

# Drum Up Support

Regular doctor visits help  
“drum up support” in your favor!

**Doctor** \_\_\_\_\_

**Phone number** \_\_\_\_\_

**Emergency number** \_\_\_\_\_

**Target weight** \_\_\_\_\_



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## *Living with Heart Failure*



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# **A Guide to Keeping a Strong and Steady Beat**

# Living With Heart Failure

**F**inding out you have Heart Failure (HF), sometimes called congestive heart failure, can be scary.

But HF just means that your heart does not pump enough blood to meet your body's energy needs. Slow blood flow can cause fluid to back up or become congested in the lungs, abdomen or legs. Even if you do not have congestion, you may feel like you have less energy. You may feel tired. Your feet and ankles may swell with extra fluid. Simple activities could make you short of breath.

Proper treatment and lifestyle changes slow the advance of HF, help you feel better, live longer and be more active. You can manage your HF by remembering the key factors of a strong and steady beat.

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## My Heart Health Contract

### I PROMISE TO:

- ☀ Weigh myself every day
- ☀ Call my doctor if I gain over 2 pounds in a day or 3 pounds in a week
- ☀ Eat a low sodium diet
- ☀ Limit the amount of fluid I drink
- ☀ Avoid excessive alcohol and all tobacco
- ☀ Take my medicine faithfully
- ☀ Report any signs of worsening failure
- ☀ Follow my doctor's instructions regarding daily exercise
- ☀ Pace myself and rest when I'm tired

**SIGNED** \_\_\_\_\_

# Don't Miss a Beat

**M**ost of the time, trips to the hospital are due to eating too much salt or not taking medicine properly. Report symptoms to your doctor early to avoid a trip to the emergency room or a stay in the hospital.

## Report signs and symptoms early

### Consult your doctor if you have any of the following:

- 👉 Weight gain of **over 2 pounds in a day or 3 pounds in a week.**
- 👉 **Shortness of breath** that gets worse or wakes you from sleep.
- 👉 **Swollen or puffy** feet, ankles or legs.
- 👉 **Dizziness or lightheadedness** when you rise.
- 👉 **Feeling exhausted** during routine activity.
- 👉 Any symptoms that **concern** you.

## Know Your Instrument

- 👉 Know your type of heart failure

## Add to the Rhythm

- 👉 Take your medicine

## Practice to Perfection

- 👉 Eat a healthy diet

## Hit It Right

- 👉 Record a log of daily weights

## Don't Miss a Beat




- 👉 Report early if your condition worsens

## Drum Up Support

- 👉 Keep regular doctor visits



# What Are The Symptoms?

- Running out of energy easily
- Shortness of breath:
  -  With routine activity
  -  That wakes you from sleep
  -  When lying down
- Puffy, swollen legs, ankles, feet, or progressively tight shoes
- Poor appetite or nausea
- Weakness
- Nagging cough
- Rapid weight gain (3 or more pounds over 1-3 days)
- Adding pillows at night to help you breath
- Confusion
- Heart palpitations





# Hit It Right



**Weight Log.** Keep a log to record your daily weight. Consult your doctor if you gain over 2 pounds in a day or 3 pounds in a week. Weight is the earliest sign of worsening heart failure. Catch it early so your doctor can adjust your medicines and prevent a costly trip to the hospital.

**Heart Smart**  
Weigh yourself every morning at the same time.



-  After you empty your bladder
-  On the same scale
-  Before eating
-  Wearing the same amount of clothing

# Play Strong and Steady

**Moderate Exercise.** Moderate exercise is generally safe for you! Walking can improve your strength and energy level, and lift your spirits! Find a quiet street or road nearby, or try a shopping mall to take your walks. Many public schools also allow people to walk on their campuses after hours. Ask your doctor for a recommendation.



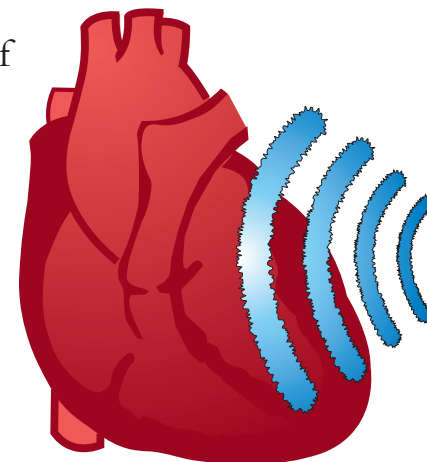
**Balance.** Rest is just as important as exercise. So pace yourself and be careful not to overdo it!

**Immunizations.** Catching the flu or pneumonia is much worse when you have HF. Protect yourself by getting an annual flu shot and pneumonia vaccine.

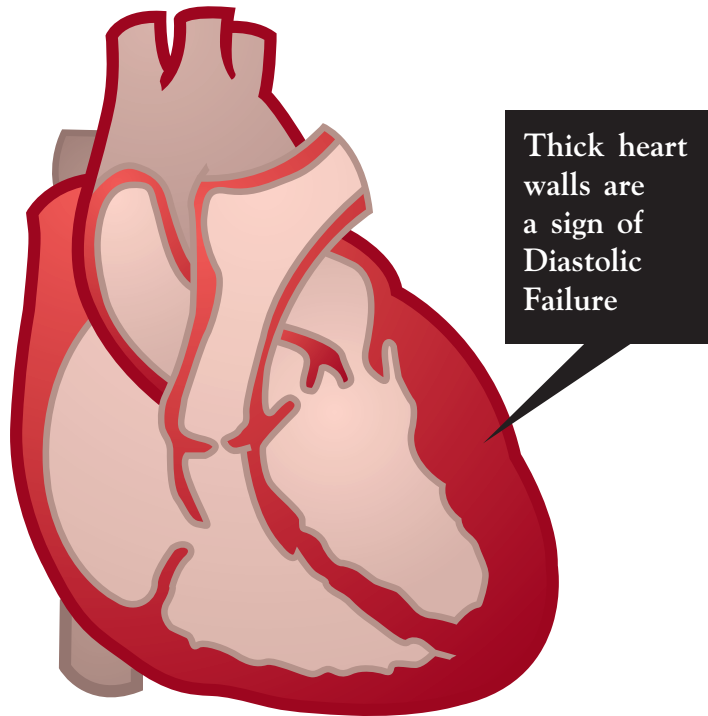
# Know Your Instrument

There are two main types of heart failure. Because each type is treated differently, you need to know which one you have.

To find out which type of heart failure you have, your doctor may order an echocardiogram (ECHO). An ECHO uses ultrasound waves to show an image of your heart as it pumps. Normally, 60% of the blood in the heart is pumped out with each heartbeat. This percentage is known as your “**ejection fraction,**” or **EF**. An ECHO measures your EF.



# Diastolic Failure



When your heart is thick and stiff, you have **diastolic failure**. Your EF may be normal (over 50%), but your heart resists filling with blood because it cannot relax. Pumping against high blood pressure is the most common cause of this type of heart failure.

**TIP:** Read food labels to check for hidden sodium. Each serving of low sodium food should contain **less than 35mg** of sodium.

**AVOID TOBACCO!** If you smoke, **STOP**. Talk to your doctor about programs and medicine to help with this.

## Limit fluids and alcohol.

If you have severe heart failure, you may need to limit the fluid you drink to no more than two quarts a day. Excessive alcohol can further weaken your heart's pumping force.

## A Good Diet.

A healthy diet is important for everyone, but above all for you. Remember, some foods are high in fluid content and sodium.



## Heart Smart

**Tip:** Keep a list of your medicines with you at all times.

**Tip:** Before using over-the-counter treatments like pain relievers, cold remedies, vitamins and herbal products, check with your doctor or pharmacist to make sure they don't interact.

# Practice to Perfection

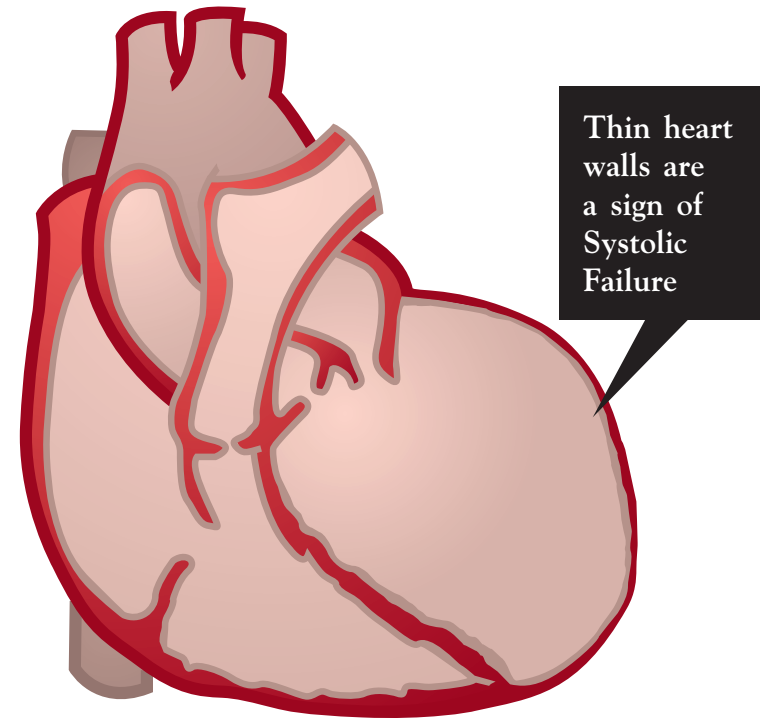
## Develop Healthy Habits

### Avoid Sodium!

Sodium (salt) is a mineral that makes your kidneys retain fluid. Eating too much sodium could land you in the hospital due to fluid overload. **Eat no more than 1,500 milligrams (mg) a day or less (one teaspoon of table salt is equal to 2,000 mg.).** Giving up salt can be hard, but after a short time, you won't miss it. Herbs, spices and lemon juice can perk up the flavor of most foods. Before using a salt-substitute, ask your doctor which ones are safe.

Nutrition Facts			
Serving Size 1 cup (228mg)			
Servings Per Container 2			
Amount Per Serving			
Calories 260		Calories from Fat 120	
% Daily Value*			
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 5g			<b>25%</b>
<b>Cholesterol</b> 30mg			<b>10%</b>
<b>Sodium</b> 660mg			<b>28%</b>
<b>Total Carbohydrate</b> 31g			<b>10%</b>
Dietary Fiber 0g			<b>0%</b>
<b>Sugars</b> 5g			
<b>Protein</b> 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 caloric needs.			
	Calories	2,000	2,500
Total Fat	Less than	60g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 * Carbohydrate 4 * Protein 4			

# Systolic Failure





A weak heart muscle is known as **systolic heart failure**. Your EF is 40% or less. Most people with this type of heart failure are heart attack survivors. Their heart muscle is left too damaged to pump well.

# Add to the Rhythm

## Main Treatment

There are medicines that can help relieve symptoms, boost your energy, keep you out of the hospital and help you live longer. The key is using them faithfully. There are only a few FDA-approved drugs for HF. Check with your doctor to make sure you are on the right medication.

 **ACE Inhibitors** Angiotensin Converting Enzyme Inhibitors (ACEI) make it easier for the heart to pump. Examples are Capoten (captopril), Vasotec (enalapril), Prinivil (lisinopril), Zestril (lisinopril), Accupril (quinapril), Altace (ramipril).


 To get the greatest benefit, take your medicines exactly as directed.





**Heart Smart Tip:** Keep your blood pressure under 140/90 to prevent heart failure from getting worse!


**Heart Smart Other:** Your doctor will tailor medications to you specifically, and they may include: anticoagulants, calcium channel blockers, digoxin, cholesterol-lowering medicine, medicines to control your heart rate and rhythm and vasodilators.

## Other kinds of medicine may also help:

 **ARB** Angiotensin Receptor Blockers (ARBs) work in a similar fashion to ACEIs. Examples are Atacand (candesartan), Avapro (irbesartan), Cozaar (losartan), Diovan (valsartan), Aldosterone Antagonists, Neprilysin Inhibitors. Sometimes these drugs are combined with another new drug called Neprilysin Inhibitors. The new drug was found to prevent heart failure related hospitalizations and death.

 **Beta Blockers** reduce the work of the heart. Examples are Inderal (propranolol), Lopressor (metoprolol), Toprol (metoprolol), Blocadren (timolol), Coreg (carvedilol), Tenormin (atenolol).

 **Diuretics** Diuretics, also known as water pills, help remove extra fluid from the body. Examples are Lasix (furosemide), Bumex (bumetanide), HCTZ (hydrochlorothiazide).

 **Aldosterone Antagonists** block the actions of the hormone aldosterone in the body. Aldosterone is important for the regulation of blood pressure. They treat heart failure by acting as a potassium-sparing diuretic (water pill) that prevents your body from absorbing too much salt and keeps your potassium levels from getting too low. They must be used with caution in people with kidney disease and are not for everyone. Ask your doctor if you are a good candidate for this type of water pill. Examples are Aldactone (spironolactone) and Inspra (eplerenone).