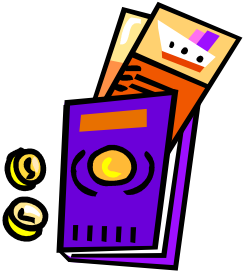




**Living with Congestive Heart
Failure:
A Guide to a Healthy Heart**





Things to Know, Before You Go

Dear Patient/Caregiver

These are the things you **NEED TO KNOW, BEFORE YOU GO**. It is very important that you get *all* of these important items checked off. Everyone involved in your care here at Jersey City Medical Center, will work with you to do this before you go home.

- I understand the information that was given to me about my health condition
- I have a scale to weigh myself at home
- I understand and agree to record my weight at the same time each day and call my doctor if I gain 3 pounds in one day or 5 pounds in one week. My discharge weight is _____
- I know what to do if my symptoms get worse
- I know what my medications do and why I need to take them
- I have a way to get my prescriptions filled today
- I know what number to call if I need help to stop smoking
- I know that I need to go see my doctor after I leave the hospital
- I understand what a low salt diet is

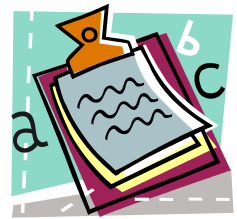
Patient Signature: _____



What is Congestive Heart Failure?

- Heart Failure means the heart cannot pump the blood well
- It can cause water to fill up in your lungs and your feet, ankles, and legs

What Are The Causes

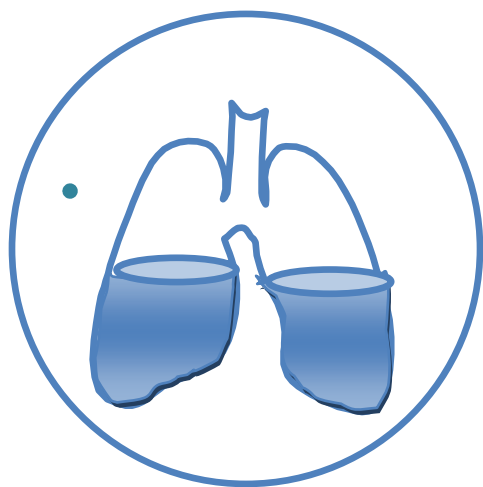


- Clogged or blocked arteries don't let blood flow to the heart
- Past heart attack damaged your heart vessels
- High blood pressure
- Heart valve problems
- Diseases of the heart muscles
- Diabetes

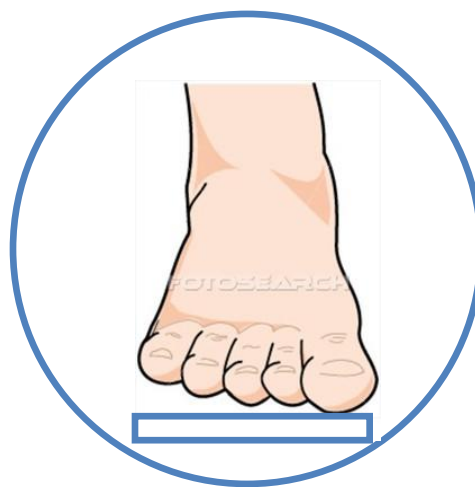


What are the Signs?

- Feeling tired, dizzy, or confused
- Shortness of breath especially when lying down
- Swelling in the feet, ankles, and legs
- Weight gain
- Dry hacking cough

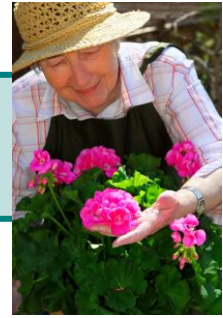



Water in the lungs makes you short of breath



Water in the legs cause swelling

What Should I Do?



- Take your medicine on time!
- Follow your doctor's advice
- Weigh yourself daily to check for fluid increase
- Eat a healthy diet that is low in salt and saturated fat
- Be as active as you can, but rest when needed
- Do not smoke A red circular sign with a diagonal slash over a cigarette with smoke, indicating a no-smoking area.
- Check yourself each day using the **Heart Failure Zone paper**
- Watch for warning signs and call your doctor when you are in the **yellow zone**

Heart Failure Zones

<p>EVERY DAY</p>	<p>Every day:</p> <ul style="list-style-type: none"> • Weigh yourself in the morning before breakfast and write it down • Take your medicine the way you should • Check for swelling in your feet, ankles, leg and stomach • Eat low salt food • Stay active, but don't forget to rest <p>Which Heart Failure Zone are you today? Green, Yellow, or Red</p>
<p>GREEN ZONE</p>	<p>All Clear, <u>This zone is your goal</u> Your symptoms are under control You have:</p> <ul style="list-style-type: none"> • No increased shortness of breath • No weight gain more than 2 pounds (it may change 1 or 2 pounds some days) • No worse swelling of your feet, ankles, legs or stomach • No Chest pain
<p>YELLOW ZONE</p>	<p>Caution, <u>This zone is a warning</u> Call your doctor's office if:</p> <ul style="list-style-type: none"> • You have a weight gain of 3 pounds in 1 day <u>or</u> a weight gain of 5 pounds or more in 1 week • More shortness of breath than usual • More swelling of your feet, ankles, legs, or stomach than usual • Feeling more tired, have no energy. • New dry hacky cough • New dizziness you haven't felt before • Feeling uneasy, you know <u>something is not right</u> • It is harder for you to breathe when lying down. You need to sleep sitting up in a chair
<p>RED ZONE</p>	<p>EMERGENCY Go to the emergency room or call 911 if you have any of the following:</p> <ul style="list-style-type: none"> • Struggling to breathe. Your shortness of breath does not improve even while sitting still • Have chest pain • Have confusion or can't think clearly



Reducing Sodium in Your Diet

- Salt is sodium
- Cutting down the salt in your diet will help you from gaining “water weight”
- It will also help you lower your blood pressure
- Limit your salt/sodium intake to 2000mg per day
- Learn to read food labels to know exactly how much sodium is in the food

Nutrition Facts

Serving Size 5 oz
Servings Per Container 4

Amount Per Serving
Calories 90 Calories from Fat 30

% Daily Value*

Total Fat	3g	5%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	440mg	19%
Total Carbohydrate	13g	4%
Dietary Fiber	3g	4%
Sugars	3g	
Protein	3g	

Vitamin A 80% • Vitamin C 60%
Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or depending on your calorie needs:

This is the serving size. If you eat the whole container you are really eating 4 times the amount

Too much Sodium
You are really eating 1760 mg of sodium (440 X 4 = 1760)

Nutrition Facts

Serving Size 1 box (19g)
Servings Per Container 2

Amount Per Serving
Calories 70
Fat Calories 0

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	200mg	8%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	3%
Sugars	1g	
Protein	1g	

Vitamin A	8%	•	Vitamin C	15%
Calcium	0%	•	Iron	6%
Vitamin D	8%	•	Thiamin	15%
Riboflavin	15%	•	Niacin	15%
Vitamin B6	15%	•	Folate	15%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,000
	Calories:	2,000	2,000
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g

Low Sodium
200mg x 2 = 400mg
Choose this one!

What Should I Limit?



Do not add salt to your food	Limit Cheese
Salt substitutes	Fast food
Breads and Crackers with salt on top	Cold cuts, Ham, hot dogs, sausage, bacon
Canned Vegetable and tomato juices	Canned food
Chips, pickles, olives, salted nuts	Packaged food



What can I enjoy?



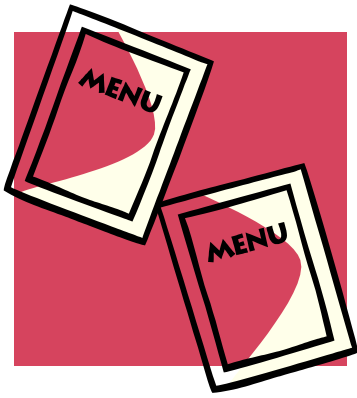
Foods Naturally low in salt

- Fresh Fruits and Vegetables
- fresh meats
- Starches



Seasonings to add flavor to your food

- Herbs, spices, no salt seasoning
- Lemon, tomato
- Onion, garlic



Sample Menu

Breakfast: 1 cup of shredded wheat, banana, 1 cup milk, 2 slices whole wheat bread, jelly, margarine

Lunch: Sliced roast beef on bun, 2 tsp mayonnaise, Lettuce sliced tomato, fresh melon, cooked or raw carrots, 1 cup milk

Supper: Green Salad, 1 TBSP dressing, skinless chicken breast, small baked potato with 1 tsp margarine, frozen mixed vegetables without adding salt, dinner roll, ½ cup sherbet, 1 cup milk

Snack: Vanilla wafers or dish of canned fruit or a fresh apple



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Monthly Weight Chart

Call your doctor if you...

- Gain 3 pounds or more in 1 day
- Gain 5 pounds or more in 1 week

Next Doctor Appt:					
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Date	Weight	Zone	Date	Weight	Zone

in RED ZONE



Keeping Track of Your Medicines

Name: _____ Allergies: _____

Primary care doctor / phone #: _____

Cardiologist / phone #: _____

Pharmacy / phone #: _____

MEDICINE/ STRENGTH	WHAT IS IT FOR?	NUMBER OF PILLS				SPECIAL INSTRUCTIONS	REFILL DATE
		Morning	Noon	Night	Evening		



Keeping Track of Your Medicines

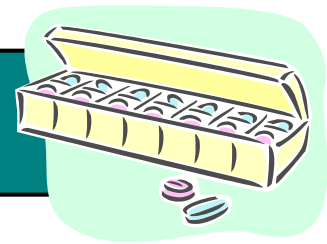
MEDICINE/ STRENGTH	WHAT IS IT FOR?	NUMBER OF PILLS				SPECIAL INSTRUCTIONS	REFILL DATE
		Morning	Noon	Night	Evening		



Your Medicine is Important

Taking your heart failure medicine right can help your heart pump better, make you feel better, lower your hospital visits, and may help you live longer.

Take Your Medicines



- Take your medicine at the right time.
- Do not skip doses.
- Plan ahead! Do not run out of pills.
- Use pill boxes and a medicine list with instructions.
- Bring all of your medicines with you to the doctor office.
- Use the same pharmacy to get your prescriptions filled.



Know Your Heart Failure Medicines

ACE (Angiotensin-converting enzyme) inhibitors

- Captopril (Capoten[®])
- Enalapril (Vasotec[®])
- Ramipril (Altace[®])
- Lisinopril (Prinivil[®], Zestril[®])
- Quinapril (Accupril[®])
- Fosinopril (Monopril[®])
- Benazepril (Lotensin[®])
- Moexipril (Univasc[®])
- Trandolapril (Mavik[®])
- Perindopril (Aceon[®])

ARBs (Angiotensin-receptor blockers)

- Losartan (Cozaar[®])
- Valsartan (Diovan[®])
- Irbesartan (Avapro[®])
- Candesartan (Atacand[®])
- Telmisartan (Micardis[®])
- Eprosartan (Teveten[®])
- Olmesartan (Benicar[®])

Beta-blockers

- Carvedilol (Coreg[®])
- Metoprolol (Lopressor[®], Toprol XL[®])
- Atenolol (Tenormin[®])
- Bisoprolol (Zebeta[®])
- Labetalol
- Propranolol (Inderal[®])
- Sotalol (Betapace[®])
- Pindolol
- Penbutolol
- Acebutolol (Sectral[®])
- Timolol (Blocadren[®])
- Nadolol (Corgard[®])
- Betaxolol (Kerlone[®])



Know Your Heart Failure Medicines

Diuretics (water pills)

- Hydrochlorothiazide (HydroDIURIL[®])
- Chlorothiazide (Diuril[®])
- Furosemide (Lasix[®])
- Bumetanide (Bumex[®])
- Spironolactone (Aldactone[®])
- Eplerenone (Inspra[®])
- Triamterene (Dyrenium[®])
- Metolazone (Zaroxolyn[®])
- Torsemide
- Indapamide (Lozol[®])
- Amiloride (Midamor[®])

Digoxin (Lanoxin[®], Digitek[®])

Combination Pill

- Isosorbide dinitrate/hydralazine (Bidil[®])

Blood thinners

- Aspirin
- Clopidogrel (Plavix[®])
- Warfarin (Coumadin[®], Jantoven[®])

Confused about your pills? Ask your pharmacist for help!





Important Facts About Your Medicines

Refer to pages 15 & 16 to see what types of medicine you are taking.

For all medicines

- Call your doctor if you have an allergic reaction, such as if your lips, throat, or tongue swell up.

Beta-blockers

- You may feel dizzy or tired when you first start this medicine, it usually goes away with time.

ACE Inhibitors

- Some people develop a cough that won't go away. Tell your doctor if you do.

Digoxin

- Too much of this medicine can cause nausea or vomiting, blurred or colored vision, or palpitations. Call your doctor if you have these symptoms.

Combination pill (Bidil®)

- Common side effect is headache

This is not a complete list of side effects for each medicine. Refer to your medicine labels for comprehensive information.

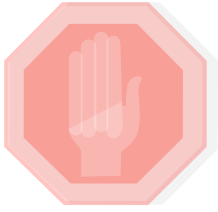
Diuretics (or Water Pills)



Your Water Pill (Diuretic)

- Will make you “pee” (urinate) to get rid of extra salt and water in your body, so take it in the morning. If you take it twice a day, take your 2nd dose around 4:00PM in order to avoid getting up at night.
- Urinating too much can make you dehydrated and feeling dizzy. Tell your doctor if you are feeling new dizziness that you haven’t felt before.
- This pill can make you to lose too much potassium, which can cause leg cramps. This can be checked at your doctor visit.

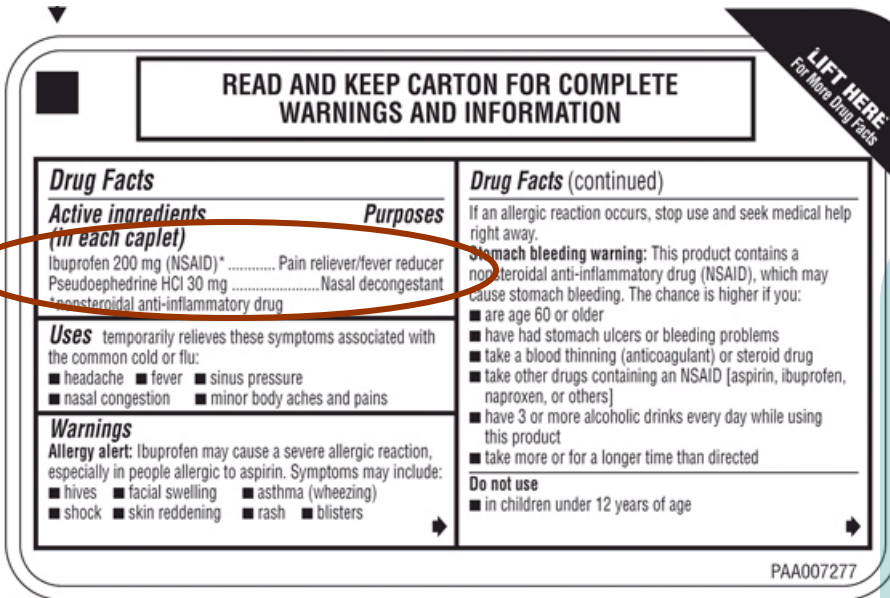
Talk to a doctor or pharmacist if you are unsure about whether you are experiencing a side effect.



Medicines to Avoid

Non-steroidal anti-inflammatory (NSAID) medicines may interfere with your heart failure medicine. Examples of NSAIDs are:
Ibuprofen (Motrin, Advil)
Naproxen (Naprosyn, Aleve)
Take it only if your doctor prescribes it to you.

- These medicines are for pain and other conditions. They are available over-the-counter or by prescription.
- **Check your over-the-counter remedies for components of NSAIDs.**



OTHER medications that are generally avoided are certain drugs to treat abnormal heart rhythm. If you need these medicines, your doctor will decide to prescribe them and look out for side effects.

Helpful Resources

Overview

American Heart Association

<http://www.heart.org/presenter.jhtml?identifier=1486>

Medline Plus

<http://www.nlm.nih.gov/medlineplus/heartfailure.html>

National Heart Lung and Blood Institute

http://www.nhlbi.nih.gov/health/dci/Diseases/Hf/HF_WhatIs.html

Heart Failure Society of America

http://www.hfsa.org/heart_failure_education_modules.asp

Treatment

American Heart Association

<http://www.americanheart.org/presenter.jhtml?identifier=118>

Diet and Nutrition

American Heart Association

<http://www.americanheart.org/presenter.jhtml?identifier=1444>

Tutorial Videos on Congestive Heart Failure

Medline Plus

<http://www.nlm.nih.gov/medlineplus/tutorials/congestiveheartfailure/htm/index.htm>

