

# HEART FAILURE



**Heart Failure or "HF" is a weakening of the heart's pumping power. With heart failure, your body does not get enough oxygen and nutrition to meet its needs. This does not mean your heart has stopped working, but it is not working as well as it should.**

## **Common warning signs of HF are:**

- Weight gain (2 - 3 pounds in one day)
- Weight gain of 5 pounds or more in 1 week
- Feeling tired or fatigued
- Swelling of the feet, legs, ankles or stomach
- Shortness of breath
- Chest Pain
- Inability to sleep
- Harder to breath when lying down
- Increased urination (especially at night)



## **Reduce salt in your diet!**

- Eat plenty of fresh fruits and vegetables
- Check food labels for sodium & number of servings.
- Avoid "hidden salt" in frozen dinners, canned soup & vegetables and processed meats.
- Choose foods that are low in salt.



## **Things to remember:**

- Take your medicine every day
- Weigh yourself every morning
- Eat less salt
- Call your nurse or doctor if your symptoms get worse



# HEART MEDICINES

## □ **Diuretics (“Water Pills”)**

These drugs work in your kidneys and help you get rid of extra fluid and sodium through your urine.

## □ **Angiotensin converting enzyme (ACE) inhibitor**

These drugs work to open up blood vessels. This makes it easier for your heart to pump. Blood pressure is lowered. Use of ACE inhibitors for heart failure contributes to a longer, healthier life.

## □ **Beta Blockers**

These drugs work to improve heart muscle function and block chemicals that can make your heart failure worsen. Blood pressure is lowered. Use of beta blockers in heart failure contributes to a longer, healthier life.

## □ **Digoxin**

Digoxin makes your heart beat stronger and at a regular rhythm and helps to reduce heart failure symptoms. Your nurse will teach you to check your pulse when you are on Digoxin.

## □ **Calcium Channel blockers**

These are medicines that slow the movement of calcium into the cells of the heart and blood vessels. This relaxes blood vessels, increases the supply of oxygen-rich blood to the heart, and reduces the heart’s workload.

## □ **Nitroglycerin**

This medicine is used to prevent or relieve chest pain. It works by increasing oxygen delivery to heart and decreasing the frequency and severity of chest pain (angina) attacks. Nitroglycerin comes in several different forms: a patch, a paste, and a tablet that goes under the tongue.

## □ **Blood Thinners**

This medicine helps to control the formation of blood clots. It is also used to prevent and/or treat blood clots in the legs and lungs associated with heart disease. It may also be used after a heart attack to lower the risk of death, another heart attack, stroke, or blood clots that can move to other parts of the body. If you take blood thinners, your doctor may order blood work on a regular basis to make sure all is well.

## □ **Statins**

These medicines are used to lower cholesterol. They work by blocking a substance your body needs to make cholesterol. They may also prevent the build-up of plaque in your arteries and vessels. Blood tests can be used to monitor patients being treated with cholesterol lowering medicines.

**“TIP” from your Coach:** Many people take vitamins, herbs, and supplements for health promotion. Some of these can interfere with prescription medicines and be harmful. Always check with your doctor before taking over-the-counter medicines or herbal supplements.

# Helpful Hints for Fluid Control

- Drain all foods carefully, using a sieve or strainer to allow complete drainage.
- You may want to measure out your total day's fluid allowance each morning and pour it into a container. This represents the total amount of fluid you can drink a day.



Each time you eat or drink something that counts as fluid, pour out equal amounts of liquid from the container. For example, if you drink 1 cup (8 oz.) of water, pour out 1 cup (8 oz.) of fluid from what you measured in the morning.

When the container is empty, you have reached your fluid allowance and should not have any more liquid for the rest of the day.

- Weigh yourself every day. If your weight increases more than 3-4 pounds during one week, report the change to your doctor.
- Try eating fruits ice cold or frozen in-between meals.
- Use hard candies and/or chewing gum to moisten your mouth. If you have diabetes, use sugar-free gum or hard candy.
- Remember, ice must be counted because it melts to liquid at room temperature. You may wish to refrigerate your favorite liquids to avoid having to use ice.
- Try to keep yourself busy. When bored you may become preoccupied with a desire for liquids.



- Try sliced lemon wedges to moisten your mouth.
- When thirsty, try eating something like an apple or some berries instead of drinking fluids. Often the sense of thirst is really the sensation of having a dry mouth. Food may cure a dry mouth as well as liquid would. Brushing your teeth will help as well!



- Rinse your mouth with cold water, but do not swallow it.
- Use small glasses and cups for your beverages.

Remember:  
If you learn to control your fluid intake, you may spend less time in the hospital!!

- When it is hot outside, wear light-weight clothing to help decrease your body heat. The hotter you are, the thirstier you will become.
- Drink only when you are thirsty. Usually if you avoid high sodium (high salt) foods, you will have less thirst. You may want to avoid some of the following high sodium foods:

- Salt or seasoning salts, such as garlic and onion salt
- Cured, canned, or processed meats
- Salted nuts, chips or crackers
- Regular canned soups or vegetables
- Brined or pickled foods like olives, dill pickles, sauerkraut, or pickled fish and pig's feet
- Sauces or condiments, such as soy sauce, steak sauces, ketchup and mustard



# YOUR GUIDE TO FLUID CONTROL

Your body needs fluid every day in order to work properly. Certain medical conditions, however, may interfere with the normal way in which fluid is absorbed and used in your body. In these cases, you may need to limit fluid to prevent increased swelling, water gain and blood pressure. If you do not limit your fluid intake abnormal water gain can occur in many areas of the body; for example, ankles, feet, wrists, hands, lungs, heart, and around the stomach or abdomen.

Your doctor has advised you to limit your fluid intake.

You are allowed \_\_\_\_\_ mL = \_\_\_\_\_ cups = \_\_\_\_\_ ounces per day.

## Sources of Fluid

1. All liquids or foods that melt at room temperature must be counted into your restriction. Some of these include:



- Water
- Tea
- Coffee
- Juice
- Punch
- Lemonade
- Sodas



- Alcohol
- Ice cubes
- Soup
- Gelatin
- Sherbet
- Ice cream or frozen yogurt
- Popsicles



\* You can use the following measuring system to help count your fluid intake:

1 cup (8 oz.) = 240mL

$\frac{3}{4}$  cup (6 oz.) = 180mL

$\frac{1}{2}$  cup (4 oz.) = 120mL

$\frac{1}{8}$  cup (1 oz.) = 30mL

$\frac{1}{2}$  cup (4 oz.) soup, sherbet, ice cream or frozen yogurt = 120mL

1 cup ice cubes = 120mL (4 oz.)

1 twin popsicle = 180mL (6 oz.)

2. Some fruits are high in water content and should be counted. For example:



- 1  $\frac{1}{4}$  cup watermelon =  $\frac{3}{4}$  cup or 180mL
- 1 large navel orange =  $\frac{1}{2}$  cup or 120mL
- $\frac{1}{2}$  grapefruit =  $\frac{1}{2}$  cup or 120mL
- 1  $\frac{1}{4}$  cantaloupe =  $\frac{3}{4}$  cup or 180mL



\* Grapes do not need to be counted as fluid if you only eat one serving (15-20 grapes); if you eat more than one serving, count as  $\frac{1}{2}$  cup (120mL) fluid.

Your Registered Dietitian: \_\_\_\_\_ Phone Number: \_\_\_\_\_

# Heart Failure Zones – which zone are you in today?

<p><b>EVERY DAY</b></p>	<ul style="list-style-type: none"> <li>• Weigh yourself every morning. Weigh with the same amount of clothing, after you pee and before you eat. Use the same scale.</li> <li>• Take your medicine</li> <li>• Check for swelling in your feet, ankles, legs, and stomach</li> <li>• Eat foods low in salt</li> <li>• Be active</li> <li>• Schedule rest times</li> </ul>
<p><b>GREEN ZONE</b></p>	<p><b>This is your GOAL and where you want to be.</b> You have:</p> <ul style="list-style-type: none"> <li>• No difficulty breathing</li> <li>• No weight gain more than 3 pounds in a day or 5 pounds in a week</li> <li>• No swelling in your feet, ankles, legs, and stomach</li> <li>• No chest pain</li> </ul>
<p><b>YELLOW ZONE</b></p>	<p><b>If you have any of the following symptoms, you should call your health care provider.</b> You have:</p> <ul style="list-style-type: none"> <li>• Gained more than 3 pounds today</li> <li>• Gained more than 5 pounds this week</li> <li>• More trouble breathing, can't catch your breathe</li> <li>• More swelling in your feet, ankles, legs, and stomach</li> <li>• A dry hacky cough</li> <li>• More tired than usual</li> <li>• Feel uneasy, like you know something isn't right</li> <li>• Need to sleep in a chair or you can't lie down to sleep</li> </ul>
<p><b>RED ZONE</b></p>	<p><b>EMERGENCY: Call 911 or Go to the Emergency Room</b> If you:</p> <ul style="list-style-type: none"> <li>• Are struggling to breathe</li> <li>• Have chest pain</li> <li>• Are confused or can't think clearly</li> <li>• Feel your heart beat real fast</li> <li>• Are lightheaded or dizzy</li> <li>• Passed out at home</li> </ul>

# Choose these low-salt foods:



**Fruit**



**Fresh Fish**



**Fresh Meats**



**Yogurt**



**Frozen  
Vegetables**



**Lemon, Olive Oil  
and Vinegar**



**Dried Beans**



**Fresh Vegetables**



**Unsalted  
Margarine**



**Whole Oats**



**Graham Crackers**



**Eggs**

# Avoid or limit these high-salt foods:



**Fast Food**



**Frozen Meals**



**Bacon, Hot Dogs,  
Smoked Meat**



**Pizza**



**Cheese**



**Canned Beans  
and Vegetables**



**Instant  
Hot Cereals**



**Canned and  
Potted Meat**



**Sauces and  
Dressings**



**Snack Foods**



**Canned and  
Smoked Fish**



**Canned Soup**

## Choose items labeled:

Low Sodium

No Salt Added

Sodium Free

## Watch out for items labeled:

Lower Sodium

This food has 220 mg of sodium in ½ cup

**This food is not a good choice!**

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (120g)	
Servings Per Container 3	
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<b>Amount Per Serving</b>	
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<b>Calories</b> 100	
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<b>%Daily Value</b>	
<hr/>	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 4g	
<b>Protein</b> 6g	
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Vitamin C 4%	Iron 8%
Not a significant source of calories from fat, saturated fat, <i>trans</i> fat, cholesterol, vitamin A, calcium.	
* Percent Daily Values are based on a 2,000 calorie diet.	



## What Can You Choose Instead?

There are lots of foods that can give you the taste or the texture you crave—without overloading you with sodium! Here are a few switches you can make. Try making one change per day. Work up to making one change per meal. Of course, what you choose depends on your taste. Can you think of more alternatives for the foods you often eat?

### Breakfast

#### If You Often Eat:

- Packaged breakfast pastries or frozen waffles

- Salted butter

- Flavored oatmeal, grits, or other cooked cereal

- Vegetable juice

- Frozen hash browns

#### Try Instead:

- Toasted raisin bread

- Jam or unsalted butter

- Plain cooked cereal (seasoned yourself)

- Fruit juice or low sodium vegetable juice

- Fresh hash browns, or a low sodium frozen brand



### Lunch

- Pickles

- Lunch meat or salami

- Noodle soup with flavor packet

- Processed cheese (American)

- Chips or fries

- Candy bar with nuts or caramel

- Raw fresh vegetables

- Plain sliced turkey, chicken, or beef

- Plain noodles (seasoned yourself)

- Natural cheese (cheddar, Swiss, etc.)

- Unsalted pretzels, nuts, or chips

- Plain chocolate bar



### Dinner

#### If You Often Eat:

- Table salt (for cooking)

- Soy sauce

- Bottled salad dressing

- Rice dish mix

- Canned vegetables or beans

- Frozen potatoes or instant mashed potatoes

- Ham

- Smoked turkey

- Sausage

#### Try Instead:

- Lemon, garlic, spices, low sodium spice mixes

- Low sodium soy sauce

- Oil, vinegar, and herbs

- Plain rice (seasoned yourself)

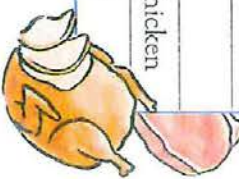
- Frozen, fresh, or low sodium canned vegetables or beans

- Boiled or baked potatoes

- Roast pork

- Roast turkey or chicken

- Hamburger patty



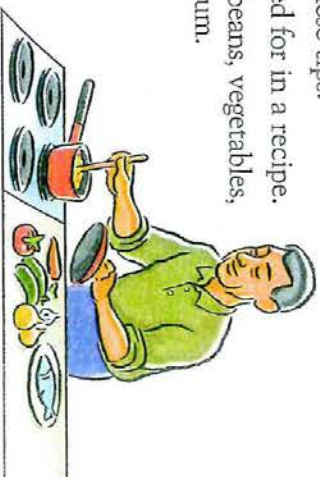
## Low Sodium Cooking

To cut even more sodium, try these tips:

- Use half the salt (or less) called for in a recipe.
- Rinse packaged meat, canned beans, vegetables, and tuna to remove some sodium.

- Don't salt cooking water.
- Use fresh or dried herbs and spices instead of packaged seasoning mixes.

- Keep the saltshaker off the table and the stove.
- For baking, try sodium free baking powder.



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	Date	Time	Weight	Date	Time	Weight
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