

Heart Failure Handbook

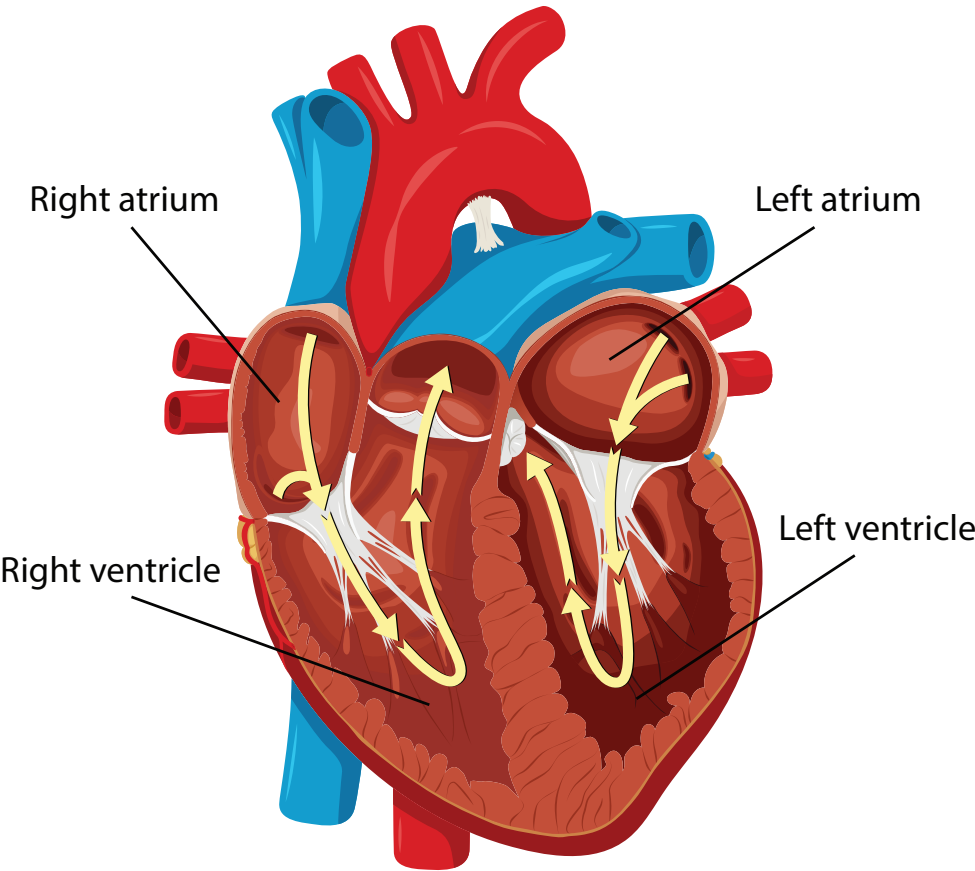




Table of Contents

What is Heart Failure?	3
External Appearances of Heart Failure	4
Keys to Living Well with Heart Failure	5
HF Zone	6
How to weigh yourself every morning	7
Eat the right amount of salt	8
Limiting Fluid Intake	10
Heart failure medications	12
Exercise and Stay Active	14
Cardiac Rehab for Heart Failure	15
Weight & Heart Failure Zone Log	16
HF PATH	18
Important Phone Numbers	back cover

Normal heart function



What is Heart Failure?

Heart failure, or HF, is a diagnosis that means your heart is not pumping enough blood to the rest of your body.

This can cause you to feel short of breath, tired or have swelling in your legs or belly.

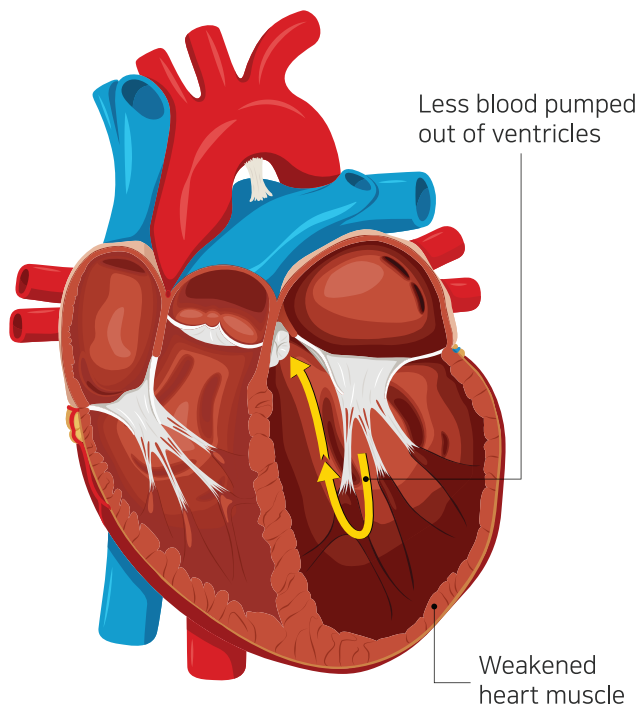
Normally, the heart fills completely and pumps out 55-65% of this blood every beat. This number is called your ejection fraction (EF), and can be low in heart failure.

There are two major kinds of heart failure:

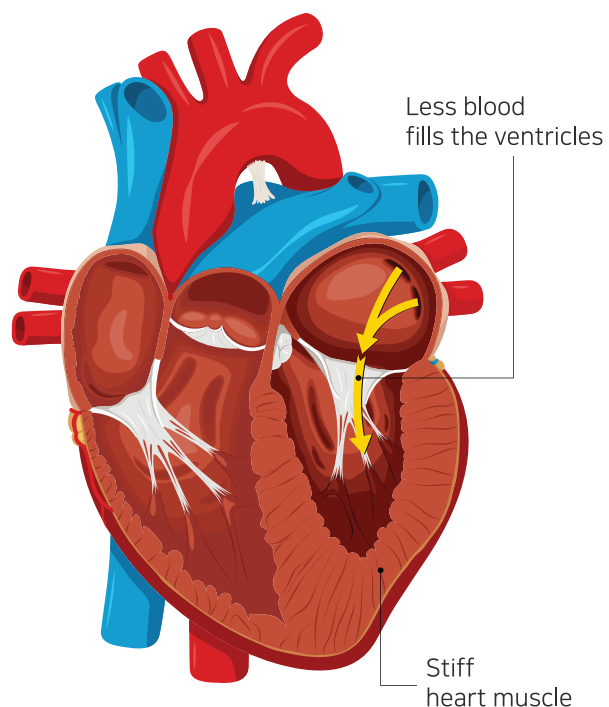
1. Systolic heart failure: the heart cannot pump blood out well.
2. Diastolic heart failure: the heart is stiff and cannot fill with blood well.

It is possible to have both systolic and diastolic types of heart failure at the same time.

Systolic heart failure



Diastolic heart failure



Acute right heart failure

Acute left heart failure

■ Loss of appetite

■ Lower leg edema
■ Weight gain

■ Shortness of breath during exertion
■ Upright respiration position
■ Shortness of breath and coughing at night

■ Palpitations

■ Fatigue and tiredness

Keys to Living Well with Heart Failure

- Monitor your symptoms every day.
- Weigh yourself every morning.
- Eat the right amount of salt.
- Drink the right amount of fluids.
- Take your medication every day.
- Exercise and stay active.
- Call you doctor with change in symptoms



Heart Failure Zones

Check your symptoms everyday!

GO ZONE	CAUTION ZONE	STOP ZONE
I am at my goal weight	I have gained or lost 3 or more lbs. in a day or 5 or more lbs. in a week	I have gained or lost more than 5 lbs. in a day or 7 lbs. in a week
I have NO increase in swelling	I have some increased swelling	I have a lot of swelling
I have NO trouble breathing or my breathing is normal for me	I feel more short of breath doing my normal activities I need to use more pillows when I sleep	I feel short of breath at rest and cannot catch my breath I need to sit in a chair to sleep
I have my normal amount of energy	I feel more tired or weak	I feel very tired and can barely do my normal activities
ALL ARE GREEN: My symptoms are in control! I will continue with my normal daily routine	ONE OR MORE ARE YELLOW: I need to take action TODAY! I will call my doctor _____ at (_____) _____	ONE OR MORE ARE RED: I need to take immediate action and call my doctor's office or 911!

CALL YOUR DOCTOR if you are in the **"Yellow"** or **"Red"** zone.

Cut page out for easier reference.

How to weigh yourself every morning:

1. On the same scale
2. Close to the same time every day
3. After going to the bathroom
4. Before getting fully dressed
5. Before eating breakfast
6. Write weight down and keep a log. Take the log with you to your doctor's visits
7. Sample log in the back of this book
8. Call your doctor for weight gain (3 lbs. in a day or 5 lbs. in a week)

Changes in body weight can be a sign that your body is holding onto too much fluid.

Talk to your doctor about your goal or "target" weight at each visit. This is the weight where you will feel your best.

*If you do not own a scale and cannot afford one, please notify your nurse.





Why limit salt

The more salt you consume, the more fluid you retain. This can make your symptoms worse. Follow the recommendation of your doctor to see how much salt you are able to have in your diet. The American Heart Association recommends a daily salt (sodium) intake of 2,000 mg, or 2 grams.

1 teaspoon salt = 2400 mg of sodium

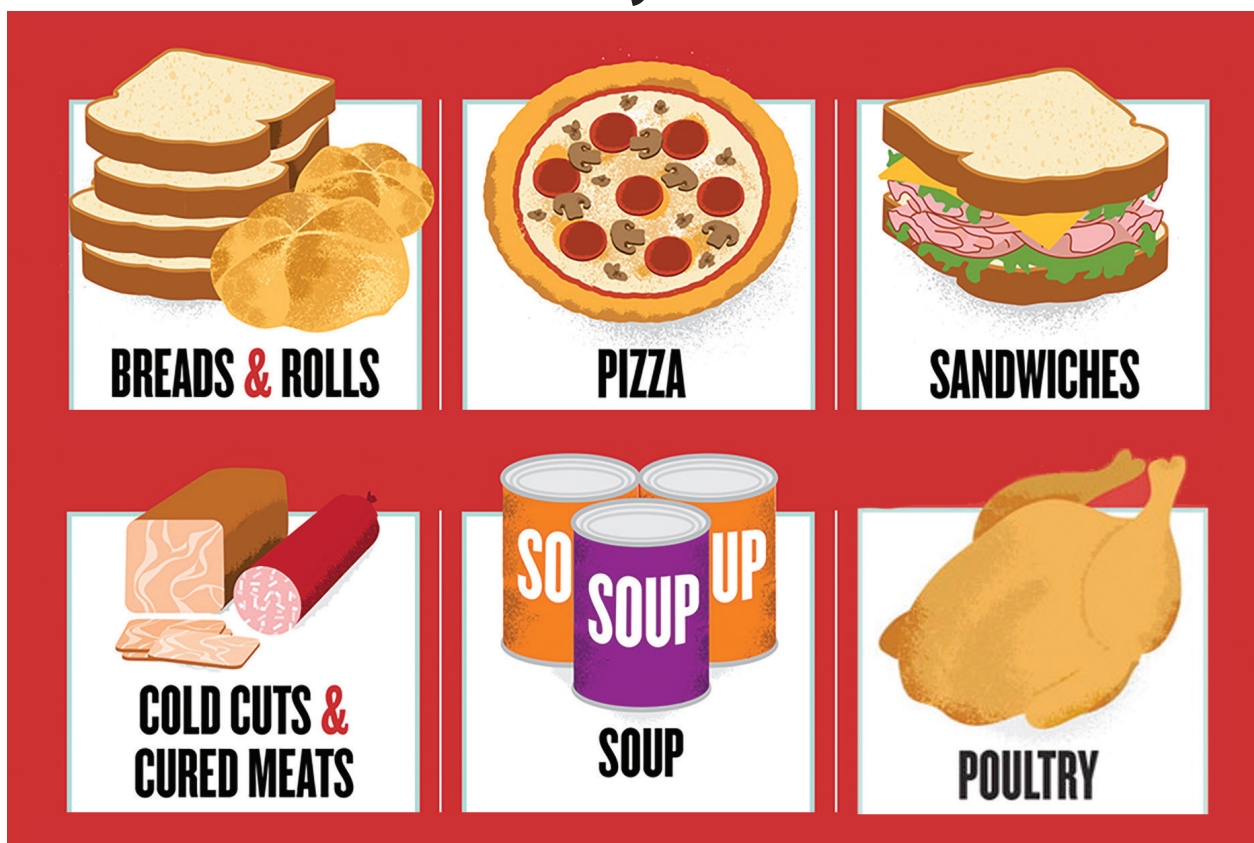
The Size of Each Serving
For example, a single serving of this food is one cup (228g).

Amount of Sodium
This food has 660 mg of sodium per serving (One cup)

Nutrition Facts			
Serving Size 1 Cup (228g)			
Servings per Container 2			
Amount per serving			
Calories 260		Calories from Fat 120	
		% Daily Values*	
Total Fat	13g	20%	
Saturated Fat	5g	25%	
Trans Fat	2g	25%	
Cholesterol	30mg	10%	
Sodium	660mg	28%	
Total Carbohydrate	31g	10%	
Dietary Fiber	0g	0%	
Sugars	5g		
Protein	5g		
Vitamin A	4%	Vitamin C	2%
Calcium	15%	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 Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

5% Daily Value or less is low. 20% Daily Value or more is high.

Salty Six



How to eat less salt:

- Get rid of the salt shaker and replace it with one of the no salt seasoning blends, like Mrs. Dash, or pepper. Use caution using sea salt, Nu salt or Himalayan salt, may increase Potassium. They are all sources of salt (sodium).
- Read food labels! Salt is hidden in most foods, so it is very important for you to know how to read labels to find low-sodium foods.
- Limit eating at restaurants, especially fast food. You can research sodium amounts in restaurants on the internet.
 - Tips and Tricks for eating out:
 - Skip sauces, gravies, soups
 - Choose fresh meat or fish is baked, broiled, grilled, poached, roasted or steamed
 - Ask for side salad, fruit or steamed vegetables, without salt or butter instead of fries or potato chips
 - Try lemon juice or vinegar and oil instead of dressing
 - Drink water, plain coffee or tea
- Canned, packaged and frozen foods are often high in sodium.

Why Limit Fluids

Drink the right amount of fluids

Limiting fluid intake may help reduce your symptoms. Your doctor may recommend that you restrict fluid intake to 2000 ml, or 2 liters per day.

What counts?

1 cup = 8 ounces fluid

64 ounces fluid = 8 cups = 2000 ml = 2 liters

1 cup ice = ½ cup water

Dehydration symptoms

1. Dizziness or Lightheadedness
2. Weakness or more tired
3. Low Blood pressure
4. Weight loss (3 lbs. in a day or 5 lbs. in a week)

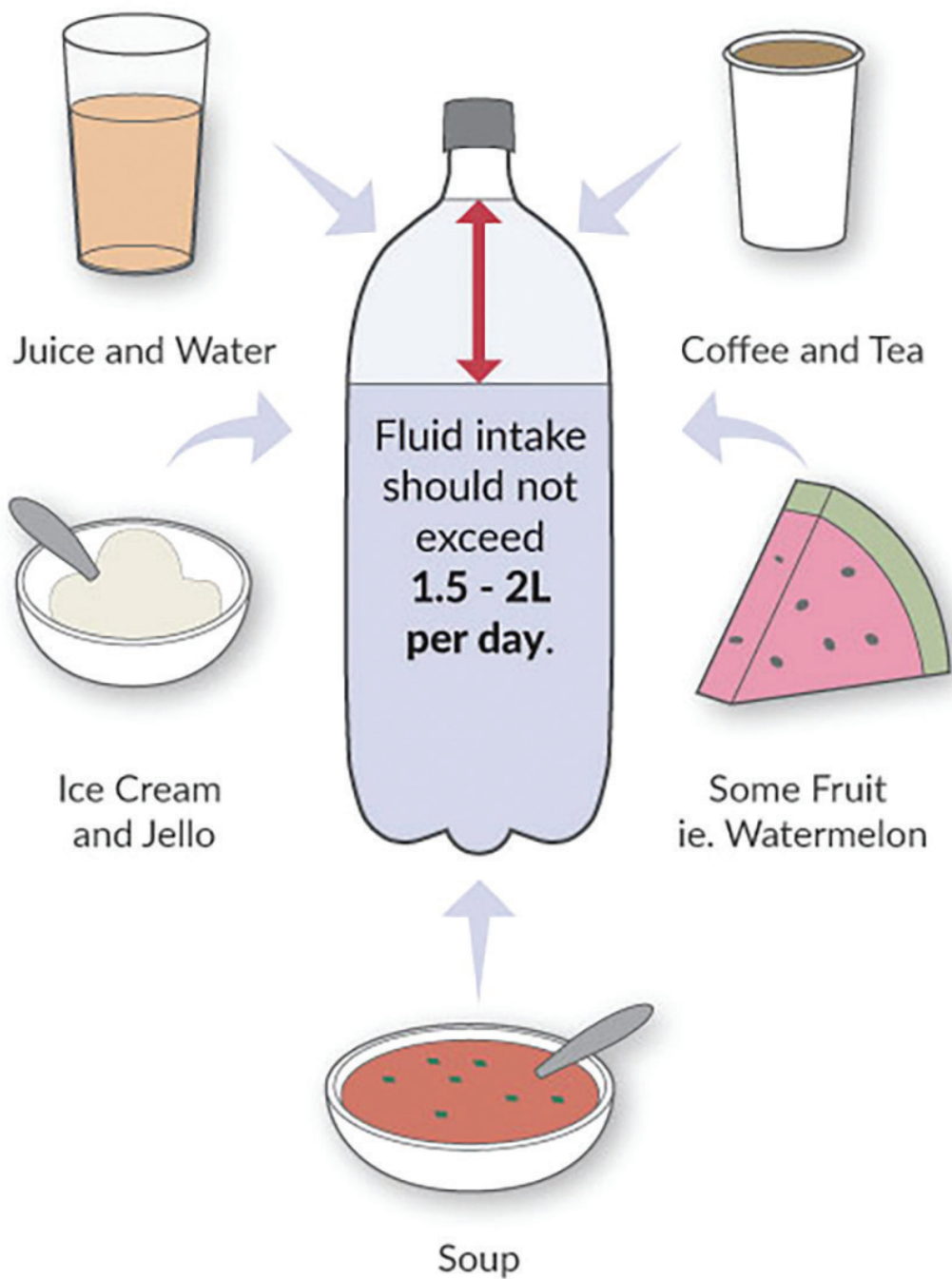
Helpful Hints

- Drink any fluid after your meal, not during your meal.
- If you absolutely need something to drink with your meal, use only a 4 ounce cup or Dixie® cup size.
- If you become thirsty during the day, try sugar-free gum, hard candy, a single popsicle or frozen grapes.
- Ask your doctor what is your personal fluid restriction



Limiting Fluid Intake

Fluid Intake



Heart Failure Medications

Your medications each act in a different way to help you feel well. Take your medications every day as directed:

- Do **NOT** skip medications, even if you are feeling better.
- **NEVER** take more medication than prescribed.
- If you miss a dose, do **NOT** double up on medication, unless told to do so by your healthcare provider.

Be informed and prepared:

- Carry a list of your medications (including non-prescription medications, vitamins, and natural products/herbal medicines), doses, and how often you take it in your wallet or purse and show it to all of your doctors.
- Carry plenty of medications with you when you travel.
- Know what each medication is for and what it looks like.
- Call your pharmacy for a refill several days **BEFORE** you are out of your medication.

Report to your doctor:

- If you are concerned you may have medication side effects.
- If you are not able to afford your medications, there are programs available. Ask your nurse or case manager.

Call your doctor or pharmacist if you have any questions about your medications or before taking any over the counter medications or supplements



Heart Failure Medications

Medication	How it works	Possible side effects
Diuretics (Water Pills) Lasix (furosemide) Demadex (torsemide) Bumex (bumetanide) Zaroxolyn (metolazone) Microzide (HCTZ, hydrochlorothiazide)	Gets rid of extra water.	<ul style="list-style-type: none">• Increased urination (this means the pills are working)• Muscle cramps• Dizziness• Low potassium and magnesium levels
ACE-Inhibitors Prinivil/Zestril (lisinopril) Vasotec (enalapril)	Relaxes blood vessels, so heart does not have to work as hard.	<ul style="list-style-type: none">• Swelling of tongue or lips—this is rare (Go to the nearest Emergency Room right away)• Dry cough• Dizziness• Low blood pressure• Altered sense of taste
Angiotensin II Receptor Blockers (ARB) Cozaar (losartan) Diovan (valsartan)	Relaxes blood vessels, so heart does not have to work as hard.	<ul style="list-style-type: none">• Swelling of tongue or lips—this is rare (Go to the nearest Emergency Room right away)• Dizziness• Low blood pressure
Angiotensin Receptor Blocker/ Neprilysin Inhibitor Entresto (sacubitril/valsartan)	Relaxes blood vessels, so heart does not have to work as hard.	<ul style="list-style-type: none">• Swelling of tongue or lips—this is rare (Go to the nearest Emergency Room right away)• Dizziness• Low blood pressure
Beta-Blockers Coreg (carvedilol) Toprol XL (metoprolol succinate) Zebeta (bisoprolol)	Slows down heart rate and lowers blood pressure so heart does not have to work as hard.	<ul style="list-style-type: none">• Feeling tired (usually goes away after a few weeks)• Dizziness• Low blood pressure• Slows heart rate
Aldosterone Blockers Aldactone (spironolactone) Inspra (eplerenone)	Helps get rid of salt and water. Raises blood potassium levels.	<ul style="list-style-type: none">• High potassium levels• Breast tenderness and growth in men and women
Lanoxin (digoxin)	Helps the heart to pump better.	<ul style="list-style-type: none">• Nausea/vomiting• Loss of appetite• Vision changes
Vasodilators Apresoline (hydralazine) Imdur (isosorbide mononitrate) Isordil (isosorbide dintrate)	Relaxes blood vessels so heart doesn't have to work so hard.	<ul style="list-style-type: none">• Dizziness• Headache (temporary)• Stomach upset• Flushing• Low blood pressure

Exercise and Stay Active

Benefits of Exercise

- Improve your EF (ejection fraction)
- Improves flexibility, strength, sleep, weight
- Reduces risk factors, such as high blood pressure, high cholesterol, high blood sugar

How to stay active

- Choose an activity that you enjoy: walking, swimming, water aerobics, dancing, silver sneaker program
- Exercise with someone—it will keep you motivated
- Include activity in your daily routine. Ask your doctor about cardiac rehab
- Discuss exercise programs with your doctor. Your doctor may recommend programs such as outpatient cardiac rehab

When should you stop exercising?

- If you develop chest pain or pressure
- If you feel dizzy, like you are going to pass out
- If your heart is racing



Cardiac Rehab for Heart Failure

Cardiac Rehab is an outpatient exercise program designed specially to you. This heart monitored class, taught by exercise physiologist and nurses, over the course of 36 sessions or 12 weeks, can help improve your heart health. This program is usually covered by insurance companies and is 3x/week with a focus on building up endurance and helping get you in a physical activity routine.

With heart failure you may experience fatigue, getting up and moving around can help increase your energy level. It can reduce high blood pressure, high cholesterol, stress, anxiety and depression.

Staying active is best for your heart health, which can be as simple as walking for a couple minutes every day. When walking at home, walk at a comfortable pace. You should be able to talk and walk without feeling short of breath.



[illegible]

Cut page out for easier record keeping.

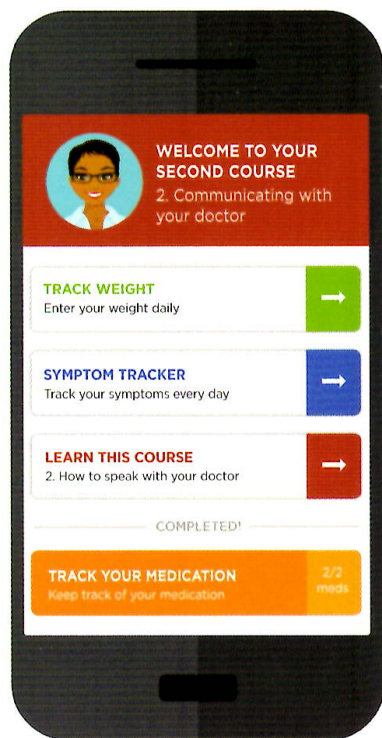
[illegible]

Heart Failure Handbook 2021.indd 17

Introducing HF Path™



American
Heart
Association®



The path to a better quality of life.

The American Heart Association is pleased to launch **HF Path™** — a versatile, intuitive tool that enables heart failure patients to better control their condition by managing symptoms, tracking medications, and maintaining a healthier lifestyle.

HF Path™ educates patients about heart failure, empowering them to play an active role in the management of their own health.

Available for download on the App Store, Google Play or on the American Heart Association website, **HF Path™** is designed to help patients enjoy a better quality of life.

PLEASE VISIT

heart.org/HFPath



NATIONALLY SUPPORTED BY



© 2018 American Heart Association 2/18 LN2327

NOTES

Heart Failure Resources

Heart Works: A heart failure education and support group

Join us to learn more about managing heart failure.

Location: The Christ Hospital | 7- South | Conference Room

Time: 1:00 p.m., fourth Wednesday of the month (holiday schedule may differ)

To participate by phone, call **513-621-0220**, then enter passcode **764764#**.

- **Monthly group meetings** focused on sharing and receiving knowledge, experience, and support.

For additional information or to RSVP, please call **513-585-0378**.

Visit the American Heart Association for more info and heart healthy recipes www.heart.org/

You will have a follow up visit scheduled after discharge. It is very important to keep this appointment to be sure you are remaining stable.

Important Telephone Numbers to Remember

Primary Doctor _____ Telephone # _____

Cardiologist _____ Telephone # _____

Other _____ Telephone # _____

For more information, call

513-585-0378

Heart Link Coordinators

