



Heart Failure Book

Information and Guidelines

Heart Failure Zones

Green Zone: ALL CLEAR – This zone is your goal.

Your symptoms are under control. You have:

- no shortness of breath
- no weight gain
- no increased swelling of feet, ankles, legs or stomach
- no chest pain



Yellow Zone: CAUTION – This zone is a warning.

Call your doctor's office if you have one or more of these symptoms:

- weight gain of three pounds in one day **OR**
- weight gain of five pounds or more in five days
- more shortness of breath
- more swelling of your feet, ankles, legs or stomach
- feeling more tired – no energy
- dry, hacking cough
- harder to breathe when lying down
- feeling uneasy – “you know something is not right”
- dizzy or lightheaded



Red Zone: EMERGENCY

Go to the emergency room or call 911 if you have any of the following:

- struggling to breathe
- chest pain, tightness or heaviness
- confusion or cannot think clearly



Introduction

This book tells you about the disease called heart failure. We hope this information will help you know more about this disease. If there are words you do not know, please check the Words to Know section at the end of this booklet.

Keep in mind that you are unique. Every health situation is different. If you have questions, you should feel free to call your heart doctor or your family doctor.

Table of Contents

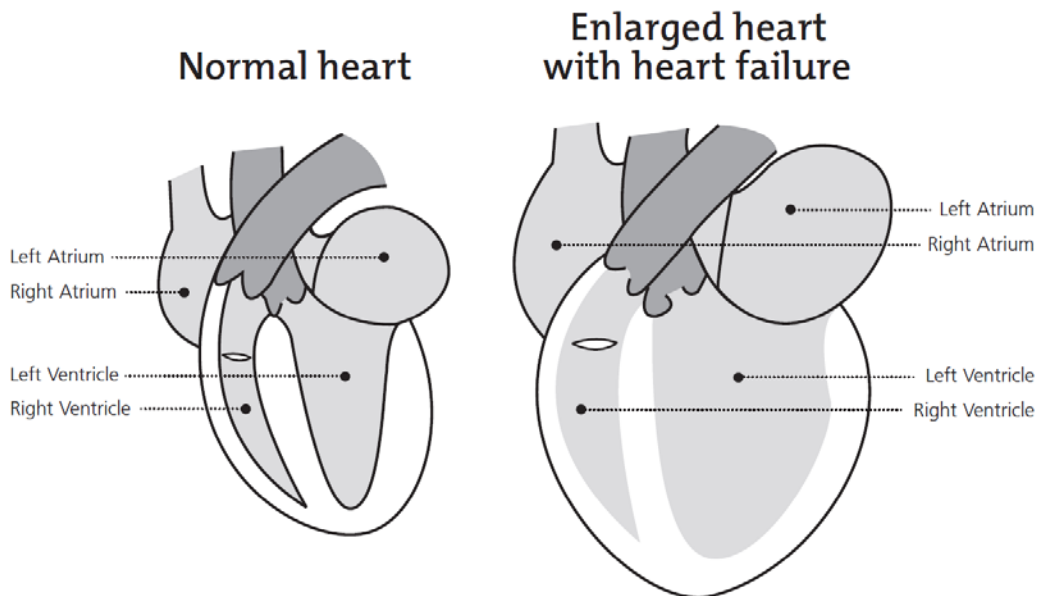
Heart Failure Zones.	1
General Guidelines for	3
Living with Heart Failure	
Follow-up Appointments and Care	6
Frequently Asked Questions (FAQS)	7
Medicines.	9
Activity and Rehabilitation	13
Diet Guidelines.	24
Words to Know.	32

General Guidelines for Living with Heart Failure

In heart failure, your heart is not able to pump as much blood as needed through your body. When the heart cannot pump the blood through your body, you get extra fluid backed up in your lungs. This makes it difficult to breathe. Many people with heart failure also have swollen feet and legs. Sometimes people with heart failure also get a bloated belly.

There are many causes of heart failure. Sometimes it occurs after you have had a heart attack. Having high blood pressure can lead to heart failure. A buildup of cholesterol and fat in the arteries of the heart can lead to heart failure. Abnormal heart valves can lead to heart failure.

Heart failure is a condition that will get worse over time. It is important for you to follow your doctor's advice about what to do to treat your heart failure.



What you need to do:

- Take your medicines just as your doctor ordered.
- Weigh yourself every morning.
 - If you gain 3 pounds in 1 day or 5 pounds or more in 5 days call your doctor.
- It is best for you to follow a low-sodium, low fat, low-cholesterol diet.
- Watch for these changes every day.
 - Shortness of breath
 - Weight gain
 - Increased swelling of feet, ankles, legs, and stomach
 - Chest pain
 - Feeling more tired; no energy
 - Dry, hacking cough
 - Harder to breathe when lying down
 - Dizzy or lightheaded
 - Feeling uneasy – “you know something is not right”
- Check with your doctor about drinking alcohol.
- Maintain a healthy body weight, cholesterol, blood pressure level and blood sugar level to help keep your heart failure in control.
- Follow an exercise program to get regular physical activity.
- Not smoking is very important to your recovery and health. If you smoke, **PLEASE STOP**. Information and support is available from your doctor, nurse, or Bronson HealthAnswers at (269) 341-7723.

Problems to Report to the Cardiologist (Heart Doctor) or Your Family Doctor

Yellow Zone: CAUTION – This is a warning.

- Weight gain of 3 pounds in 1 day, OR
- Weight gain of 5 pounds or more in 5 days
- More shortness of breath than usual
- More swelling of your feet, ankles, legs, or stomach than usual
- Feeling more tired – no energy
- Dry, hacking cough
- Harder to breathe when lying down
- Feeling uneasy – “you know something is wrong”
- Feeling dizzy or lightheaded

Red Zone: EMERGENCY - Go to the nearest emergency room or call 911 if you have any of the following:

- Struggling to breath
- Pain, tightness, pressure or heaviness in the chest
- Confusion or can't think clearly

Follow-up Appointments and Care

Before you leave the hospital, an appointment will be made for you with your cardiologist, family doctor or the Heart Failure Clinic. This appointment is important so your doctor can listen to your heart and lungs to be sure you are doing okay.

Please bring all of your medicine bottles, weight calendar and this heart failure book with you every time you go to any doctor's office.

Frequently Asked Questions

Q: Who do I call for my medicine?

A: You will get orders for medicine before you leave the hospital. Take only the medicines listed on your discharge papers. Your heart doctor, your family doctor or the Heart Failure Clinic staff can handle medicine questions.

Q: Am I going to die soon?

A: Heart failure is a serious illness that can affect how long you live. This is a chronic disease. It will never go away or be cured. Some people with heart failure will die sooner than others. With proper medicines in the right doses and careful management, you can live longer and feel better.

Q: Why do I have heart failure?

A: Heart failure usually starts when another problem makes the heart weak or stiff so it does not pump or fill normally. A common cause of heart failure is a heart attack. Other causes include high blood pressure, diabetes, lung disease, problems with the heart valves, and infection of the heart muscle. Drinking too much alcohol for a long time can also cause heart failure. There can be a history of heart failure in some families. Sometimes the exact cause of heart failure is not known.

Q: Will I have to take heart medicine forever?

A: Yes. Research shows that heart failure medicines can help keep the heart function stable for a long time. Heart failure medicine can also help people live longer, have fewer problems, breathe easier, have more energy, have less swelling and stay out of the hospital. Different medicines help the heart in different ways. At times, your medicine may need to be adjusted to help your heart.

Q: Should I get a flu shot or the pneumonia vaccine?

A: The goal of heart failure treatment is to stay well. One way to do this is to avoid getting the flu or pneumonia. Get a flu shot every year. Ask your doctor if you should get pneumonia vaccine.

Q: Can I drink alcohol?

A: Alcohol can damage the cells of the heart and make it harder for the heart to pump. In heart failure, the heart is already having trouble pumping. It is better to drink very little or not to drink any alcohol.

Q: Do I have any movement limits?

A: One of the most important ways that people with heart failure can keep feeling good is to keep active. Research shows that activity including exercise, work, and sex is healthy and safe for most people with heart failure. The doctor may limit the amount of weight you can lift or the kinds of things you can do.

Q: With whom will I make an appointment after I leave the hospital?

A: An appointment needs to be made with your heart doctor, your family doctor or the Heart Failure Clinic. It is important for you to have an appointment within a week of leaving the hospital. Your doctor or the Heart Failure Clinic staff will check to make sure that you are getting better as expected.

Medicines

The following medicines are often ordered for patients who have heart failure. Each section has information about the medicine and side effects. It is important to learn your medicines and know why you are taking them.

General Guidelines

- Always keep a complete list of your medicines with you. Include herbal supplements, prescription and over-the-counter medicines. List drug name, dose (how much you take), and how often you take it. Update this list every time you go to the doctor, hospital or emergency room.
- Get all of your medicine from one pharmacy. This allows your pharmacist to review all of your medicines. This helps prevent harmful drug interactions. It also helps your pharmacist answer any questions you have about your medicines.
- Tell your doctors about any changes in your medicines. This includes starting or stopping any medicines.
- Take your medicines as ordered by your doctor. If you miss a dose, do not double up on the next dose.
- Call your doctor if you have serious side effects from your medicines.
- If you have trouble paying for your medicines please call your doctor or pharmacist.
- Some medicines can make your heart failure worse. Talk to your doctor or pharmacist about medicines before you start taking them:
 - NSAIDS (ibuprofen (Motrin™, Advil™), naproxen (Aleve™))
 - New herbal or vitamin products

Diuretics (also known as “water pills”)

- In heart failure your body may keep too much fluid. Diuretics work by increasing the amount of fluid that the body gets rid of. They do this by increasing the amount of urine that your body makes. This increases the number of times you will have to go to the bathroom.
- You will need to have your potassium level checked when you are taking diuretics. Most diuretics will take potassium from your body along with the fluid. Your doctor may give you a prescription for potassium tablets to take with your diuretic.

- One common side effect is dizziness and lightheadedness, especially at the beginning of therapy. Get up slowly when sitting or lying down to help with this. Other side effects include:
 - Going to the bathroom a lot
 - Thirst
 - Muscle cramps
 - Sun sensitivity (you may get sunburned more easily)
- Diuretics include furosemide (Lasix[®]), bumetanide (Bumex[®]), torsemide (Demadex[®])

ACE Inhibitors and ARBs

- These medicines treat high blood pressure and heart failure. They may increase survival after a heart attack.
- These medicines increase blood flow in the kidneys. This helps protect the kidneys especially for patients who have diabetes.
- One common side effect is dizziness and lightheadedness, especially at the beginning of therapy. Get up slowly when sitting or lying down to help with this. Other side effects include:
 - Headache
 - Diarrhea
 - Call your doctor or go to the emergency room right away if you have:
 - Swelling of the tongue, lips or nose
 - Sudden trouble breathing or swallowing
- Rare side effects more chance of infection.
- Call your doctor or pharmacist if you have a constant dry cough while you are taking this medicine.
- These medicines can also affect your kidneys and potassium level. You will need your kidney function and potassium level checked while on these medicines. Call your doctor right away if you are unable to pass urine or have a big weight gain. Tell your doctor if you are taking extra potassium.
- You should NOT take these medicines if you are pregnant. If you are pregnant or plan to get pregnant while taking these medicines you should call your doctor.
- ACE Inhibitors include lisinopril (Zestril[®]), ramipril (Altace[®]), benazepril (Lotensin[®]), enalapril (Vasotec[®]), quinapril (Accupril[®]).
- ARBs include valsartan (Diovan[®]), olmesartan (Benicar[®]), losartan (Cozaar[®]), irbesartan (Avapro[®])

Beta-Blockers

- Beta-blockers work by slowing your heart rate. This results in stronger squeezing of the heart muscle. These help prevent heart attacks - especially in patients who have had open-heart surgery.
- Beta-blockers help treat high blood pressure, heart failure, abnormal heartbeats and chest pain.
- Common side effects of beta-blockers include:
 - Running out of energy, especially at the beginning of therapy
 - Feeling drowsy
 - Shortness of breath
 - Diarrhea
 - Swelling of hands or feet
 - Feeling dizzy or light-headed.
- Do not suddenly stop taking this medicine.
- Beta-Blockers include metoprolol (Lopressor[®], Toprol XL[®]), carvedilol (Coreg[®]), bisoprolol (Zebeta[®])

Aldosterone Antagonists

- These medicines help improve quality of life and improve symptoms in some patients with heart failure.
- Common side effects:
 - Headache
 - Dizziness
 - Tiredness
 - Diarrhea
- Call your doctor or pharmacist if you:
 - Develop a rash
 - Become confused.
- You will need to have your potassium level checked when you are taking this medicine. These medicines sometimes cause your body to keep too much potassium. Tell your doctor if you are taking extra potassium.
- Aldosterone antagonists include spironolactone (Aldactone[®]), eplerenone (Inspra[®])

Nitrates and hydralazine

- These medicines work by helping blood flow get through the heart. They decrease blood pressure and treat chest pain.
- One common side effect is dizziness and lightheadedness, especially at the beginning of therapy. Get up slowly when sitting or lying down to help with this. Other side effects include:
 - Headache
 - Upset stomach
 - Chest pain
 - Weakness
- Call your doctor or pharmacist if you have:
 - Shortness of breath
 - Chest pain
 - Very bad headache
 - Dizziness that does not go away
- For treating heart failure, these medicines come together in one pill called BiDil[®].

Digoxin (Lanoxin[®])

- This medicine works by slowing the heart rate and helping blood flow to the heart.
- Common side effects:
 - Dizziness
 - Headache
 - Upset stomach
 - Diarrhea
- Call your doctor or pharmacist if you:
 - Have a very slow heart rate
 - Become confused
 - Develop blurred vision
 - See yellow halos around lights

Heart Failure Activity Guidelines from Bronson Rehabilitation Services

Regular Activity and Exercise:

- Improves your heart failure symptoms.
- Increases your energy and endurance.
- Improves your overall strength, balance and flexibility.
- Reduces stress, anxiety and tension.

Making Your Exercise Safe for You:

- Talk to your doctor before starting any new exercise program.
- When resuming exercise, slowly increase back up to your normal work out levels.
- Make sure you drink enough water to stay hydrated. Remember to follow your doctor's fluid restriction guidelines.
- If you are unable to talk while exercising, you may be pushing yourself too hard.
- You should cool down at least 20 minutes after exercise before showering.
- It is important to protect your heart and keep it from working too hard.
 - Do not exercise while sick.
 - Do not push yourself to "all out" effort during exercise.
 - Do not climb stairs as part of the exercise.
 - Do not walk for exercise outside if it is windy.
 - Do not walk for exercise outside when it is very hot, very humid or very cold.
 - Do not walk for exercise in areas with lots of hills.
 - Do not take a hot shower right after exercise.
- If you feel short of breath, very tired or have chest pain during or after your activity, stop and rest until you feel better. Restart your activities at a slower pace.
 - If the symptoms are not relieved by rest or prescribed medicines, call your doctor or 911.

Perceived Exertion Scale (how much effort you think you are putting into your activity)

- Make your activity match what you are able to do. Start slow and work up to a 20 to 30 minute exercise program. You can use the **Perceived Exertion Scale** to help check if you are working at the right pace for you. Exertion is the amount of effort that you are using to do an activity.

Perceived Exertion Scale	
0	Nothing at all
0.5	Just noticeable
1	Very light
2	Light
3	Moderate
4	Somewhat heavy
5-6	Heavy
7-9	Very heavy
10	Very, very heavy

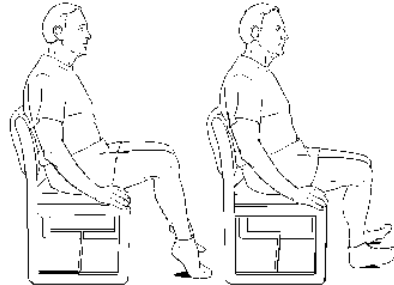
- When you exercise, choose the number that best describes your level of exertion on the 0 to 10 scale.
- Be sure to include your feeling of shortness of breath and overall fatigue.
- This will give you a good idea of the how hard you are working for your activity. Use this information to speed up or slow down your activity to reach your goal.
- When you start an exercise program, you may want to keep your level at 2 to 3, and then increase to a level of 3 to 4 for the rest of the exercise.

Suggested Types of Exercise:

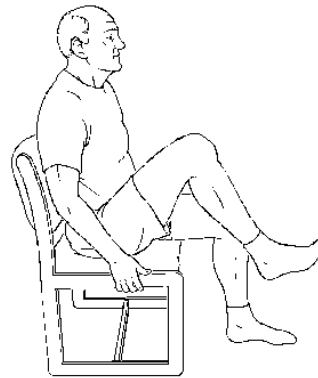
- **Warm up:** includes slow, gentle stretching to all muscles (5 to 10 minutes)

While sitting:

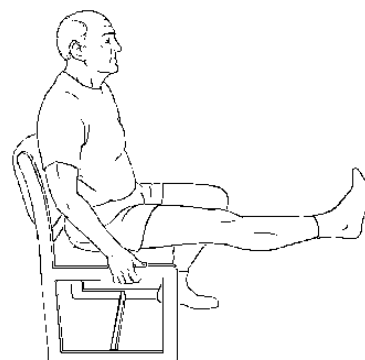
Pump ankles up and down.



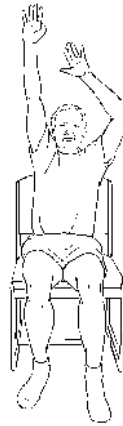
Raise knee up toward the ceiling and alternate as if marching.



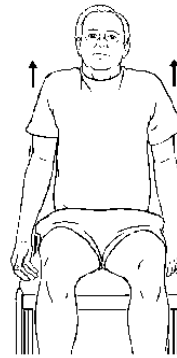
Straighten out knees by extending legs and lowering them back to floor.



Alternate both arms reaching up overhead and then slowly bring back down to your lap.

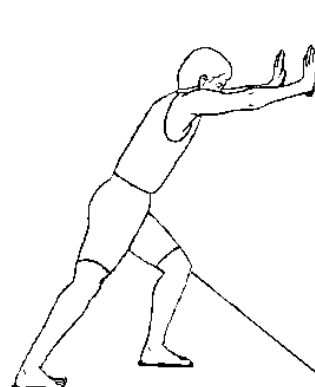


Shoulder shrugs: lifting shoulders towards your ears and then roll shoulders in a circle.

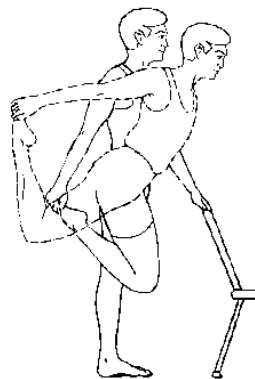


While standing:

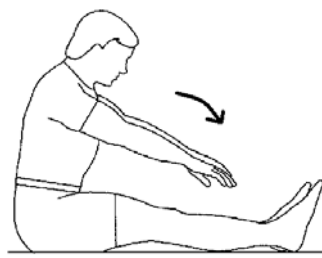
To stretch your calf muscles: hold onto the wall and place the leg to be stretched behind you. Keep that foot flat and leg straight as you lunge forward onto the opposite leg.



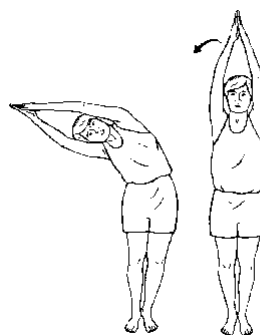
To stretch your quadriceps: hold onto a chair and bend one knee behind you while grasping your ankle. Repeat with other leg.



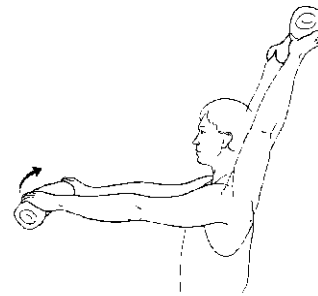
To stretch your hamstrings: Sit on a surface large enough to put your legs out straight in front of you. Keeping your low back straight, bend over and bring your chest as close to your knees as you can until you feel a steady pull. Take a deep breath, relax and try to get closer to your knees as you let your air out of your lungs.



Side reaches: reach one arm overhead and lean to the opposite side to stretch your trunk. Repeat with the other side.



Shoulder stretch: Extend your arms out in front of you while locking your fingers together and then bring up over your head. If you cannot lock your fingers, you can hold the ends of a rolled up towel.



- **Cardiovascular exercises:** any exercise designed to safely increase your heart rate which will allow you to strengthen your heart and lungs (10 to 20 minutes)
 - Walking
 - Stationary bike
 - Water aerobics
 - Low impact aerobics
- **Cool down:** slow, gentle stretching to allow your heart rate to come down after exercise and allow your muscles to relax (5 to 10 minutes)
 - Repeat stretches from the warm up.
 - Cool down does **not** mean to sit down or to stop moving.

Identification Card

- Carry an identification card with you at all times, especially when walking. The card below can be cut out and saved, you can make your own or you can use the card provided to you by the Heart Failure clinic or hospital nursing staff.

Name: _____
Address: _____
City/State: _____
Phone: _____
Medical Conditions: _____
Physician: _____
Physician Phone: _____
Medications: _____

Signs of Overexertion on Your Heart

Evaluate your response to activity. Any activity is too much for you if:

- You become short of breath for more than 10 minutes.
- Your pulse rate does not return to a resting rate in 2 to 5 minutes.
- Your heart beats with an irregular rhythm.
- You become unusually tired.
- You become nauseated or vomit.
- You develop severe leg cramps.
- You become lightheaded, dizzy, or faint.

If any of these symptoms develop, stop what you are doing right away. If they continue, call your doctor.

Energy Conservation and Work Simplification Techniques

Work Simplification: completing a task in the most effective way, using the least amount of effort and the shortest possible time.

Energy Conservation: using your energy wisely to do the tasks that you have to do, and still have energy to do the activities you enjoy.

Main Principles of Energy Conservation and Work Simplification:

- Plan Ahead
 - Decide what time of day is best for you and plan more things to do at that time.
 - Space things to do evenly throughout the day and the week.
 - Vary hard and easy tasks appropriately.
 - Stay organized. Keep all needed items for a task in one place.
- Set Priorities
 - Decide which tasks are most important.
 - Ask others do some tasks if they are able.
 - Take enough time for what you are doing so that you do not have to rush.

- Pace Yourself
 - Plan rest times in your day (10 to 15 minutes).
 - Many short rest breaks may be better than one long rest break.
 - Make sure to stop and rest before you become tired.

- Body Mechanics
 - Sit, instead of stand, when you can.
 - Lift using your legs and not your back.
 - Try not to twist. Move your feet when turning.
 - Carry things close to your body using both hands.

- Simplify
 - Limit stair climbing. It takes seven times more energy as walking on flat surfaces.
 - Replace heavy items with lighter ones. For example: paper plates instead of china.
 - Break up daily tasks into separate steps that can be done throughout the day, for example; soaking dishes before washing.

- Equipment
 - Evaluate all areas of your home for equipment that would make things easier.
 - Use bathroom equipment if needed.

Daily Energy Conservation Techniques

- Bathing:
 - Place grab bars where needed.
 - Gather all needed items ahead of time.
 - Put non-skid mat or strips in tub.
 - Wash hair in shower to limit bending over.

- After bathing, put on a terry cloth robe to soak up water. Pat yourself dry.
 - Consider using:
 - Bath bench
 - Handheld shower head
 - Long-handled sponge
 - Soap on a rope

- Grooming:
 - Have a chair or stool in bathroom.
 - Store all needed items on counter, not under sink.
 - Squeeze toothpaste by pushing tube with the palm of your hand.
 - Consider using:
 - A bucket to store items
 - A lightweight hair dryer
 - Built up handles on brushes, combs and toothbrushes
 - An electric toothbrush
 - A raised toilet seat

- Dressing:
 - Hang shoes up, or use racks.
 - Wear front closure bras or fasten back closure bras in front, then turn around.
 - Sit to dress lower body.
 - Loose fitting clothes are easier to put on and take off.
 - Wear pants with elastic waistbands.
 - Lower the clothing rod in the closet if clothes are hard to reach.
 - If you have a weak or sore arm or leg, dress that limb first.
 - Use a reacher, dressing stick, sock aid and long handled shoehorn.

- In the Kitchen:
 - Set up cupboards so the things you use most are up front.
 - Store items where they are easy to reach.
 - Get out all supplies before you start a project.
 - Sit while you cook or do dishes.
 - Consider using:
 - Larger-handled utensils
 - Lazy Susans
 - Electric appliances
 - Scissors to open packages
 - Liquid soap dispensers
 - Both handles on pots and pans
 - Handheld sink sprayer
 - Wheeled cart to move several items
 - Both hands to carry groceries; put groceries into multiple bags
 - A cart to move to car
 - Slide pots and pans on the counter.
 - Put sugar and flour in containers. Scoop out the amount you need.
 - Do not lift heavy bags. Put small amounts in more bags.
 - Install long handles on faucets and doorknobs.
 - Install pull out shelving in cabinets.
 - Soak your dishes before washing.
 - Wear an apron with pockets to carry utensils or tools.
 - Cook in larger quantities and freeze extra portions for later.
- Shopping:
 - Call ahead to make sure the store has the things you want.
 - Use motorized carts at store if available.
 - Consider ordering heavy items on line so they are delivered to your home.
 - Ask cashier to put only a few things in each bag.
 - Go to a store that will carry your groceries to your car.
 - Write out your list in the order of how the store is setup.
 - Call the store ahead of time to reserve a wheelchair.
- Laundry:
 - Consider using:
 - Both hands to lift and move clothes
 - Both hands to pour detergent
 - A wheeled cart to move laundry to and from washing machine
 - One hamper for lights and one for darks

- Do not make more than one trip up and down the stairs.
- Iron while sitting or wear wrinkle-free clothing.
- Pre-measure small amounts of laundry detergent or use the ultra-concentrated brands.
- Pin socks together before washing.
- Sit at a table to sort and fold clothes.
- Wash smaller loads to avoid heavy lifting.
- Put basket on a chair to reduce bending when loading and unloading.
- Raise frontloading washer and dryer onto a platform to avoid bending.

- Cleaning:
 - Make the bed one entire side at a time.
 - Consider using:
 - A lightweight vacuum
 - Tongs or a reacher to pick up items off the floor
 - Slow steady movements
 - Long-handled brushes, sponges and dusters.
 - Walk with your vacuum. Keep it close instead of pushing and pulling.
 - Store cleaning products in handy, easy to reach locations in the room where they will be used.
 - Hire someone to do the cleaning or lawn service.
 - Throw shower curtain in the wash to clean.
 - Clean small parts of your home at a time. Take short breaks.
 - Get rid of clutter.

- Miscellaneous:
 - Take things out of your purse to keep it lighter.
 - Ask your pharmacist not to put childproof caps on medications.
 - Stop doing tasks that are not important to you.
 - Consider using:
 - A speaker phone
 - Automatic garage door opener
 - Electric scissors

Dietary Guidelines

What you eat and drink affects your symptoms of heart failure. One of the most important things you can do is limit the amount of sodium in your diet. Too much sodium may cause your body to retain fluid. Too much fluid makes it harder for your heart to work. This may increase your shortness of breath and other symptoms of heart failure.

Limit Sodium Intake

- Salt is one source of sodium. One teaspoon of salt has 2,000 milligrams (mg) of sodium.
 - Remove the salt shaker from the table.
 - Do not use salt when cooking.
 - Do not use other kinds of salt such as kosher salt, sea salt, seasoning salt, celery salt, onion salt, or garlic salt.
 - Ask your doctor if you can use a salt substitute.

- Many foods also contain sodium.
 - Limit sodium intake to 2,000 mg each day.
 - Limit sodium intake to no more than 600 mg per meal if you eat three meals per day.
 - Do not use foods with more than 300 mg sodium per serving.
 - Limit foods with more than 200 mg sodium per serving.
 - Enjoy foods with less than 100 mg sodium per serving.
 - Fresh foods usually contain less sodium than processed foods. Check food labels to help find foods that are lower in sodium.

Reading Food Labels

If the label states:	This means:
Salt or sodium Free	The food has less than 5 mg of sodium per serving.
Very Low Sodium	The food has 35 mg of sodium or less per serving.
Light in Sodium or Lightly Salted	At least 50 percent less sodium than the regular product.
Reduced Sodium	At least 25 percent less sodium than the regular product.
No Salt Added or Unsalted	Salt is not added during processing. This does not mean it is sodium-free. Check the “Nutrition Facts” on the label for the exact amount of sodium.
Heart Healthy	This does <u>not</u> mean low sodium. This means the food is low in fat, saturated fat and cholesterol.

The “Nutrition Facts” on the label lists the amount of sodium in each serving.

Nutrition Facts	
Serving Size ½ cup (120 g)	← Note serving size.
Servings Per Container 8	← Note servings per container.
Amount per Serving	
Calories 178 Calories from Fat 18	
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0 g	2%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 319 mg	13%
Total Carbohydrate 35 g	12%
Dietary Fiber 3 g	13%
Sugars 16 g	
Protein 5 g	
Vitamin A 23% Vitamin C 1%	
Calcium 40% Iron 39%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs.	

← Amount of sodium in one serving.

High Sodium Foods to Avoid

Do not use foods that have more than 300 mg of sodium in each serving:

- Milk based foods:
 - Cottage cheese.
 - Processed cheeses: Velveeta[®], Cheese Whiz[®] or anything labeled “processed cheese food”.
 - Cheese or cream based soups and sauces.

- Meats, poultry and fish:
 - Regular canned meats, poultry or fish.
 - Smoked or cured meats, poultry or fish such as ham, sausage, bacon and jerky.
 - Processed lunch meats or deli meats such as salami, bologna and hot dogs.
 - Packaged meals or frozen dinners.

- Vegetables:
 - Regular canned vegetables.
 - Frozen vegetables that include a sauce.
 - Regular vegetable juices.
 - Vegetables preserved in brine such as olives, pickles and sauerkraut.

- Grains:
 - Instant cereal.
 - Packaged foods such as seasoned noodle or rice dishes, stuffing mix.
 - Pancakes, waffles, biscuits, cornbread or other foods made with baking mix.

- Condiments:
 - Mustard, regular ketchup, dips, salad dressings and relishes.
 - Sauces such as Worcestershire, barbecue, pizza, chili, steak, horseradish and soy (regular or lite).
 - Meat tenderizer, monosodium glutamate (MSG).
 - Pickles and olives.

- Seasonings:
 - Any seasoning that has “salt” in the name on the label such as celery, garlic and onion salts.

- Sauces such as pasta sauces, cheese sauces and gravies.
- Soup:
 - Soups: all kinds of canned, frozen, or instant soups including those that are labeled “lower in sodium” or “reduced sodium”.
 - Broth, bouillon cubes or granules.
- Other foods that are high in sodium:
 - Instant cooking foods that you prepare by adding hot water such as potatoes, cereals and noodles.
 - Mixes such as pudding, cake mixes, pie crust, cornbread or biscuits.
 - Salted snacks such as crackers, pretzels, potato chips, corn chips, nuts or popcorn.

For more information about a low sodium diet or to schedule an appointment with a registered dietitian, call the Bronson Heart Failure Clinic dietitian at (269) 553-0456.

Limit Fluid Intake

Limiting sodium may not be enough to prevent fluid build-up. Measure your fluid intake each day. Limit fluid intake to about six to eight cups (8 ounces each) each day for a fluid intake of 48 to 64 ounces each day.

- Do not drink less than 48 ounces so that you do not become dehydrated. This is about one and one-half liters or six 8-ounce glasses.
- Do not drink more than 64 ounces so that your body does not build up with extra fluid. This is about 2 liters or eight 8-ounce glasses. Too much fluid makes it harder for your heart to work.
- Fluids include:
 - Water, coffee, tea, milk, juice, soup, soda pop, alcohol or beer.
 - All foods that melt to liquids at room temperature. These include foods such as gelatin, ice cream, sherbet, popsicles or ice cubes.
- Tips to help you limit fluid intake:
 - Space liquids throughout the day so that you will not be tempted to drink more than 64 ounces.
 - Know how many ounces your regular drinking glasses hold.
 - To relieve thirst without taking in extra fluid:
 - Chew gum.
 - Suck on hard candy (if you have diabetes consider sugarless).
 - Nibble on frozen grapes or strawberries.
 - Suck on a washcloth soaked in ice-cold water.
 - Avoid milk or ice cream products if they increase your thirst.
 - Cover your lips with petroleum jelly, flavored lip balm or lip moisturizer.
- Keep track of your fluid intake:
 - Using an empty container, pour in six 8-ounce cups (48 ounces) of fluid. Draw a line with a permanent marker at the level of the water. Then add two more 8-ounce cups (16 ounces) of fluid. Draw another line. (See picture.) Dump out the water.
 - As you drink fluids throughout the day, pour an equal amount of water into the container.

- When the amount of water in the container is at the 48-ounce line (the first line), you have only 16 ounces of fluid left to drink for the rest of the day.
- When the water is at the top line on your container, you have had 64 ounces of fluid for the day. You should not drink any more fluid that day.

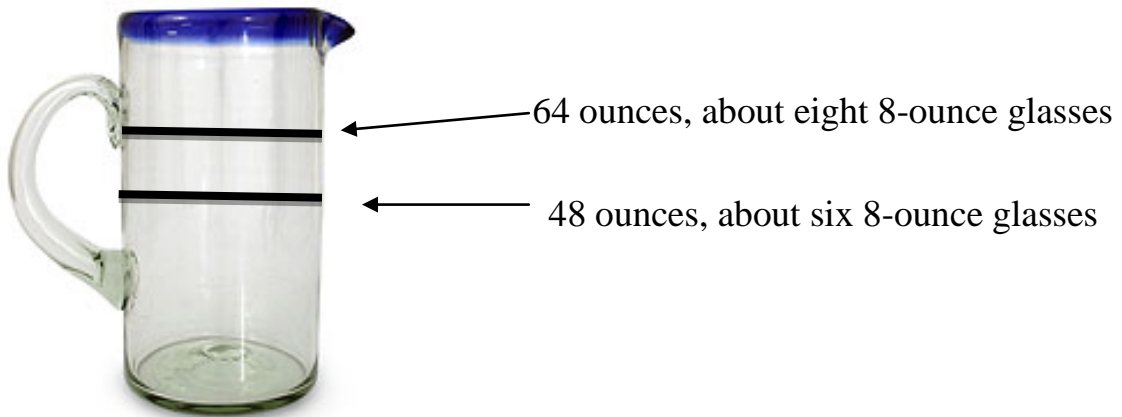


Chart for Measuring Liquids

Household measure	Fluid ounces	Equal Household Measure
2 tablespoons	1	6 teaspoons
$\frac{1}{4}$ cup	2	4 tablespoons
$\frac{1}{3}$ cup	$2\frac{2}{3}$	5 tablespoons + 1 teaspoons
$\frac{1}{2}$ cup	4	8 tablespoons
$\frac{2}{3}$ cup	$5\frac{1}{3}$	10 tablespoons + 2 teaspoons
$\frac{3}{4}$ cup	6	12 tablespoons
1 cup	8	16 tablespoons
2 cups	16	32 tablespoons
$\frac{1}{2}$ liter	17	About 2 cups + 1 ounce
1 quart	32	4 cups
1 liter	34	About 4 cups + 2 ounces

Resources

American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (2013).

Guide to Healthy Fast Food Eating, 2nd Edition (2009) by Hope S. Warshaw, RD.

Eat Out, Eat Well: The Guide to Eating Healthy in Any Restaurant (2015) by Hope S. Warshaw, RD.

American Heart Association Eat Less Salt: An Easy Action Plan for Finding and Reducing the Sodium Hidden in Your Diet (2013).

www.mrsdash.com (recipes)

Words to Know

Here are some key words about heart failure. Some are used in this notebook and your doctor may use others.

Aorta: The main blood vessel that carries blood from the heart to the body.

Aortic stenosis: A narrowing of the aortic valve.

Aortic valve: The heart valve that is between the bottom left part of the heart (*left ventricle*) and the aorta.

Artery: A blood vessel that takes blood away from the heart.

Atrial fibrillation: An irregular and often fast heartbeat. It causes poor blood flow to the body. You may need medicine to control this fast beating.

Atrium: One of the top two parts of the heart.

Biventricular cardiac pacemaker or defibrillator (BiV): This pacemaker can help the right and the left side of the heart to work normally. This is needed when the heartbeat is irregular in one or both of the bottom parts of the heart.

Cardiac resynchronization therapy (CRT): Uses a pacemaker or defibrillator to get the right and left sides of the heart to work normally.

Cardiologist: A doctor who cares for problems of the heart.

Cardiomyopathy: When the heart muscle is larger, thicker or stiffer than normal.

Coronary artery disease (CAD): Heart disease that happens when coronary arteries narrow or are blocked by a buildup of a fatty deposit called plaque.

Coronary artery bypass surgery (CABG or “cabbage”): Heart surgery to create a new path for blood to flow to heart muscle that is affected by blocked arteries.

Ejection fraction (EF): This measures the ability of the heart to pump blood. The EF measures the amount of blood that leaves the heart with each beat. The heart is never empty. An EF of 50% or more is normal.

Heart block: This is an electrical problem of the heart. The electrical current of the heart is not able to travel in the normal way from the upper part of the heart to the lower part of the heart. This can cause the heartbeat to slow.

Heart failure: In heart failure, your heart is not able to pump as much blood as needed through your body. When the heart cannot pump the blood through your body, you get extra fluid backed up in your lungs. Heart failure is a condition that will get worse over time.

Heart valves: The heart has four valves: aortic, mitral, tricuspid and pulmonic valves. These valves open and close to help blood flow through the sections of the heart at the right time.

Heart valve problems: Stenosis is when the heart valve is too narrow. This does not allow enough blood to pass through the valve. Insufficiency or regurgitation happens when the valve does not close tightly and blood leaks through the valve.

Implantable cardiac defibrillator (ICD): A device that treats very fast heartbeats, like ventricular tachycardia or ventricular fibrillation. An ICD can stop the fast heartbeat by giving a small shock to the heart.

Myocardial infarction (MI) or heart attack: This happens when there is a blockage of blood flow to an area of the heart. The heart muscle is damaged when it does not get enough blood and oxygen.

Veins: Blood vessels that return blood and oxygen to the heart and lungs.

Ventricles: The bottom two sections of the heart.

Ventricular fibrillation: A fast irregular heart rhythm in the bottom sections of the heart. The heart quivers and is not able to pump any blood. This is life threatening.

Ventricular tachycardia: A fast heart rhythm that starts in the bottom sections of the heart. Although the heart is able to pump some blood, this can be life threatening.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Month: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
Year: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
Discharge Weight: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____

Yellow Zone: CAUTION – This is a warning! – Call your doctor

- Weight gain of 3 pounds in 1 day or 5 or more pounds in 5 days
- More shortness of breath than usual
- More swelling of feet, ankles, legs or stomach than usual
- Feeling more tired – no energy
- Dry, hacking cough
- Harder to breathe when lying down
- Feeling uneasy – “you know something is not right”
- Dizzy or light headed

Red Zone: EMERGENCY!! – go to the emergency room or call 911 if you have any of the following

- Struggling to breathe
- Pain, tightness, pressure or heaviness in chest
- Confusion or cannot think clearly

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Month: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
Year: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
Discharge Weight: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____

Yellow Zone: CAUTION – This is a warning! – Call your doctor

- Weight gain of 3 pounds in 1 day or 5 or more pounds in 5 days
- More shortness of breath than usual
- More swelling of feet, ankles, legs or stomach than usual
- Feeling more tired – no energy
- Dry, hacking cough
- Harder to breathe when lying down
- Feeling uneasy – “you know something is not right”
- Dizzy or light headed

Red Zone: EMERGENCY!! – go to the emergency room or call 911 if you have any of the following

- Struggling to breathe
- Pain, tightness, pressure or heaviness in chest
- Confusion or cannot think clearly

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Month: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
Year: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
Discharge Weight: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____

Yellow Zone: CAUTION – This is a warning! – Call your doctor

- Weight gain of 3 pounds in 1 day or 5 or more pounds in 5 days
- More shortness of breath than usual
- More swelling of feet, ankles, legs or stomach than usual
- Feeling more tired – no energy
- Dry, hacking cough
- Harder to breathe when lying down
- Feeling uneasy – “you know something is not right”
- Dizzy or light headed

Red Zone: EMERGENCY!! – go to the emergency room or call 911 if you have any of the following

- Struggling to breathe
- Pain, tightness, pressure or heaviness in chest
- Confusion or cannot think clearly

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Month: _____	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>
Year: _____	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>
Discharge Weight: _____	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>
	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>
	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>	<u>Weight</u>

Yellow Zone: CAUTION – This is a warning! – Call your doctor

- Weight gain of 3 pounds in 1 day or 5 or more pounds in 5 days
- More shortness of breath than usual
- More swelling of feet, ankles, legs or stomach than usual
- Feeling more tired – no energy
- Dry, hacking cough
- Harder to breathe when lying down
- Feeling uneasy – “you know something is not right”
- Dizzy or light headed

Red Zone: EMERGENCY!! – go to the emergency room or call 911 if you have any of the following

- Struggling to breathe
- Pain, tightness, pressure or heaviness in chest
- Confusion or cannot think clearly

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Month: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
Year: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
Discharge Weight: _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____	Weight _____

Yellow Zone: CAUTION – This is a warning! – Call your doctor

- Weight gain of 3 pounds in 1 day or 5 or more pounds in 5 days
- More shortness of breath than usual
- More swelling of feet, ankles, legs or stomach than usual
- Feeling more tired – no energy
- Dry, hacking cough
- Harder to breathe when lying down
- Feeling uneasy – “you know something is not right”
- Dizzy or light headed

Red Zone: EMERGENCY!! – go to the emergency room or call 911 if you have any of the following

- Struggling to breathe
- Pain, tightness, pressure or heaviness in chest
- Confusion or cannot think clearly

Websites:

www.americanheart.org

www.bronsonhealth.com/heart

www.mrsdash.com (recipes)

www.nhlbi.nih.gov (National Heart, Lung and Blood Institute of the National Institutes of Health)

www.HFSA.org (Heart Failure Society of America)

