


Heart Failure





Many people who have heart failure lead normal active lives. They are able to do this because they have learned how to properly take care of themselves. This booklet will help you learn to successfully manage your heart failure. You will learn how the disease affects your body and the importance of following your treatment plan. You will find that you can take control of your heart failure by carefully following proper medication advice and making healthy lifestyle changes. If you do so, you can lead an active and satisfying life!

After reading, you will:

- Understand what having heart failure means.
- Understand the treatment plan given to you by your doctor or nurse.
- Learn how to effectively follow your treatment plan so that you can live longer, feel better and be more active.

What is Heart Failure?

Many people have a misunderstanding of what heart failure actually means. Heart failure does not mean that your heart has stopped working or that you have had a heart attack. Heart failure is a serious condition in which the heart doesn't pump blood through your body as well as it should.

Your heart still beats, but it pumps less nutrient and oxygen-rich blood to the rest of your body. Because of this, heart failure can make you feel weak or tired. Heart failure can also cause swelling and fluid buildup in your feet, legs, belly and even your lungs. Fluid backing up into the lungs is often referred to as "congestion," which is why it is sometimes called "congestive heart failure" or CHF.

What Causes Heart Failure?

Heart failure usually occurs when another problem makes the heart weak or stiff so that it doesn't pump or fill normally. Coronary artery disease is the most common cause of heart failure. Other causes include high blood pressure, sleep apnea, obesity, diabetes, lung disease, alcohol abuse, infection of the heart muscle and damaged heart valves. Sometimes the exact cause of heart failure is unknown.

Ask your doctor what has caused your heart failure. There may be special things you can do to take care of yourself, based on the specific reasons for your heart failure.

The cause of my heart failure is:

Special things I can do for myself:

How Does it Feel to Have Heart Failure?

People with heart failure often have the following symptoms:

- Shortness of breath that increases with normal activity
- Sudden weight gain
- Swollen feet, ankles, legs or hands
- Feeling of fullness or bloating in your abdomen (belly)
- Frequent dry, hacking cough
- Difficulty breathing when lying flat
- Increased weakness or fatigue
- Loss of appetite or nausea
- Increased heart rate or heart palpitations
- Dizziness or light-headedness

What Should Concern Me?

Just because symptoms are common does not mean you should ignore them. Call your doctor or Home Health Nurse if you have any of the following:

- Weight gain of 3 or more pounds in one day or 5 or more pounds in a week
- Increased swelling in your feet, ankles, legs or abdomen
- Increased shortness of breath with normal activity
- Increased difficulty breathing at night
- Frequent dry, hacking cough
- Increased weakness or tiredness
- Persistent nausea or loss of appetite

Call 9-1-1 immediately if you have any of the following symptoms:

- Prolonged chest pain unrelieved with rest or nitroglycerin
- Extreme shortness of breath at rest
- Sudden and prolonged dizziness or light-headedness
- Extremely rapid or irregular pulse or a feeling of fluttering in your chest (palpitations)

Checking Your Pulse

Pulse is the rhythmic expansion and contraction of an artery that happens when blood is pumped by the heart. It can be felt at the radial artery in the wrist.



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It is important to learn how to monitor your pulse at home. The most common location to check your pulse is at the wrist. The radial artery is located in the wrist crease, on the thumb-side. The average resting pulse for adults is 60-85 beats per minute. It is recommended that heart failure patients have a resting pulse of less than 70 beats per minute.

Step 1: Rest for 5 minutes (either a sitting or lying position). Checking your pulse before getting up in the morning will determine your resting pulse.

Step 2: Locate your pulse by gently placing the tips of your index and middle fingers over the radial artery (location as shown above) and then press gently. Once you find the pulse, use a watch or clock with a second hand and start counting the number of beats felt for 30 seconds. Do not use the thumb because it has its own pulse that may be felt.

Step 3: Double the number of beats counted to determine your pulse. This is the number of times that the heart beats in a minute.

Step 4: Make note if the pulse is a regular rhythm or unsteady rhythm or extra beats.

Step 5: Contact your doctor if the pulse rate is higher or lower than the range recommended by your doctor. Seek immediate care or call 911 if you feel dizzy or light-headed or feel like you are going to faint.

Take Care of Yourself

The treatment of heart failure typically involves several steps.

The steps are listed below and explained in more detail later in this booklet.

- Weigh yourself daily
- Follow a low-sodium (salt) diet
- Avoid drinking excess fluids
- Take your medications exactly as directed
- Know what symptoms to report to your doctor or Home Health Nurse
- Get regular exercise
- Maintain a normal body weight
- Avoid alcohol consumption
- Stop smoking and avoid second-hand smoke
- Have regular follow-up appointments with your doctor

Make this plan a permanent part of your life.

Weigh Yourself Daily

Sudden weight gain is a sign that you could be retaining fluid.

Weigh Yourself:

- When you first get up in the morning, after you urinate
- Before you get dressed
- Before you eat or drink
- Using the same scales every day

Record your weight every day in the pink 12-month weight log provided.

- Keep your weight log near your scales
- Notify your doctor or Home Health Nurse if you gain 3 or more pounds in one day or 5 or more pounds in a week
- Take your weight log with you when you visit your doctor

Take Your Medicine As Directed

Most people with heart failure require several medicines to effectively manage their disease. It is extremely important to take your medicines exactly as prescribed even if you begin to feel better.

Some over the counter medicines can make heart failure worse. If you have headaches, muscle pain or some other problem for which you need relief, consult your doctor before taking any pain reliever or anti-inflammatory drug (examples: ibuprofen, Advil, Motrin and Naprosyn). Also, some over-the-counter medications are high in sodium, which can cause fluid retention (examples: Alka-Setzer, Vicks cough syrup, Fleets enema). Read every label before using the product. Always consult a medical provider if you are unsure or have questions.

Talk to your doctor before you take any non prescription supplements or herbal remedies that claim to help your heart. These products can affect the way your medications work.

Helpful Hints for Remembering Your Medications

- Use a daily routine for taking your medications
- Use a medication checklist or worksheet to record when you take your medicine
- Pack your medications in pill boxes to help you remember to take them

Taking Medications

One or more medications may be prescribed to reduce the work of your heart.

ACE Inhibitors:

Controls high blood pressure and helps prevent heart attacks. They block the effects of harmful stress hormones, which are substances produced by your body that make heart failure worse.

Angiotensin Receptor Blockers or ARBs:

Controls high blood pressure and helps prevent heart attacks. They block the effects of harmful stress hormones. May be prescribed for people who can not tolerate ACE Inhibitors.

Beta Blockers:

Decreases blood pressure, helps regulate heart rhythm and may strengthen your heart pumping action.

Examples of ACE Inhibitors:

Capoten (Captopril)

Vasotec (Enalapril)

Zestril (Lisinopril)

Lotensin (Benazepril)

Altace (Ramipril)

Monopril (Fosopril)

Examples of ARBs:

Diovan (Valsartan)

Avapro (Irbesartan)

Cozaar (Losartan)

Micardis (Telmisartan)

Benicar (Omesartan)

Examples of Beta Blockers:

Lopressor (Metoprolol tartrate)

Toprol XL (Metoprolol succinate)

Coreg (Carvedilol)

Betapace (Sotalol)

Zebeta (Bisoprolol)

Tenormin (Atenolol)

Normodyne (Labetolol)

Taking Medications

Diuretics (water pills):

Removes excess sodium (salt) and water from your body. When sodium and water are eliminated, there is less fluid for your heart to pump and the heart does not have to work as hard.

Digitalis (also called Digoxin):

Helps regulate heart rhythm.

Potassium:

A mineral that helps regulate your heart rhythm. Your body needs the right amount of potassium in order for it to work properly. Diuretics can increase or decrease your potassium levels. Talk to your doctor before using a salt substitute.

If you are taking all of your medicines and begin to feel worse, be sure to notify your doctor or Home Health Nurse. You might be feeling worse from your heart failure or another illness or you could be experiencing side effects from your medicines.

Never stop taking your medicines without notifying your doctor.

It is important to know the names of your medicines, how they work, how much to take and when to take them. It is helpful to keep a list of your medications with you.

Examples of Diuretics:

Lasix (Furosemide)

Demadex

Bumex

Zaroxolyn

Aldactone (Spironolactone)

Zaroxolyn

Diuril

Hydrochlorothiazide (HCTZ)

Examples of Digitalis:

Digoxin (Lanoxin)

Digitek

Examples of Potassium:

K-Dur

Klor-Con

Potassium Chloride

K-Tab

K-Lor

Micro-K

K-Vescent

Slow-K

Changing My Diet

Making some changes to your diet can help reduce your symptoms. Here are a few points to help you with your diet.

- Reduce your sodium intake to 1500 mg sodium. Remember, eating too much sodium causes you to hold onto fluid.
- Table salt is a common source of sodium and one you can control. One teaspoon of salt contains 2300 mg of sodium.
- Season your foods with fresh herbs and spices or salt-free seasoning blends instead of salt.
- Buy fresh or frozen vegetables or “No Salt Added” canned vegetables instead of regular canned varieties or vegetables with sauces.
- Avoid condiments with high salt intake such as soy sauce, ketchup and barbeque sauces.
- Avoid buying packaged foods especially frozen prepared dinners, deli meat, canned soups and hot dogs.
- Choose oil and vinegar for your salad instead of prepared salad dressings. Even the low-fat versions may be high in sodium.

Sodium

Sodium is a mineral that is found naturally in foods in very low amounts. The average American eats between 4,000 and 6,000 mg of sodium a day. Our bodies need about 800 mg of sodium every day to stay healthy. Most people with Heart Failure are restricted to 1500 mg of sodium a day.

We often use the words “sodium” and “salt” to mean the same thing, but salt is not pure sodium; it is 40 percent sodium and 60 percent chloride. The sodium that is naturally in foods and the sodium added at the table makes up about one-fourth of the sodium we get each day. The remaining three-fourths come from processed foods. So even if a food doesn't taste salty, it may contain sodium. It's important that you read the food label for the “hidden” sodium in foods.

Remember, the taste for sodium/salt is acquired. You weren't born with a love for salt. If you're used to eating salty foods, you will think food needs to be salty to taste good. Your taste buds will change. It will take one to two months for you to get used to the natural taste of foods.

Tips for Lowering Sodium in Your Diet

Remove the salt shaker from the table. Don't add salt to foods at the table or use it in cooking.

Eat fresh fruits and vegetables. Regular canned vegetables and frozen vegetables with sauces are high in sodium. "No Salt Added" canned or plain frozen vegetables are okay.

Eat fresh meats, poultry and seafood. Avoid deli meats, bacon, sausage and canned meats.

Avoid foods that are pickled, brined, cooked in broth or soaked in brine. For example, ham, bacon, sausage, pickles, sauerkraut, etc.

Avoid processed foods such as canned soups and vegetables, packaged rice mixes, instant mashed potatoes, instant hot cereals and frozen entrees.

Avoid high sodium condiments, dressings and sauces such as bottled salad dressings, teriyaki sauce, soy sauce, barbecue sauce, ketchup and Worcestershire sauce.

Avoid commercially-made muffins, biscuits and stuffing mixes.

Read food labels for sodium content. Remember the amount of sodium listed on the food label relates to the serving size listed and not just the portion you decide to eat at a particular sitting.

Limit sodium intake to 150 mg or less for single food items or 500 mg per meal. Read the food label to help keep track of sodium intake.

Use seasonings like lemon juice, herbs and spices and salt-free seasonings such as Mrs. Dash or others labeled salt-free. Some lemon-pepper seasoning, hot sauces, marinades and meat and seafood seasonings contain salt.

Eat out less often. Choose restaurants that are willing to prepare your foods without added salt. Many fast foods and other restaurant foods contain hidden sodium.

Seasoning Without Salt

Soups, stews and casseroles: chili powder, lemon juice, lime juice, onion powder, pepper or hot sauce

Beef: allspice, basil, celery seeds, curry, fennel, garlic, garlic powder, ginger, lemon juice, onion oregano, parsley, rosemary, sage, savory, tarragon, thyme or chili powder

Fish/poultry: basil, bay, celery seeds, cinnamon, cumin, curry, ginger, mustard powder, onion oregano, paprika, rosemary, sage, sesame seeds, savory, tarragon, thyme or lemon

Lamb: dill, allspice, basil, fennel, garlic, ginger, mint oregano, parsley, sage, savory, tarragon or thyme

Vegetables:

Asparagus – marjoram

Beans – basil, caraway, dill, sesame seeds, thyme, garlic

Broccoli – marjoram oregano, lemon, vinegar

Brussels sprouts – marjoram oregano

Cabbage – dill, garlic powder, vinegar

Cauliflower – dill, garlic powder

Eggplant – basil, marjoram oregano, sage, thyme

Greens – lemon, marjoram, sage, thyme, vinegar

Peas – basil, marjoram, pepper, rosemary, sage

Potatoes – bay, caraway, celery seeds, chives, garlic powder, paprika

Squash – basil, marjoram, sage, thyme

Turnips – basil, marjoram, pepper

Fruit: cinnamon, lemon juice, cloves, nutmeg

Tips for Using Herbs and Spices

- Check with your health care provider before using “lite” salt.
- Select salt-free herb blends.
- Be aware of seasoned salts and meat rubs. These are high in sodium.
- Try “liquid smoke” instead of using cured meat to season food. It provides a smoky flavor without the salt. It’s available in the spice aisle of your grocery store.
- Use dried herbs and spices within a year of purchase for maximum flavor. To check for freshness, rub seasonings between your fingers and smell the aroma. If there’s not a strong aroma, replace with a fresh bottle.

Herbs and Spices

There are many herb and spice blends available in the grocery store. You can make your own creations using the herbs and spices you like best.

Sample the new flavors by adding a small amount to your food. You can always add more.

Recipes

Make Your Own Salt Substitute

- 1 teaspoon chili powder
- 1 tablespoon garlic powder
- 2 tablespoons dry mustard
- 6 tablespoons onion powder
- 2 teaspoons ground oregano
- 3 tablespoons paprika
- 2 teaspoons black pepper
- 1 tablespoon poultry seasoning

- Mix seasoning together and put in your salt shaker.

Mexican Blend

- $\frac{1}{4}$ cup chili powder
- 1 tablespoon cumin
- 1 tablespoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon red pepper
- $\frac{1}{2}$ teaspoon cinnamon

- Combine ingredients and store in an airtight container.
- Use in chili, tacos, chicken, beef and pork.

Mixed Herb Blend

- $\frac{1}{4}$ cup dried parsley
- 2 tablespoons dried tarragon
- 1 tablespoon dried oregano
- 1 tablespoon dill weed
- 1 tablespoon celery flakes

- Combine ingredients and store in an airtight container.
- Use for steamed vegetables, salads or fish.

1500 mg Sodium Diet

Food Groups	Try lower sodium foods such as:	Instead of high sodium foods such as:
Milk & Milk Products Limit to 2 cups daily	<ul style="list-style-type: none"> Any milk: whole, low-fat, skim, chocolate Yogurt, eggnog, cocoa 	<ul style="list-style-type: none"> Buttermilk, malted milk, milkshakes
Vegetables	<ul style="list-style-type: none"> Fresh, frozen or "No Salt Added" canned vegetables Low-sodium or salt-free vegetable juices 	<ul style="list-style-type: none"> Regular canned vegetables Sauerkraut, pickled vegetables Frozen vegetables in sauce Regular vegetable or tomato juices
Fruits	<ul style="list-style-type: none"> All fruits and fruit juices 	<ul style="list-style-type: none"> None
Breads & Cereals	<ul style="list-style-type: none"> Enriched white, wheat, rye and pumpernickel bread Hard dinner rolls Cooked cereal without salt Low-sodium dry cereals Unsalted crackers and breadsticks 	<ul style="list-style-type: none"> Breads and rolls with salted tops Instant hot cereals Dry cereals with more than 240 mg of sodium per serving Crackers with salted tops Regular bread crumbs or cracker crumbs
Bread, Muffin & Baking Mixes	<ul style="list-style-type: none"> Homemade muffins, pancakes or waffles made with low-sodium baking powder Homemade or low-sodium bread crumbs 	<ul style="list-style-type: none"> Quick bread or instant mixes Canned and fast food biscuits Check the food label on frozen biscuits
Potatoes, Rice, Pasta & Stuffing	<ul style="list-style-type: none"> White or sweet potatoes Enriched rice, barley, noodles, spaghetti, macaroni and pastas 	<ul style="list-style-type: none"> Potato casserole mixes Instant rice and pasta mixes Commercial casserole mixes Commercial stuffing
Meats	<ul style="list-style-type: none"> Any fresh, fresh-frozen, unbreaded meats: beef, lamb, pork, veal and game 	<ul style="list-style-type: none"> Any meat, fish or poultry that is pickled, smoked, cured, salted or canned: bacon, chipped beef, canned beef, cold cuts, ham, hot dogs, sausages, pickled meats, pickled eggs Frozen entree with more than 350 mg Frozen meal with more than 500 mg
Poultry	<ul style="list-style-type: none"> Any fresh or fresh-frozen, unbreaded poultry: chicken, turkey, Cornish hen and others 	<ul style="list-style-type: none"> Smoked or breaded chicken Cold cuts
Fish & Shellfish	<ul style="list-style-type: none"> Any fresh or fresh-frozen, unbreaded fish and shellfish 	<ul style="list-style-type: none"> Sardines, anchovies, marinated herring Crab substitutions

1500 mg Sodium Diet (continued)

Food Groups	Try lower sodium foods such as:	Instead of high sodium foods such as:
Eggs, Cheese, Peanut Butter & Others	<ul style="list-style-type: none"> Eggs Lower sodium cheese Lower sodium peanut butter Dried peas and beans (not canned) 	<ul style="list-style-type: none"> Regular hard & processed cheese, cheese spreads, cream cheese, ricotta cheese Regular peanut butter Canned dried beans
Fats	<ul style="list-style-type: none"> Unsalted butter or margarine Unsalted salad dressings Vegetable oils or shortenings Mayonnaise-type salad dressings Light, heavy and sour cream 	<ul style="list-style-type: none"> Salted butter or margarine Regular salad dressings Bacon fat, salt pork Snack dips made with cheese, bacon, buttermilk or instant soup mixes
Soups	<ul style="list-style-type: none"> Homemade soups made with low sodium broth and appropriate seasonings 	<ul style="list-style-type: none"> Regular bouillon, broth or consommé Regular canned or dehydrated soups
Sweets & Desserts	<ul style="list-style-type: none"> Limit sweets to 1 small serving a day Desserts made from milk should be within milk allowance 	<ul style="list-style-type: none"> Instant pudding mix
Beverages	<ul style="list-style-type: none"> All beverages Limit milk to 2 cups a day 	<ul style="list-style-type: none"> Sports drinks
Snack Items	<ul style="list-style-type: none"> Unsalted snacks include: nuts, seeds, pretzels, popcorn & potato chips 	<ul style="list-style-type: none"> Salted items: nuts, seeds, pretzels, popcorn & potato chips
Salt, Seasonings & Flavorings	<ul style="list-style-type: none"> Use salt substitute only with doctor's approval Pepper, herbs, spices Sodium-free flavorings Vinegar, lemon or lime juice Salt-free seasoning mixes 	<ul style="list-style-type: none"> Salt, garlic salt, celery salt, onion salt, lemon-pepper with salt added Seasoned salt Any seasoning containing salt or sodium compounds Monosodium glutamate (Accent)
Condiments	<ul style="list-style-type: none"> Small amount of ketchup and mustard Fresh-ground horseradish Tabasco sauce Choose low sodium varieties when available 	<ul style="list-style-type: none"> Chili sauce & pickles Gravy or sauce mixes Kitchen Bouquet Barbecue sauce, soy, teriyaki sauce Worcestershire or steak sauce
Fish & Shellfish	<ul style="list-style-type: none"> Any fresh or fresh-frozen, unbreaded fish and shellfish 	<ul style="list-style-type: none"> Sardines, anchovies, marinated herring

Eating Out

You can still enjoy a meal out and watch how much salt and fat you eat if you know how to order. Here are a few pointers:

- Order baked, broiled, grilled or steamed foods rather than fried or breaded foods.
- Avoid eating French fries, onion rings and fried or breaded vegetables. Instead, ask for raw or steamed vegetables. If you order a baked potato order it without butter or sour cream.
- Avoid buttery crusted breads, rolls and salty crackers.
- Order salad with the dressing on the side.

Fluids

Your doctor will determine if and how much your fluid intake should be limited. As a general guideline 6 to 8 cups of fluid per day is recommended. Any food that melts at room temperature is considered a fluid. Fluids include:

- Water
- Tea & coffee
- Milk
- Soft drinks
- Fruit juices
- Soups & broths
- Gelatin desserts
- Frozen yogurt & popsicles
- Ice cream & sherbet

Below is a table to help measure your daily fluid allowance:

1 cup	=	8 ounces	=	240 cc
$\frac{3}{4}$ cup	=	6 ounces	=	180 cc
$\frac{1}{2}$ cup	=	4 ounces	=	120 cc
1 tbsp	=	$\frac{1}{2}$ ounces	=	15 cc
1 fluid ounce	=		=	30 cc

Food Labels

When choosing foods read the labels.

Check the serving size.

It may be less than the amount you are likely to eat. If you would usually eat more than 1 serving, multiply the number of nutrients by the number of servings you plan to eat.

Pay attention to how much total fat the food contains.

You should have no more than 50 to 60 grams of total fat per day.

Pay attention to how much saturated fat and trans fat the food contains. No more than 7% of your total daily calories should come from saturated fat.

Check the amount of cholesterol the food contains. You should have no more than 200 milligrams of cholesterol per day.

Nutrition Facts			
Serving Size 1 cup (245 g)			
Servings Per Container 2			
Amount Per Serving			
Calories 120	Calories from Fat 30		
% Daily Value			
Total Fat 3.5 g	5%		
Saturated Fat .5 g	3%		
Trans Fat 0 g			
Cholesterol 0 mg	0%		
Sodium 950 mg	40%		
Total Carbohydrate 18 g	6%		
Dietary Fiber 0 g	0%		
Sugars 2 g			
Protein 3 g			
Vitamin A 30%	Vitamin C 0%		
Calcium 4%	Iron 8%		
% 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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate	Less than	300 mg	375 g
Fiber	Less than	25 g	30 g
INGREDIENTS: potatoes, cabbage, carrots, red bell peppers, peas, onions, green beans, tomato paste, diced tomatoes, egg white solids, water, baking soda , salt , sugar, leeks, garlic salt , soybean oil, modified food starch yeast extract, wheat flour.			

Check the amount of sodium in each serving.

Choose foods with no more than 150 mg sodium per serving. For entrée foods and frozen entrees such as chicken, seafood, lasagna, choose items with no more than 350 mg sodium per serving. For an entire meal, choose items with less than 500 mg sodium per serving.

Remember: No more than 1500 mg sodium per day.

Check the ingredients list for salt or sodium.

Any of the words listed below will tell you the food has salt/sodium in it:

- Salt or sodium
- Monosodium glutamate (MSG)
- Sodium bicarbonate
- Sodium phosphate
- Baking soda
- Pickled or brine
- Cured or smoked
- Sodium caseinate
- Sodium ascorbate
- Sodium stearoyl lactylate

Exercising

Exercising is recommended for most people who have heart failure. Exercising will not make your heart failure go away but it does strengthen your muscles and helps improve the blood flow through your body.

Here are some tips about exercise and activity:

- Watch the weather. Try not to exercise or participate in outdoor activities if it is too cold (<40 degrees), hot (>80 degrees) or humid.
- Involve your friends or family in your activities. If they are involved, you will be more likely to stick with the activity.
- Don't overdo it! Keep in mind that you may not be able to do as much as you once did. Set realistic goals and take periodic rest breaks.
- Stop exercising immediately and rest, no matter what you are doing. If you experience:
 - tiredness
 - have a rapid pulse
 - chest pain
 - unusual shortness of breath
 - excessive sweating
 - irregular or slow heartbeat
 - palpitations(fluttering feeling in your chest)

If you have any of the above symptoms and they do not go away, contact your health care provider.

Common Feelings About Having Heart Failure

It is not unusual to feel depressed or anxious when you are told you or a loved one has a chronic disease. Often those feelings go away with time, but sometimes they do not. If you feel depressed or anxious for more than two weeks, you need to take steps to manage these feelings.

Symptoms of depression

- Down mood
- Irritability
- Loss of interest in things you used to enjoy
- Withdrawal from others
- Excessive sleeping
- Feeling hopeless
- Feeling worthless or guilty
- Fixation with death

Symptoms of anxiety

- Fear
- Tension
- Restlessness
- Feeling shaky
- Too much worrying
- Always on edge

Sometimes you are unsure about sharing these feelings, but they are important to recognize and treat. They can make a difference in the quality of every day life. There are support programs you can join. Your doctor also needs to know about these feelings.

Coping with Heart Failure

When someone is diagnosed with a chronic disease, such as Heart Failure, they will most likely want to know how it will affect daily life and if it will shorten life. The doctor may not be able to answer those questions exactly because Heart Failure symptoms have up and down times. It is hard to know just what will happen at any certain time.

It is still important to ask the doctor about your prognosis and inform family members what may happen. Symptoms and treatment plans change over time as Heart Failure worsens. You can expect to have many talks with your doctor over time as you or your loved one's condition changes. Talking about the future and what may happen is easier if you are asking at every office visit "Does this change what I can expect?"

Potential Questions:

- What kinds of complications or difficulties are possible?
- How long do people with Heart Failure usually live?
- What kind of treatments may be needed along the way?
- What is the worse I might have to face?

What Kind of Decisions Might You Face?

It is important to think about medical choices you might have to make in the future. Each person's values and beliefs should guide medical decisions and for that to happen we have to talk about them ahead of time.

Advance Directives

Advance Directives allow you to give instructions about your future medical care. It's your right to refuse or accept treatment. Advance Directives protect this right if you are unable to make decisions on your own. Below are types of Advance Directives.

Health Care Power of Attorney (HCPOA)

A health care power of attorney lets someone you have chosen make all health care decisions for you if you are unable to make the decision for yourself. If you have a living will, that person has the authority to interpret your living will in the event there are questions about it and make decisions they believe are in your best interest. It is up to you to decide if your HCPOA can override your living will.


Living Will

A living will is a legal document that lets you share your wishes about treatment to sustain your life. It lets health care providers know what limits you want to set about mechanical breathing, CPR, nutrition and fluids. State laws differ in their requirements for living wills, so if you already have one from another state, it is recommended that you make sure it can be honored. If you have a HCPOA, you decide if this person can override your living will.

Do-Not-Resuscitate Order

This is an order that tells the health care provider what to do if you stop breathing or your heart stops beating. It includes details about what you do or do not want done if there is a life-threatening event.

Heart Failure Zones



Every Day

- Weigh in the morning before breakfast and write it down.
- Take medicine as prescribed.
- Check for swelling in feet, ankles, legs and belly.
- Eat low-salt food (no more than 1500 mg sodium a day).
- Do not drink more than 8 cups (64 oz) in 24 hours.
- Walk daily as tolerated. Rest between activities.



All Clear—This zone is my goal.

- Symptoms are under control.
- No shortness of breath.
- No weight gain of more than 2 pounds in 24 hours.
- No swelling in feet, ankles, legs or belly.
- No chest pain.



Caution—This zone is a warning.

I should call my doctor or Home Health Nurse if I have:

- Weight gain of 3 or more pounds in a day or 5 or more pounds in a week.
- Increased shortness of breath.
- Difficulty breathing when lying down, using more than two pillows or having to sit up to breathe.
- Increased swelling in feet, ankles, legs or belly.
- Increased weakness or feeling more tired than normal.
- Frequent dry, hacking cough.
- Dizziness or light-headedness even when getting up slowly.
- Uneasy feeling, as if something is not right.



Emergency!

Go to the Emergency Room or call 9-1-1 for any of the following:

- Struggling to breathe. Persistent shortness of breath while sitting still.
- Chest pain unrelieved with rest.
- Confusion or inability to think clearly.

The Heart R.E.A.C.H. Program

Rehabilitation, Education, Assessment and Care for Heart Failure

The Heart R.E.A.C.H. program is a customized exercise and educational program for the person who has Heart Failure. Your program includes an assessment by our Registered Nurse at each visit and a nutrition consultation with our Registered Dietician. It is designed to help you manage your heart failure, reduce your symptoms and improve your quality of life. We work closely with you and your doctor to monitor your symptoms to lessen your chance of returning to the hospital.

This program is offered to you at no cost by CaroMont Health.

Call to schedule your appointment to enroll, 704.671.5552.

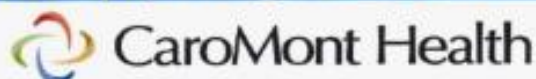
- Bring your list of medications.
- If you have diabetes, bring your glucose monitor and testing supplies.
- Wear comfortable, loose clothing and supportive walking shoes.

If you are unable to keep your appointment, please call us within 24 hours.

The Heart R.E.A.C.H. program includes:

- Supervised exercise 2 days each week
- Nurse assessment at each visit
- Educational classes each week

Heart Failure Shopping Guide



Item	Heart Healthy Options
Vegetables	Fresh, plain frozen, or <u>No Salt Added</u> cans
Meats	Lower sodium deli meat and cheeses, low-sodium turkey bacon or Hormel Fully Cooked Bacon
Soups	Home-made with fresh, frozen, or no salt added cans of vegetables and beans
Condiments	No Salt Ketchup, low-sodium barbeque sauce, oil and vinegar as salad dressing
Frozen Meals	Meals under 650mg of sodium

<150 mg per serving = Eat and Enjoy!
150-300mg per serving = Eat in moderation
>300mg per serving = Avoid

Instead of...	Try...
Quaker Instant Oatmeal (240mg sodium)	Quaker Oats Old Fashioned (0mg sodium)
Quaker Instant Grits (310mg sodium)	Quaker 5 minute Grits (0mg sodium)
Hunt's Tomato Sauce- ¼ c. (410mg sodium)	Hunt's Tomato Sauce- No salt added- ¼ c. (20mg sodium)
Swanson Lower Sodium Beef Broth- 1 c. (400mg)	Kitchen Basics Beef Stock- 1 c. (200mg)
Knorr Chicken Bouillion- ½ cube (1130mg sodium)	Herb-ox Chicken Bouillion- Sodium Free (0 mg)
Rice a Roni- Chicken Flavor- 1 cup (960mg)	Plain white or brown rice- 1 cup (0mg sodium)- add herbs/spices
Campbell's Chicken Noodle- ½ c. condensed (890mg sodium)	Campbell's Healthy Request Chicken Noodle- ½ c. (410mg sodium)

* Remember: Salt is salt! Salt, sea salt, kosher salt and seasoned salt all should be very limited in the diet.

