on the side.
 - If a dish comes with French fries or onion rings, ask for a baked potato or unsalted vegetables instead.
 - Add fresh lemon juice to fish and vegetables instead of salt.
 - Use oil and vinegar instead of prepared salad dressings, since dressings usually have a lot of added salt!
- For more healthy eating tips, see pages 13-15.



Do I need to limit the amount of fluid I drink?

As a general rule, drink less than 2 liters a day. This includes water, coffee, tea, soup, soda, gelatin and juice.

- 2 liters = 2,000 milliliters

OR

- 2 liters = 8 cups = 64 ounces



The amount of fluid you drink every day is important. **Talk with your heart failure specialist about how much fluid you can drink.** Some patients whose bodies retain a lot of fluid may have to limit liquids to 1½ liters or 6 cups per day.

Daily weights

Weight gain can be a sign that your body is holding on to fluids and that your heart failure may be getting worse. You may see your legs or abdomen become swollen. Closely watching your weight may prevent you from going to the hospital.



Tips for weighing yourself:

- Use the same scale every day.
- Place the scale on a flat, hard surface.
- Weigh yourself in the morning after you have gone to the bathroom and before you eat or drink anything.
- Wear the same clothes each time you weigh yourself.
- Write down your weight in your Daily Weight Record (a sample weight record can be found on page 17). Do it right away so you do not forget it.
- Call your heart failure specialist if you gain:
 - **2** or more pounds in **one day**, or
 - **5** or more pounds in **one week**

Exercise and Activity for Heart Failure

People with heart failure should stay active. Activities, including exercise, work, and sex, are safe for most people with stable heart failure. Exercise is important in maintaining healthy muscle and energy.



Things you should do:

- Ask your heart failure specialist before you start exercising.
- Gradually increase your activity.
- Wait at least 1½ hours after eating a meal before exercising.
- Exercise at least 20 to 30 minutes, 3 to 5 times a week. Try walking, swimming, low-intensity aerobics, cycling on a stationary bike or using a treadmill.

Things you should avoid:

- Avoid exercises that involve straining or sudden bursts of energy, such as push-ups, sit-ups or heavy lifting. Weight lifting with light weights can be used for strengthening, but ask your heart failure specialist how much is safe for you.
- Avoid exercising outdoors when it is too cold, hot, or humid. When extreme temperatures occur, exercise indoors, such as walking in a mall or around your home or your building hallway.
- Avoid exercising when you are not feeling well or you have a fever. You should wait until all of your symptoms disappear before you restart your exercise program.
- Avoid steam rooms, hot tubs or saunas. These extreme temperatures can cause your heart to work harder.

Cardiac Rehabilitation

Your heart failure specialist may encourage you to participate in a cardiac rehabilitation (rehab) program. Cardiac rehabilitation is a supervised program designed to help you exercise safely and maintain a heart-healthy lifestyle. During these exercise sessions your heart rate and blood pressure will be monitored.

Working

Most people with heart failure can continue to work. People with more advanced heart failure whose jobs are physically demanding or stressful may benefit from working part time or transitioning to light duty. Talk with your heart failure specialist about returning to work.

Sexual Activity

Sexual activity is not dangerous to your heart. Just as with exercise and work, you should not have sex if you are fatigued, feeling ill, or short of breath.

Medications for Heart Failure

Type of Medication	Name of Medication	Purpose of the Medication	Common Side Effects
Angiotensin Converting Enzyme Inhibitors (ACE Inhibitors)	Quinapril (Accupril [®]) Ramipril (Altace [®]) Enalapril (Vasotec [®]) Lisinopril (Zestril [®] , Prinivil [®])	Relaxes blood vessels to help your heart pump more easily	<ul style="list-style-type: none"> ○ Dry cough ○ Dizziness
Angiotensin II Receptor Blockers (ARBs)	Candesartan (Atacand [®]) Losartan (Cozaar [®]) Valsartan (Diovan [®])	Relaxes blood vessels to help your heart pump more easily	<ul style="list-style-type: none"> ○ Dizziness
Beta Blockers	Carvedilol (Coreg [®]) Metoprolol (Lopressor [®] , Toprol XL [®])	Decreases heart rate and workload of your heart	<ul style="list-style-type: none"> ○ Fatigue ○ Dizziness
Diuretics (water pills)	Furosemide (Lasix [®]) Torsemide (Demadex [®]) Metolazone (Zaroxolyn [®])	Helps your body get rid of extra fluid	<ul style="list-style-type: none"> ○ Increased urination ○ Dizziness
Aldosterone Blockers	Spironolactone (Aldactone [®]) Eplerenone (Inspra [®])	A type of diuretic that improves symptoms of heart failure	<ul style="list-style-type: none"> ○ Fatigue ○ For male patients: Breast pain and swelling
Cardiac Glycosides	Digoxin (Lanoxin [®])	Helps your heart beat with more strength	<ul style="list-style-type: none"> ○ Nausea
Antiarrhythmics	Amiodarone (Cordarone [®])	Treats irregular heart rhythm	<ul style="list-style-type: none"> ○ Nausea ○ Tremor ○ Skin sensitive to sunlight

Note: Your brand name may be different the drugs listed above.

For more detailed information please contact your heart failure specialist or pharmacist.

Tips for Taking Your Medications



- Know the names of your medications and what they do. Carry a list of your medications and doses with you.
- Take all your medications as prescribed.
 - **Do not stop or change your medications** unless you first talk with your heart failure specialist. Stopping your medications suddenly can make your condition worse.
 - **Refill your prescription before you completely run out of your medication.**
 - **When traveling, keep your medications with you so you can take them as scheduled. Do not put your medication in your checked luggage.**
 - Heart failure medications may make you dizzy or light-headed. If you have these symptoms, get up more slowly from a sitting position and talk to your heart failure specialist, who may decide to adjust the dosage for you.
- Ask your heart failure specialist before taking any **over-the-counter medications** or **herbal remedies**.
 - Avoid cold preparations that contain decongestants, all pseudoephedrine or ephedrine, and medications with a “**D**” in the name (ex. Claritin-D[®]).
 - Avoid painkillers called nonsteroidal anti-inflammatory agents, or **NSAIDs** for short (ex. **Advil[®]**, **Motrin[®]**, **Aleve[®]**, **Indocin[®]**, **Ibuprofen**, **Naproxen**, and **Indomethacin**). It is safer to treat pain or fever with acetaminophen or Tylenol[®].
 - Avoid medications for headaches (ex. Aleve[®]) or heartburn (ex. **Tums[®]**) that contain sodium bicarbonate or sodium carbonate.
- Before having surgery, including dental surgery, tell your provider or dentist about your heart condition and the medications you are taking.



How can I quit smoking?

If you quit smoking you can improve your symptoms of heart failure.
Resources to help you quit smoking:

- New York State Smoker's Quitline 1(866) NY-QUITS 1-866-697-8487 or www.nysmokefree.com
- American Lung Association 1-800-LUNG-USA or <http://lungusa.org/tobacco>
- American Heart Association 1-800-242-8721 or <http://americanheart.org/heart>
- Quitnet <http://www.quitnet.org>

Other tips that may be helpful:

- Fight the urge by going to places where smoking is not allowed and hanging out with people who do not smoke.
- Avoid situations that tempt you to smoke, like drinking coffee or alcohol.
- Find a substitute to reach for instead of a cigarette.
- If you smoke a cigarette, do not give up. Just promise yourself not to do it again.
- Tell family members and friends that you need to quit smoking and need their support. If your husband, wife, son or daughter smokes, ask them to quit with you.
- Join a smoking cessation program, or other support group.
- Talk with your heart failure specialist about a nicotine replacement product, such as a nicotine patch or gum.

Can I drink alcohol?

You should avoid alcohol. Alcohol can be dangerous because it can lower your blood pressure and weaken your heart muscle. Also, alcohol can affect how your medications work. If your heart failure was caused by alcohol abuse, you must stop drinking completely.

After your Heart Failure Hospitalization

Follow up Appointments

It is important to keep all your follow-up appointments. You should see your heart failure specialist in the office 7 – 14 days after you are discharged from the hospital.

Bring to your appointment:

- ✓ All your medications, including your herbal and vitamin supplements and teas
- ✓ Your medication list
- ✓ Your Daily Weight Record

Your appointments:

Heart Failure Specialist: Name _____ Date: _____ Time: _____
Telephone Number _____ Address: _____

Primary Care Provider: Name _____ Date: _____ Time: _____
Telephone Number _____ Address: _____



My Home Treatment Plan

1. Weigh yourself every morning after going to the bathroom and before eating. Record your weight.
2. Take medications as prescribed. Always make sure you have enough medication.
3. Check for swelling in your feet, ankles, legs and stomach.
4. Eat a low salt diet and limit your fluids to 6 - 8 cups a day as instructed.
5. Exercise for at least 20 to 30 minutes, 3 to 5 times a week.

Call your heart failure specialist if you have:



- Increased shortness of breath or cough that is getting worse or awakens you from sleep
- Feeling of rapid heartbeats or palpitations
- Weight gain of 2 or more pounds in one day, or 5 pounds in one week
- Persistent nausea or inability to eat lasting more than 2 days
- Increased swelling of feet, ankles, legs or abdomen
- Decreased or dark colored urine
- Dizziness or lightheadedness when you stand up
- Feeling more exhausted during routine activity or worsening muscle cramps and weakness
- Hearing or vision changes, skin rash or itching, shaking or tingling of the hands or feet, breast enlargement (men). These can all be possible side effects of your medication.

Call 911 if you have:



- Severe shortness of breath or wheezing
- Sudden chest pain, tightness or pressure
- Discomfort in your upper body such as the arms, back, neck, jaw or stomach
- Unexplained sweating, nausea or weakness
- Fainting
- Trouble with speech, or your legs and arms become weak
- Swelling of the face, neck or tongue. This could be a side effect of certain medication

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.

♥ HEART FAILURE ZONES ♥

EVERY DAY

EVERYDAY

- Weigh yourself every morning after going to the bathroom and before eating. Record your weight.
- Take medications as prescribed. Always make sure you have enough medication.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat a low salt diet and limit your fluids to 6-8 cups a day as instructed.
- Exercise for at least 20-30 minutes, 3-5 times a week.

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 of 2 or more pounds.
- No swelling of your feet, ankles, legs or stomach.
- No chest pain.

YELLOW ZONE

CAUTION - This zone is a warning

Call your Heart Failure Specialist if:

- You have a weight gain of 2 or more pounds in 1 day or a weight gain of 5 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 not think clearly.

More healthy eating tips:

 CHOOSE these LOW sodium seasonings:		
Allspice	Curry	Parsley
Anise	Dill	Pimento
Basil	Flavored extracts	Pepper (black or white)
Bay leaves	Five-spice powder	Pepper (vegetable)
Cayenne pepper	Garlic (fresh or powder)	Sage
Celery powder	Ginger	Tabasco sauce
Chili powder	Lemon or lime juice	Thyme
Chives	Mrs. Dash [®]	Vinegar (red wine, apple cider, white, balsamic)
Cinnamon	Nutmeg	
Cocoa powder	Onion (raw or powder)	
Cumin	Paprika	

 AVOID these HIGH sodium seasonings:		
Adobo	Pickled foods (such as cucumbers, onions, vegetables)	Seasonings (commercially made)
Barbeque sauce		Soy sauces (regular and "lite")
Cocktail sauce		
Fish sauce		Steak sauces
Generic sauce mixes	Relish	Stir fry mixes/sauces
Horseradish (some brands are higher in sodium than others)	Salad dressing (premade and mixes)	Taco mixes/sauces
		Teriyaki sauces
Ketchup	Salt (all forms – Kosher salt, sea salt, celery salt, "lite" salt, garlic salt, onion salt, seasoning salt)	Vinegars with seasonings (also added sodium)
Marinades		
Meat tenderizers		
MSG		Worcestershire sauce
Mustard		

Choose these low sodium foods:



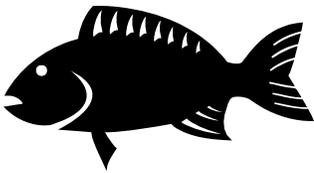
Citrus Fruits



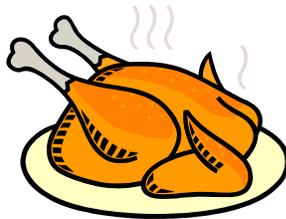
Fresh Fruit



Fresh Vegetables



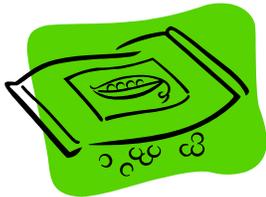
Fresh Fish



Poultry



Low Sodium Dairy



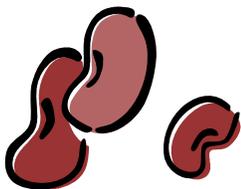
Frozen Vegetables
(without added salt)



Oil and Vinegar



Whole Grains



Dried Beans

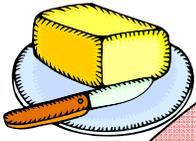


Unsalted Snack Foods



Cereal

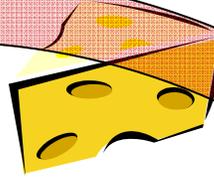
Avoid these high sodium foods:



Salted butter



Bacon/Sausage



Cheese



Canned meats/fish



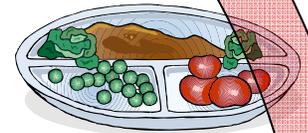
Salad Dressing



Condiments



Canned Foods



Frozen Dinners



Salted Snack Foods



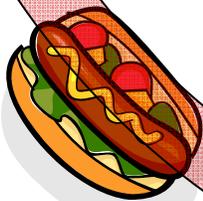
Fried Foods



Chinese Food



Pizza



Processed Meats



High Sodium Deli Meats



Pickles/Olives



Fast Foods

DAILY WEIGHT RECORD

Month _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						