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## Your Guide to Living Well with Heart Failure

[www.monument.health/heart](http://www.monument.health/heart)





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### MY PLAN: Daily Symptoms Tracker and Weight Log

Having a daily tracker is important because it can help you to have a baseline and will help to keep track of the important things. Monitor and fill out your symptom tracker every day.

Daily HF Symptom Tracker and Weight Log: Week \_\_\_\_\_ Dates ( \_\_\_\_\_ to \_\_\_\_\_ )

Date	Record Weight and Circle Same or Worse	Tiredness: Circle one	Swelling: Circle One	Coughing: Circle One	Shortness of Breath: Circle One	Notes
Baseline WT _____	Record your B/P	None Better Same Worse	None Better Same Worse	None Better Same Worse	None Better Same Worse	
Baseline Dry WT _____						
Baseline B/P _____						
_____ lbs.	Same	None	None	None	None	
_____ lbs.	Worse	Better	Better	Better	Better	
_____ lbs.	B/P:	Same	Same	Same	Same	
_____ lbs.	None	None	None	None	None	
_____ lbs.	Better	Better	Better	Better	Better	
_____ lbs.	Same	Same	Same	Same	Same	
_____ lbs.	Worse	Worse	Worse	Worse	Worse	
_____ lbs.	B/P:	None	None	None	None	
_____ lbs.	Same	Better	Better	Better	Better	
_____ lbs.	Worse	Same	Same	Same	Same	
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_____ lbs.	Better	Same	Same	Same	Same	
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_____ lbs.	Same	Better	Better	Better	Better	
_____ lbs.	Worse	Same	Same	Same	Same	
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_____ lbs.	None	Better	Better	Better	Better	
_____ lbs.	Better	Same	Same	Same	Same	
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_____ lbs.	B/P:	None	None	None	None	
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_____ lbs.	Worse	Worse	Worse	Worse	Worse	
_____ lbs.	B/P:	None	None	None	None	
_____ lbs.	Same	Better	Better	Better	Better	
_____ lbs.	Worse	Same	Same	Same	Same	
_____ lbs.	B/P:	None	None	None	None	
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_____ lbs.	Better	Same	Same	Same	Same	
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_____ lbs.	None	Better	Better	Better	Better	
_____ lbs.	Better	Same	Same	Same	Same	
_____ lbs.	Worse	Worse	Worse	Worse	Worse	
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**MY PLAN: Daily Symptoms Tracker and Weight Log**

Having a daily tracker is important because it can help you to have a baseline and will help to keep track of the important things. Monitor and fill out your symptom tracker every day.

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Baseline WT _____	Record your B/P					
Baseline Dry WT _____						
Baseline B/P _____						
_____ lbs.	Same Worse B/P:	None Better Same Worse	None Better Same Worse	None Better Same Worse	None Better Same Worse	
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# MY HEART FAILURE CARE TEAM

It is important to keep the contact information of your Heart Failure Care Team in a common place. Make sure your family, friends and caregivers know where to find this information.

### Contact Information:

\_\_\_\_\_  
 Name of Heart Failure Doctor or NP/PA                      Phone Number

\_\_\_\_\_  
 Heart Failure Clinic Name                                      Physical Address

\_\_\_\_\_  
 Pharmacy    Phone Number

### Other Members of Your Health Care Team:

\_\_\_\_\_  
 Name    Role    Phone Number

\_\_\_\_\_  
 Name    Role    Phone Number

All heart failure clinic nurses are trained and certified by the Heart Failure Society of the Americas, which includes the Medical Therapy in Heart Failure Certificate Program, to offer the best and most up-to-date care to our patients.

### MY PLAN: Daily Symptoms Tracker and Weight Log

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Baseline WT _____	Record your B/P	None Better Same Worse	None Better Same Worse	None Better Same Worse	None Better Same Worse	
Baseline Dry WT _____						
Baseline B/P _____						
_____ lbs.	Same	None	None	None	None	
_____ lbs.	Worse	Better	Better	Better	Better	
_____ lbs.	B/P:	Same	Same	Same	Same	
_____ lbs.	Same	None	None	None	None	
_____ lbs.	Worse	Better	Better	Better	Better	
_____ lbs.	B/P:	Same	Same	Same	Same	
_____ lbs.	Same	None	None	None	None	
_____ lbs.	Worse	Better	Better	Better	Better	
_____ lbs.	B/P:	Same	Same	Same	Same	
_____ lbs.	Same	None	None	None	None	
_____ lbs.	Worse	Better	Better	Better	Better	
_____ lbs.	B/P:	Same	Same	Same	Same	
_____ lbs.	Same	None	None	None	None	
_____ lbs.	Worse	Better	Better	Better	Better	
_____ lbs.	B/P:	Same	Same	Same	Same	


**MY PLAN: My Heart Failure Symptoms Checklist**


These are the symptoms that you need to have in mind prior to seeing your heart failure provider. This will help your provider to better understand and treat the heart failure.


**Since your last provider visit, have you:**


- 


Had trouble breathing going up stairs, or do you wake up at night having trouble catching your breath?  Yes  No
- 

Do you have any issues breathing while you lay flat, or have you been using more pillows, or needing to sitting upright for comfort due to breathing?  Yes  No
- 

Do you feel too tired to do your usual activities around the house?  Yes  No
- 

Have you noticed your shoes or socks are too tight due to swelling in your ankles and feet?  Yes  No
- 

Have you noticed an increase in weight of more than 3 pounds in a day or do you feel swelling in your belly?  Yes  No
- 

Have you been experiencing a cough during the day or at night while you try to sleep?  Yes  No
- 

Have you been experiencing loss of appetite?  Yes  No



**Luis Hernandez,  
M.D., FACC**

Luis Hernandez, M.D., FACC, is a cardiologist at the Monument Health Heart and Vascular Institute where he leads the Advanced Heart Failure program. He received his medical degree from the National Autonomous University of Honduras. He completed his residency with the Presence Saint Joseph Hospital Internal Medicine Residency Program. He then completed his Cardiovascular Disease fellowship at Cleveland Clinic, Florida, and his Advanced Heart Failure and Transplant Cardiology fellowship at Cleveland Clinic, Cleveland. He was selected as chief fellow for both fellowships.

Dr. Hernandez is a specialist in advanced heart failure and transplant cardiology. He practices with the philosophy of human contact and fairness, doing whatever is necessary to get his patients the best possible treatment options. He is a member of the American College of Physicians, the American Medical Association, the American College of Cardiology and Heart Failure Society of America. He enjoys participating in outdoor activities with his family and bulldog, Gordo. They particularly like hiking and cycling.

**Heart Failure Clinic: 605-755-3811**



**Audrey Bickerdyke, DNP**

Audrey Bickerdyke, DNP, graduated from South Dakota State University in Brookings with a Bachelor’s degree in Nursing in 1993. She started her career in oncology and worked as a traveling pediatric oncology nurse for five years before returning to South Dakota. She has worked in various nursing roles, including labor and delivery, float pool, and school nurse, until she completed her Doctorate of Nursing Practice through SDSU in 2015.

After completing her doctorate, Audrey worked as a family nurse practitioner in a rural clinic in Wyoming and later with the hospitalist service at Monument Health and Black Hills Urgent Care. In 2023, she joined the heart failure clinic at Monument Health and has since found her passion in this area of medicine.

Outside of work, Audrey enjoys spending time with her family and participating in outdoor activities. Her wealth of experience in various nursing roles and her dedication to providing exceptional care make her a valuable asset to the heart failure team at Monument Health.



**Megan Hullinger, CNP**

Megan Hullinger is a certified nurse practitioner at the Monument Health Heart and Vascular Institute. She completed her Bachelor of Science in Nursing from South Dakota State University and later completed her Master of Science in Nursing Education from Grand Canyon University, as well as her Master of Science- Family Nurse Practitioner from Morningside University. Megan’s journey in nursing showcases her commitment to education and patient care. From her early experience in a step-down intensive care unit, she was attracted to educating new nurses on how to provide holistic care to patients. She spent 7 years imparting knowledge at Dakota Wesleyan University as an associate professor and was recognized as South Dakota Nurse Educator of the Year by the South Dakota Nurses Association. She later pursued a Family Nurse Practitioner degree, driven by a passion for cardiology, and now contributes to the Monument Health Heart and Vascular Institute.

Megan is a member of the American Association of Nurse Practitioners, American Heart Association, and American College of Cardiology.

She enjoys spending time with her husband and kids in her spare time. They enjoy golfing, watching sports, and trying new restaurants.

**MY PLAN: Self -Check Daily PLAN or HF Zone**

**✓ Excellent - Keep up the Good Work!**

No new worsening or shortness of breath

Physical activity level is normal for you

No new swelling, feet and legs look normal for you

Weight check stable  
Weight: \_\_\_\_\_

No sign of chest pain

**Great! Continue:** Daily Weight Check Meds as Directed Low Sodium Eating Follow-up Visits

**🚩 Pay Attention - Use Caution!**

Dry, hacking cough

Worsening shortness of breath with activity

Increased swelling of legs, feet and ankles

Sudden weight gain or more than 2-3 lbs  
In a 24 hour period  
(or 5lbs in a week)

Discomfort or swelling in the abdomen

Trouble sleeping

**Check In!** Your symptoms may indicate: A need to contact your physician or provider A need for a change in medications

**⚠ Medical Alert - Warning!**

Frequent dry, hacking cough

Shortness of breath at rest

Increased discomfort or swelling in the lower body

Sudden weight gain or more than 2-3 lbs  
In a 24 hour period  
(or 5lbs in a week)

New or worsening dizziness, confusion, sadness or depression

Loss of appetite

Increased trouble sleeping; cannot lie flat

**Warning! You need to be evaluated right away** **Call your physician or call 911**

## Managing Your Heart Failure = Living Well

The first thing to help you and your provider managing heart failure is to better understand the disease.

See your heart failure provider or nurse at least twice a year, or more often if needed. If you are in the hospital, it is important to follow up with your provider between 7 and 30 days after you leave the hospital, even if you feel fine.

Track your heart failure for any changes to your usual symptoms. Symptom changes may indicate worsening of your heart failure.

Eat healthier. Eating a heart healthy diet can change your life.

Get moving. Heart failure can make you feel tired, but even a little bit of activity can help. Remember to discuss activities you may or may not do with your provider.

Weigh yourself daily. Do this every day and write it down in a symptom tracker, or your own book. If your weight goes up more than three pounds in a day, you will need to call your provider.

It's important to know your medications. Heart failure requires several medications and it's important to know why each medication was prescribed, what they do and how to take them. It's important to let your provider know about all your medications, including over-the-counter medications, vitamins and supplements since there can be interactions.

Stop smoking or using chewing tobacco. Nicotine and tobacco products can damage the heart and your blood vessels. Ask us how to help you stop smoking or call 1-866-SD-QUITS.

Stop using of illegal drugs. Please discuss alcohol use with your doctor.

Ask questions. Heart failure is a complex disease that requires a lot of participation from you and your provider, so remember to ask questions and clarify any doubts.

Your participation is one of the most important parts of managing heart failure. Several patients get admitted to the hospital because they run out of the medications, or they are not taking them. Remember to be on top of all the medication and refills. If you are having any issues let your provider know.

**At Monument Health we are here to answer all your questions. We are here for you!**



**Jessica Tvedt, CNP,  
AGACNP-BC**

Jessica Tvedt, CNP, AGACNP-BC received her Bachelor of Science in Nursing from the University of North Dakota in 2005 and worked as a critical care nurse for several years before pursuing a postgraduate degree. She obtained her Acute Care Adult Geriatrics Nurse Practitioner degree from the University of Arizona in 2014. Since 2016, she has been a valuable member of the Monument Health Heart Failure team.

Jessica is a member of the American Association of Heart Failure Nurses and the Heart Failure Society of America, actively contributing to her field and staying up-to-date with the latest developments in heart failure care.

Outside of work, she enjoys spending time with her family and participating in outdoor activities. She is also an avid fan of SDSU Jackrabbit sports.

**Heart Failure Clinic: 605-755-3811**

## INTRODUCTION

You have been given this book because you or a loved one has been diagnosed with heart failure.

### Facts About Heart Failure

- In the United States, heart failure (HF) affects between 5.7 and 6.5 million adults.
- It is estimated that 1 in 5 people in the United States at age 40 years will end up with heart failure.
- Heart failure is the most common reason why people over age 65 are hospitalized.
- Heart failure is a chronic (ongoing) health condition. There is no cure but there are treatments to help you live well with heart failure.
- Once an older adult is diagnosed with heart failure, they have a five-year mortality approaching 50 percent if it's not treated adequately.

### Your Job in Treatment

Your heart failure treatment plan will be more than just taking medications. Your job is to follow the heart failure treatment plan the best you can.

Following your treatment plan will most likely mean you will need to:

- Stay in touch with your heart failure health care team.
- Make and keep follow-up health care appointments.
- Learn about heart failure.
- Understand your medications.
- Eat less salt.
- Weigh yourself and record your weight daily.
- Monitor and record your symptoms.
- Help to log and manage your symptoms.

### How to Use This Book

This book is a tool to help you follow your heart failure treatment plan and manage your heart failure. This book will contain spaces for you to write notes, details and questions. Keep this book and bring it to your appointments. Refer to it often. This book does not take the place of health care appointments.

- Have your heart failure doctor's name and contact information with you in your carry-on bag.
- Ask your doctor if there are any labs or any other medical information you should have with you.
- Ask your doctor if you need to avoid high-altitude areas.
- Ensure your doctor feels it is safe for you to fly.
- Contact your health insurance company to make sure you are covered where you are going.
- Follow your low salt diet and any fluid limits
- Continue to monitor your weight and symptoms.
- Wear a medical ID bracelet.
- If on a plane, get up and move around. If in a car, stop and get out to walk as able. Talk to your doctor about how often you should walk, and if you should wear any special compression stockings.
- Take medications as usual, even when in a new time zone. If you take your medication at home at 8 a.m., take it at 8 a.m. local time.



**What about work?**

Having heart failure does not mean that you need to stop doing all your normal activities or enjoying life. You should be able to continue your work, but consider the kind of job you have and the possible effects your job might have on your heart condition. Always discuss with your provider the right time to return to work after a hospital admission.

**Traveling Well with Heart Failure**

It is totally fine for you to travel. You will just need to plan.

**Planning to Travel with Heart Failure:**

- Pack enough medications for the trip (including a few extra days)
- Always pack your medications in your carry-on bag.
- Have a list of all your medications in your carry-on bag. Include any medication allergies.

## PART 1: UNDERSTANDING HEART FAILURE

**What is Heart Failure?**

Heart failure doesn't mean your heart has failed. It means that your heart can't pump properly, so it cannot meet your body's need for blood and oxygen. Your heart is failing to meet your body's needs for blood and oxygen. Heart failure is not the same as having a heart attack. However, a heart attack can be a cause of heart failure.

**Normal Heart Function**

The heart is a muscle. The heart and lungs work together to get oxygen-rich blood to the whole body. Normally, the heart pumps blood that is full of oxygen to the entire body.

**How Heart Failure Affects Heart, Lungs, and Body**

With heart failure, the heart does not pump as well as it should. This sometimes causes blood and fluid to back up in the lungs. Also, when the body does not get enough oxygen rich blood then it does not work like it should.

**What is Ejection Fraction?**

- As the heart beats, blood is always moving through the heart. The heart muscle's job is to pump out (or eject) enough of this oxygen rich blood to keep the body working well. Therefore, doctors measure your heart function using a formula called ejection fraction.
- Ejection fraction is a calculation that indicates the amount of muscle that is working well and is a measure of the blood that the heart pumps out.
- A normal heart pumps out or ejects only 52 to 74 percent of blood. It is important to understand that no one's ejection fraction is 100 percent.
- Ejection fraction that falls below 40 percent is called heart failure with reduced ejection fraction (HFrEF). This is also called systolic heart failure.
- Ejection fraction is one measurement that doctors use to help determine the type of heart failure and how severe it is.
- Sometimes the ejection fraction stays normal, but the heart muscle gets thicker and can't relax. This is called heart failure with preserved ejection fraction. (HFpEF). This is also called diastolic heart failure.
- For patients with heart failure, knowing your ejection fraction is just as important as knowing your blood pressure and cholesterol levels.

**How is Ejection Fraction diagnosed?**

- A common test that we used to evaluate the heart function and determine the ejection fraction is known as an echocardiogram. An echocardiogram is a simple ultrasound of the heart that can help evaluate your heart failure.
- Ejection fraction may also be determined by nuclear scan, angiogram, cardiac MRI, or CT.

**Types of Heart Failure**

There are several types of heart failure. The two most common types are explained here.

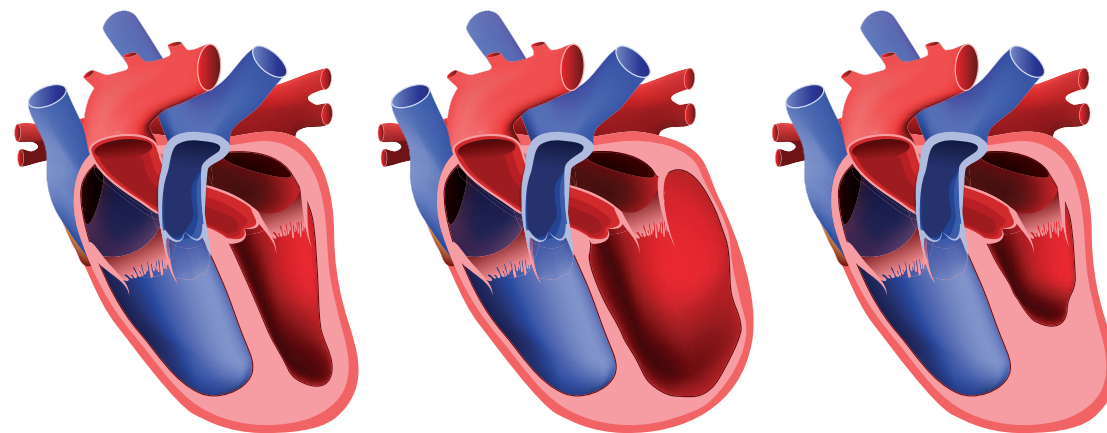
**Heart Failure with Reduced Ejection Fraction (HFrEF) or Systolic Heart Failure**

The most common type of heart failure is called heart failure with reduced ejection fraction (HFrEF). In this type of heart failure, the heart muscle slowly weakens and loses the ability to pump blood.

Because the heart is unable to pump enough blood for the body's needs, the heart typically gets bigger, and the muscles get thinner.

**Heart Failure with Preserved Ejection Fraction (HFpEF) or Diastolic Heart Failure**

The second most common type is heart failure with preserved ejection fraction (HFpEF). In this type of heart failure, the heart has lost the ability to relax normally because the muscle has become stiff. This stiffness leads to elevated pressure in the heart and the lungs. This elevated pressure causes the heart to not function as it should. In this type of heart failure, the heart appears normal with a smaller cavity, hard and thicker muscle.



Normal Heart

HFrEF Heart

HFpEF Heart

- Set priorities. Don't worry about things you can't do. Do things that are most important to you.

Setting priorities can really help on days when you are not feeling as well. Say no to things/activities that do not bring you joy or help you meet your priorities. It is completely acceptable to say, "no" to people.

- Try deep breathing, meditation, and/or relaxation exercises to help.
- Don't neglect your spiritual life if that brings you joy or peace.
- Don't turn to alcohol or food to help you cope with stress.
- Don't smoke or use drugs in attempts to help you cope with stress.

**Activity and Work Guidelines for Patients with Heart Failure**

Please talk to your doctor about the best physical activities for you.

**Why is being active important?**

Being active is important for every single patient not just for the ones with heart failure. There are lots of ways to work extra activity into your everyday routine. Walking is one of the easiest and it has a lot of benefits for your health. If you are unable to stand or walk, try doing seated exercises like shoulder rolls and arm squeezes.

**How do I start?**

It's important to walk 20-30 minutes per day, at least five days per week. You can start by walking 5-10 minutes per day at a slow pace and then slowly increase your speed and time. Take it easy when going up hills and adjust your pace if needed. If your legs feel weak or if you are out of breath, rest for 1-3 minutes and then start again at a slower pace.

It's important to be active but it's also important to rest when you need to.

Additionally, work to stay in control of the things that you can control such as:

- Taking one day at a time.
- Asking others for support when you need it.
- Taking an active role in your health care.
- Staying involved with your family, friends and community.
- Remember you are not alone. Talk to your doctor or therapist if you often feel down or are having trouble eating or sleeping, as these are signs of depression. If you have depression when that is controlled your overall health usually also improves.
- Practicing gratitude.
- Doing things that bring you joy.
- Joining a support group.
- Learning all you can about heart failure.



## Stress Management

Having heart failure can be stressful. Stress is a normal part of life but having heart failure can cause more stress than usual. You will need to get used to your heart failure treatments, following a low salt diet and monitoring and managing heart failure symptoms and medications. These can all be new sources of stress for you and your family/friends.

While you can't get rid of the stress you can learn how to cope with it. Recognizing and talking about problems is the first step to help feel better and reduce the stress.

These are some tips we want to share with you to help you, and your family manage response to the stressor of living with heart failure.

- Recognize what you can and can't control. Let go of things that are out of your control.
- Talk with a trusted family member, friend or health care professional about how you are feeling and the problems you are having.
- Exercise regularly (see the next section on activity guidelines).
- Take time to relax.

## Heart Failure and Fluid

As the heart pumping action weakens, the blood starts to back up into the heart and lungs. This backup causes congestion and trouble breathing. When fluid builds up in your lungs it is called pulmonary edema. Trouble breathing is one of the most common symptoms of heart failure. Also, most people with heart failure will have weight gain, swollen legs and swollen feet. Fluid in your legs or feet is called edema. Therefore, some people will refer to heart failure as congestive heart failure or CHF.

## Causes of Heart Failure

Heart failure can be caused by many medical conditions that can damage the heart muscle. Cardiomyopathy is a term that may be used in discussions with your health care team. Cardiomyopathy is a term used that means damage to the heart muscle.



## Common Causes of Heart Failure:

1. Heart attack: this is the most common cause of heart failure.
2. Non-blockage related: (this population typically has a normal heart vessels). The medical term for this type of heart failure is non-ischemic cardiomyopathy.
3. Abnormal heart rhythm (also called arrhythmias or irregular heartbeat).
4. Alcohol or drug abuse
5. High blood pressure (also known as hypertension): when your blood pressure is elevated, your heart must pump harder to move the blood through the body. In the beginning the heart muscle to get thick and stiff but if the high blood pressure is not treated eventually the heart will get weaker. At first, the heart muscle will get thicker and stiffer, but if high blood pressure is not treated, the heart will get weaker.
6. Medications: some medications to fight cancer (chemotherapy), can lead to heart failure.

7. Heart defects present at birth (also known as congenital heart disease).
8. Hereditary: there are some cardiomyopathies that can be transmitted by genes that can cause heart failure in several family members.
9. Other causes: kidney disease, viruses, thyroid problems, diabetes and being overweight can lead to heart failure.

Ask your doctor for the cause(s) of your heart failure. There may be certain things you can do to care for yourself based on the specific reasons for your condition.

### Summary

Heart failure is a serious illness that can affect how long you live.

You have probably heard of people who have died sooner than expected because of heart failure. Heart failure can be managed. With proper medication and careful management, you can live longer and feel better.

Your doctor needs to know of any new symptoms of heart failure and/or if any of your heart failure symptoms worsen. It is very important to share these changes with your doctor as soon as possible.

Normal Ejection Fraction is 52-74%

Date: \_\_\_\_\_ My Ejection Fraction \_\_\_\_\_ Determined by Test \_\_\_\_\_

Date: \_\_\_\_\_ My Ejection Fraction \_\_\_\_\_ Determined by Test \_\_\_\_\_

## PART 5: LIVING WELL WITH HEART FAILURE

### Introduction to Living Well with Heart Failure

It is important to understand that having heart failure doesn't mean you can't enjoy yourself. Preparing for events and activities will help to reduce stress and help you enjoy yourself.

Preparing helps us all by allowing us to stick to our schedule or adjust to ensure that we continue to take good care of ourselves.

When preparing for events/activities/holiday work to plan and keep your health care goals and heart failure treatment plan in mind.

Preparation can help you keep from feeling overwhelmed, stressed and/or tired.

Preparing should include planning to be able to: continue to monitor your symptoms/weight, follow your low salt diet and fluid plan, plan for breaks and physical activity and take your medications as directed.



### Emotional Health

Heart failure can affect you emotionally. It is normal to feel sad or even down at times. Coping with a chronic health problem is hard. You might even feel depressed and anxious with the new diagnosis. Some people are afraid of losing their independence. Remember you are not alone. You have loved ones who care about you. It's important to keep them close and to make decisions together. A good way to help your caregiver understand heart failure is to have them come to your doctor appointments and share this booklet with them.

### More Severe Cases

If your heart failure is very severe and is not able to be controlled with medications and cardiac devices, your doctor will talk with you about advanced heart failure therapies as needed.

Advanced heart failure therapies include IV medications to help the heart pump stronger.

Advanced therapies can also include a **Left Ventricular Assistive Device (LVAD)**. An LVAD is a pump that helps the heart to pump faster. LVADs can be permanent or used as a bridge to heart transplant.

Heart transplantation is the last option that your doctor may discuss with you.

### Understanding Right Sided Heart Failure (RSHF)

Right Sided Heart Failure (RSHF) is also called:

- Right Heart Failure
- Right Ventricular Heart Failure

RSHF means that the right side of the heart, mainly the right lower chamber (called the ventricle) is too weak to pump enough blood to the lungs.

Usually, the right ventricle (lower chamber on right side of the heart) pumps the blood from your body back to the lungs. The lungs refill your blood with oxygen. This blood is then sent out to your body.

### Understanding Common Causes of Right Sided Heart Failure (RSHF)

Right Sided Heart Failure is most often caused by left sided heart failure. Both types of left sided heart failure (Diastolic and Systolic) are often the cause of RSHF.

Other causes of RSHF are:

- High Blood Pressure in the Lungs (also known as Pulmonary Hypertension)
- Pulmonary Emboli (also known as blood clot/s in the lungs)
- Myocardial Infarction (also known as Heart Attack)
- Lung Diseases (such as COPD or others)

## PART 2: SIGNS AND SYMPTOMS OF HEART FAILURE

### Heart Failure Signs and Symptoms: An Introduction

You may think that certain heart failure symptoms are just a part of aging, but this is not always true. In heart failure your heart does not pump properly. When your heart does not pump properly, all of your organs end up getting less oxygen-rich blood. This results in your organs and body systems not working as well as normal. For example, when your kidney's don't work well, fluid will back up into your lungs which can lead to shortness of breath. Fluid also backs up into your other body parts. You may have swelling or other symptoms that will be discussed on the next page.

It is up to you to pay attention to your body each day. It is very important that you stop to notice and record how you are feeling and if you notice any changes in your body. If you notice any of the symptoms discussed or find that your symptoms are getting worse, please make sure you let your nurse and doctor know as soon as possible to help prevent serious problems and hospital stays.

After reading this section you will know:

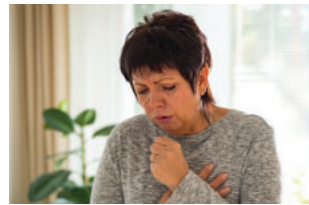
- Common signs and symptoms of heart failure.
- What your baselines are.
- How to monitor and track symptoms and what to do when they get worse.

## Common Signs and Symptoms of Heart Failure



### Shortness of breath or trouble breathing

This happens because fluid is backing up in your lungs. Breathing may be harder when you are exercising, when you are resting or when you lie flat. At night you may wake up coughing or short of breath.



### Persistent cough or wheezing

People with heart failure may cough more. You may also cough up mucus that is either light pink-colored and blood-tinged.



### Need to sleep upright

People with heart failure may need to prop themselves up to sleep. This is due to having trouble breathing while lying flat. Using more pillows may make it easier for you to breathe when you sleep. If you need to sleep with more pillows (change from your baseline) this is a problem that should not be ignored.



### Swelling (edema)

This happens when your body is storing extra fluid. You will often notice swelling in your hands, abdomen, ankles or feet. Each person's body may store fluid in different spaces. Make sure you understand where you tend to store fluid or swell up.

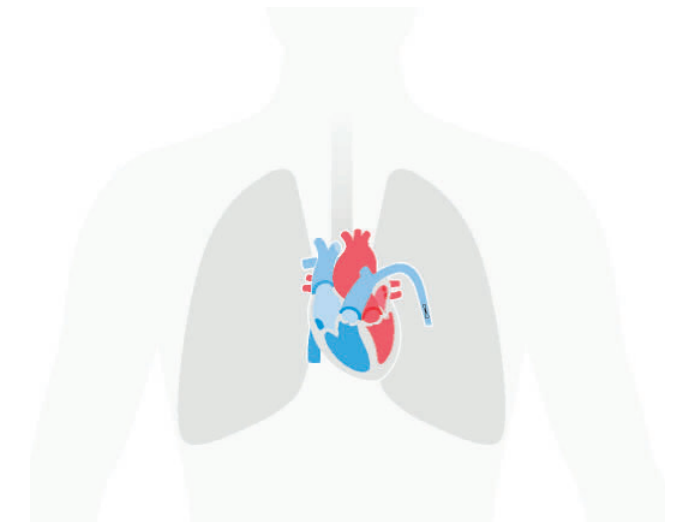


### Feeling tired (fatigue) and leg weakness when you are active

This happens when your body is not getting enough oxygen-rich blood. The symptoms could be feeling more tired, having less energy, or feeling leg weakness. This can happen when you are active or even when you are not active.

## How is the CardioMEMS™ Sensor Implanted?

The CardioMEMS™ sensor is inserted into the Pulmonary artery during a right heart catheterization procedure (this can be done through your neck or your groin). Using a fluoroscope guide the placement of the device, the doctor will thread the catheter through the body to the heart and into the pulmonary artery. Once the catheter is in the correct position, the sensor is released into the artery, where it remains permanently. The sensor does not need a battery or replaceable parts and is intended to last your lifetime. You may feel some discomfort at the access site during recovery, but you should be able to return to normal activities soon after the procedure. It is a pressure-sensing device that can remotely track and analyze the pressure in your pulmonary artery from the comfort of your home or anywhere you travel.



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Once the cardiomems sensor is implanted, you will use a queen-sized pillow at home to get the **daily** pulmonary artery pressures. **It is important to get a daily reading so we can effectively treat your heart failure.** The pillow system sends these readings to our heart failure medical team through a secure website. We will be reviewing these measurements daily. If we notice changes, you will be informed about the next step. Sometimes, you will get a call if we are missing readings too.



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You may not qualify for a cardiomems device if you:

- cannot use blood thinners or antiplatelets
- have kidney disease, COPD, or pulmonary hypertension
- do not have or cannot use a cellphone.

Ask your heart failure team if CardioMEMS™ is a good option for you.

## CardioMEMS™

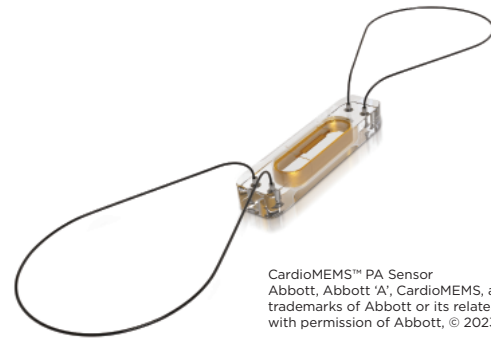
Some patients with multiple readmissions and with difficulty managing their heart failure medications and diuretics may qualify for a CardioMEMS™ Heart Failure Monitoring System.

### What is the CARDIOMEMS™ Heart Failure System?

The CardioMEMS™ PA Sensor is the only approved implantable device to monitor patient with heart failure. This system allows earlier detection of congestion and allow us to be more proactive with your heart failure treatment.

#### The CardioMEMS™ PA Sensor is

- small
- implantable
- wireless
- permanent



CardioMEMS™ PA Sensor  
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It is a pressure-sensing device that can remotely track and analyze the pressure in your pulmonary artery from the comfort of your home or anywhere you travel.

#### The sensor should not alert airport security when you pass through the security checkpoint.

The cardiomems device detects early, abnormal changes to pressure in your pulmonary artery which can occur before you notice symptoms such as weight gain, leg swelling or shortness of breath. If we can catch these early changes, we can potentially make simple adjustments to your medications to help with heart failure management. These adjustments might include changes to medications and/or lifestyle. The main goal is to allow you to have a better life and enjoy more time with the people you love.



#### Rapid Weight Gain

This happens when fluid is backing up in your body. People with heart failure may experience a rapid increase in weight. If you gain more than 3 pounds of weight in one day, most of the time this is related to fluid retention (your body holding on to fluid). This typically happens because the kidneys are not able to filter enough blood because of limited blood supply due to the weak heart.



#### Lack of appetite and nausea

People with heart failure may experience a full, bloated, or hard stomach. You may also have a loss of appetite and upset stomach (nausea). This may be caused by water collecting in the digestive system, the stomach, and intestines. Due to backup of the blood, there is also a decrease of oxygen rich blood to the digestive organs.



#### Confusion, dizziness, unclear thinking, trouble concentrating and fainting

People with heart failure may experience memory issues and confusion. This often happens because the heart is not pumping enough oxygen-rich blood to the brain. Typically, the caregiver is the one who will notice these symptoms first.

## Monitoring for Symptoms

### MY PLAN: Getting Ready to Monitor My Heart Failure Symptoms

- Get a home scale that has easy numbers to read and is accurate
- Place your home scale in a safe place on a firm, flat surface
- Learn how to take your pulse and get a blood pressure machine (if home blood pressure and pulse monitoring has been ordered for you)
- Establish and record your baselines
- Make sure you and your family know your baselines
- Plan to check and record your weight and symptoms each day. This will become a habit.
- Make a place in your home where you keep your Heart Failure Information.
- Work with your provider to develop a plan about what you should do if you notice your heart failure symptoms getting worse.

**MY PLAN: Knowing My Baselines**

Talk with your doctor about establishing your baselines. This is just knowing what your normal is.

Date: \_\_\_\_\_

My Baseline Weight in \_\_\_\_\_ pounds      My Baseline Dry Weight in \_\_\_\_\_ pounds

My Blood Pressure

\_\_\_\_\_

My Baseline Heart Rate

\_\_\_\_\_

My Baseline waist size or normal belt buckle hole

\_\_\_\_\_

My Baseline: How far can I walk before I become short of breath or tired

\_\_\_\_\_

My Baseline: How many stairs I can walk up before becoming short of breath or tired

\_\_\_\_\_

My Baseline: How many pillows I use in bed when sleeping

\_\_\_\_\_

**Other Treatments for Heart Failure****Cardiac Devices**

Cardiac devices are used to keep your heart beating with normal rhythm. There are several types of devices available. Patients with heart failure with reduced ejection fraction that is not improving, will probably need a device to treat arrhythmias (abnormal heart rhythms). This is because, if a serious abnormal heart rhythm is not treated, it can cause cardiac arrest. To help avoid cardiac arrest, your doctor may recommend that you consider the benefits of available cardiac devices.

**Implantable Cardiac Defibrillator (ICD)**

Your doctor may recommend an ICD. An ICD is an electronic device that constantly keeps track of your heart and sends a shock to the heart muscle if the heart rhythm becomes abnormal.

**Biventricular Pacemaker or Cardiac Resynchronization Therapy (CRT)**

Your doctor may instead recommend a biventricular pacemaker also known as CRT. A biventricular pacemaker (CRT) is a pacemaker with an extra lead that helps both the right and left sides of the heart to better work together.

### My Heart Failure Medication List

Medication Name \_\_\_\_\_ What it is for \_\_\_\_\_

When I take it: Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_ Dosage: \_\_\_\_\_

-----

Medication Name \_\_\_\_\_ What it is for \_\_\_\_\_

When I take it: Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_ Dosage: \_\_\_\_\_

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Medication Name \_\_\_\_\_ What it is for \_\_\_\_\_

When I take it: Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_ Dosage: \_\_\_\_\_

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Medication Name \_\_\_\_\_ What it is for \_\_\_\_\_

When I take it: Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_ Dosage: \_\_\_\_\_

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Medication Name \_\_\_\_\_ What it is for \_\_\_\_\_

When I take it: Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_ Dosage: \_\_\_\_\_

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Medication Name \_\_\_\_\_ What it is for \_\_\_\_\_

When I take it: Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_ Dosage: \_\_\_\_\_

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### MY PLAN: If My Heart Failure Symptoms are Getting Worse

Call your provider if:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Keep track of your weight

Patients with heart failure tend to retain more fluids than patients without heart failure, so it is important to weigh yourself every day.

#### How to accurately track your weight:

- Weigh first thing in the morning
- Weigh on the same scale every day
- Weigh undressed or wear the same or similar cloths
- Weigh yourself after you urinate but before you eat
- Log your weight every day.

#### It is also important to know your dry weight.

- Your dry weight is your weight when you do not have any extra fluid in your body.
- If you don't know your dry weight, ask your provider.
- If your dry weight increases 3 pounds or more in a day call your provider.

#### Write Your Questions for Your Next Appointment Here:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## PILLAR 1

### Angiotensin-Converting Enzyme Inhibitors (ACEI)

(The generic forms of this medication class end in -PRIL)

These medications lower the blood pressure and decrease the strain on the heart. This makes the pumping of the heart easier and improves blood flow.

### Angiotensin II Receptor Blocker (ARB)

(The generic forms of this medication class end in- SARTAN)

These medications lower blood pressure and decrease the strain on the heart. This makes the pumping of the heart easier and improves blood flow.

### Angiotensin II Receptor Blocker combine with Neurolysin Inhibitor (ARNI)

These medications lower blood pressure and decrease the strain on the heart. This makes the pumping of the heart easier and improves the blood flow . ARNIs cannot be combined with ACEI.

## PILLAR 2

**Beta Blocker** (The generic forms of this medication class end in -LOL).

Lowers blood pressure, slows your heart rate and blocks the effects of certain hormones (adrenaline and norepinephrine) that can put extra stress on your heart.

## PILLAR 3

### Aldosterone Blockers

This drug has a mild diuretic effect, blocks a hormone called aldosterone that can hold sodium and water in your body, and helps your body preserve potassium.

## PILLAR 4

**SGLT2 Inhibitors** (The generic forms of this medication class end in -FLOZIN)

This medication acts by forcing more sodium and glucose to leave the body. When taken, SGLT2 medications have shown a decrease in hospitalizations due to heart failure.

**Diuretics** (There are many different classes of diuretic medications)

These medications help the heart to get rid of extra fluid and will reduce your swelling and will improve your breathing.

### Vasodilators

The most commonly used medications are hydralazine and isosorbide dinitrate. These drugs are used together as a combination and help the arteries and veins to relax, decreasing the blood pressure and decreasing the work done by the heart.

### Cardiac Glycosides

The only available drug that can be used in heart failure is called digoxin. This medication helps the heart to beat more strongly and pump blood more efficiently.

## Medications to Treat Heart Failure

Guideline-directed medical therapy (GDMT) is a form of treatment for people with heart failure with reduced ejection fraction. GDMT consists of the four main drug classes:

- Renin angiotensin system inhibitors
- Evidence-based beta-blockers
- Mineralocorticoid inhibitors
- Sodium-glucose cotransporter-2 inhibitors(SGLT2 inhibitors)

These four main drug classes have benefits to reduce disease symptoms, hospitalizations, and mortality rates for heart failure patients. Studies have shown that starting all four classes of GDMT in the early stages of heart failure has reduced mortality rates in heart failure patients who receive this therapy for over two years.



## PART 3: LOW SALT (SODIUM) DIET AND LIMITING FLUIDS

Salt, also known as sodium, is the most common enemy for people with heart failure, and is the main reason for heart failure readmissions to the hospital.

### The ABCs of How to Get Started with a Low Salt (Sodium) Diet

#### A. Getting Started with a Low Salt Diet: An Introduction

- Salt is a required mineral for our body in minimal quantities. However, at levels above your recommended daily amount, it can cause problems for you.
- Salt that you take in from both food and drinks can make your body store/retain fluid (water). This can lead to more swelling (edema) making your heart work even harder. It can also increase your blood pressure. Finally, water retention can cause swelling and fluid buildup in the lungs, resulting in shortness of breath.
- Salt comes from both the salt you add to food and from foods/drinks that have salt (including hidden salt or salt you may not know about).
- Many foods contain salt. Takeout food, processed food, canned food, frozen dinners, cheese and breads may contain more salt than you think.
- Knowing about salt and starting to watch for it in your diet is the first step in getting started eating a low salt diet.

**B. How Much Salt is OK for People with Heart Failure Each Day?**

Generally, the recommended amount of salt for people with heart failure should be less than 2,000 milligrams (mg) = 2 grams (gm) per day.



- So, if you are eating three meals a day, you should try to keep each meal to less than 500 mg (0.5 gm) of salt per meal.
- Remember 1 teaspoon of salt = 2,300 mg = 2.3 grams of salt
- You will need to add up your salt for each meal and snacks each day. There are certain foods that contain salt despite not tasting salty

**Be on the lookout for these foods that often contain large amounts of salt:**

- Canned foods (canned soup)
- Processed foods (all lunch meats like turkey, pepperoni, salami, roast beef, chicken, ham)
- Convenience foods (frozen meals)
- Boxed pasta, noodles and rice that have a flavor packet or have flavoring mixed in mix
- Mixes and seasonings (gravy mixes, cake mixes, taco mixes and some spice mixes)
- Sauces/Condiments (ketchup, dressings, BBQ sauce, soy sauce, relishes)
- Pickled and fermented foods (olives/pickles, kimchi and sauerkraut)



Do not stop taking any of your medications without first talking with your doctor.

It's important to always take your medications exactly the way your doctor has prescribed them.

**Medication List**

- Making and keeping an updated medication list is important.
- Your medication list should include:
  - Generic name and brand (trade) name of each medication.
  - Strength (dose) of each of your medications.
  - How many pills you are to take for each dose.
  - How often you are to take each medication.
  - The basic purpose of the medication (why you are taking the medication).
- Make at least two copies of your medication list. Put one list with your medications and one in your wallet.
- Bring your medication bottles or an up-to-date medication list with you to all of your health care appointments.
- Update your medication list with any changes after each appointment.
- Share your medication list with your doctor, dentist, pharmacist and any other health care provider that you may see.
- Make a list of any over the counter, herbs and supplements you take.

**Review this list with your doctor or pharmacist.**

- Talk about side effects of each medication with your pharmacist or doctor.
- Keeping track of your medications is important
- Get a pillbox. Fill your pillbox each week. Keep your updated medication list with your pillbox.

## PART 4: HEART FAILURE MEDICATIONS

### Heart Failure Medications: An Introduction

- You may think that certain heart failure symptoms are just a part of aging, but this is not
- Most people with heart failure take **several** types of **medication**.
- Each type of medication can help your heart failure in different ways.
- For example, some medications for heart failure help your heart pump. While other medications for heart failure help with symptoms of heart failure.
- It usually requires **several medications** to help the heart improve its function and to help make you feel better. Remember that these medications work together, not as separate medications. This is the reason several medications are needed.
- Medications are important in the treatment of heart failure. Research shows that heart failure medications can help keep your heart working well. Medications can also help you to:
  - Avoid hospitalizations
  - Breathe easier
  - Do more activities
  - Feel better doing activities
  - Have less swelling
  - Have more energy
  - Live longer

DASH EATING PLAN

# Nutrition Facts Label Guide

**HEALTHY EATING, PROVEN RESULTS**

Learning how to read labels on food packaging can help you make quick, informed decisions about what foods to choose.



While fresh fruits and vegetables, whole grains, and other less processed foods are important to a healthy diet, you can make smart choices about packaged or processed foods when you know what to look for. The array of items on the grocery store shelf can be confusing, but food labels can help you make healthier choices, such as items lower in sodium, saturated fat, sugar, and calories and higher in potassium and calcium.

The DASH eating plan can lower high blood pressure in as fast as two weeks. Eating less sodium creates even greater heart healthy benefits. Look for the sodium content in milligrams and the Percent Daily Value on Nutrition Facts labels and aim for foods that are less than 5 percent of the Daily Value of sodium. Foods with 20 percent or more Daily Value of sodium are considered high and can increase your blood pressure.



Compare the food labels of these two versions of canned tomatoes. The regular canned tomatoes (right) have 15 times as much sodium as the low-sodium canned tomatoes.

**Low-sodium canned diced tomatoes**

Nutrition Facts	
3 1/2 servings per container	
Serving Size 1/2 cup (130g)	
Amount Per Serving	Calories 25
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>1%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 400IU	8%
Vitamin C 9mg	10%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 230mg	5%

**Canned diced tomatoes**

Nutrition Facts	
3 1/2 servings per container	
Serving Size 1/2 cup (130g)	
Amount Per Serving	Calories 25
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
<b>Protein</b> 1g	
Vitamin A 300IU	6%
Vitamin C 21mg	23%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 230mg	5%

**DASH EATING PLAN**

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to [www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH).

National Heart, Lung, and Blood Institute

## C. Understanding the Nutrition Facts Label

### Serving Size

- ➔ A serving size is the amount that people typically eat or drink.
- ➔ All of the information on the label, including the number of calories, is for one serving.
- ➔ A serving size is *not* a recommendation for how much you *should* eat or drink.

### Nutrients

- ➔ The label shows key nutrients that affect your health.
- ➔ Choose foods with more dietary fiber, vitamin D, calcium, iron, and potassium.
- ➔ Choose foods with less sodium, saturated fat, and added sugars.

Nutrition Facts	
1 serving per container	
<b>Serving Size</b>	<b>1 cup (227g)</b>
Amount Per Serving	
<b>Calories</b>	<b>280</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Calories

- ➔ Calories are the measurement for how much energy your body gets from each serving.
- ➔ Nutrition labels are based on a daily diet of 2,000 calories, but you may need more or less depending on factors such as age and physical activity level.
- ➔ The number of servings you consume determines the number of calories you eat. For example, eating two servings of this product would be 560 calories.

### Percent Daily Value (DV)

- ➔ This compares how much of a nutrient is in one serving of food to how much of that nutrient you need or should not exceed in a day.
- ➔ This is based on a daily diet of 2,000 calories.
- ➔ Generally, 5% DV or less is considered low; 20% or more DV is considered high.

### WHAT DO THE PHRASES ON FOOD PACKAGING MEAN?

Food packaging often contains phrases that seem similar but have different meanings. That can make it difficult to make healthy choices. There are strict guidelines for the Nutrition Facts label, but there are other terms on cans, boxes, bags, and other packaging that you can look for when choosing foods as part of the DASH eating plan. The amount of sodium and fat are particularly important.

#### Sodium

<b>Sodium free or salt free</b>	Less than 5mg per serving
<b>Very low sodium</b>	35mg or less per serving
<b>Low sodium</b>	140mg or less per serving
<b>Reduced or less sodium</b>	At least 25% less than the regular version
<b>Light in sodium or lightly salted</b>	At least 50% less than the regular version
<b>Unsalted or no salt added</b>	No salt added to the product during processing (this is not a sodium-free food)

#### Fat

<b>Fat-free</b>	Less than .5g per serving
<b>Low saturated fat</b>	1g or less per serving and 15% or less of calories from saturated fat
<b>Low-fat</b>	3g or less per serving
<b>Reduced fat</b>	At least 25% less than the regular version

Small serving sizes (50g) or meals and main dishes are based on various weights in grams versus a serving size.

### MY PLAN: Getting Started with a Low Salt Diet and Limiting Fluids

#### I will:

- Learn how to read food labels.
- Remove the saltshaker from my table and cooking areas.
- Try no-salt methods to season food such as trying some new herbs/spices.
- Work to eat less than 2,000 mgs (2 grams) of salt each day.
- As instructed, I will limit, monitor and record my fluid intake each day.
- Monitor my heart failure symptoms and weigh myself daily.

In summary, healthy eating starts with picking the right foods. Start switching out your current choices for something with less salt. Look for lower-sodium products often labeled as “low-sodium,” “unsalted” or “no salt added”. Buy fresh food and avoid canned, cured or processed food and pre-made frozen meals.

#### Write Your Questions for Your Next Appointment Here:

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- You may find it easier to use a reusable water bottle. Measure how much the bottle holds so you know exactly how much water you are drinking.
- Drain the fluid from canned fruit.
- Be aware of foods with high water content like watermelon, yogurt, and pudding.
- If you can, swallow your pills with soft food like yogurt or porridge.
- Limit the amount of sodium you eat to 2000mg or less each day. Salt will make you thirsty. For more information, refer to the handout Limiting salt (sodium) when you have heart failure.
- Try not to eat sweet foods. They can make you thirsty. If you have diabetes, controlling your blood sugar also helps control your thirst.
- Try not to drink alcohol. Alcohol dehydrates your body and makes you thirsty.



#### Tips to deal with thirst

- Rinse your mouth with water often, but do not swallow.
- Brush your teeth often.
- Use a mouth wash. However, do not use a mouth wash that contains alcohol. They tend to dry out your mouth.
- Snack on a small piece of cold or frozen fruit such as a frozen grape or cold orange slice. Try cold crisp vegetables too.
- Chew sugar-free gum.
- Suck on a lemon wedge, lemon candy, or sour candy.
- Use lip balm to keep your lips from drying out.
- Don't overheat your home. Consider using a humidifier to increase the moisture in the air.
- Ask your pharmacist about gels or sprays that can add moisture to your mouth.

#### D. Tips to lower the amount of salt in your diet



Your taste buds will need to adjust to your low salt diet. These things may help:

- Try salt-free herb mixes (without added potassium). Choose seasoning and spice blends without salt. Do not use salt substitutes (especially those that have potassium).
- Before trying any seasoning mix check with your doctor or dietitian to make sure it is safe for you.
- Remember there are several herbs and spices that can add flavor to your meal without adding extra salt or calories. For example, you may want to try adding any of these herbs/spices to your meal:

- |                            |                       |
|----------------------------|-----------------------|
| o Basil                    | o Bay Leaves          |
| o Chili powder (not salt)  | o Chives              |
| o Cilantro                 | o Cumin               |
| o Garlic (not garlic salt) | o Lemon or lime juice |
| o Oregano                  | o Rosemary            |
| o Saffron                  | o Sage                |
| o Thyme                    |                       |

- Remove high salt foods from your home. Donate to the local food bank.
- Start your food shopping in the produce aisle. Fresh fruits and vegetable have almost no salt. Use fresh or frozen vegetables and fruits.
- Avoid canned and processed foods since they contain more sodium. If you need to use a canned food, look for low sodium or no salt added varieties.
- Don't add salt to cooking water.



- If you choose to use high salt condiments or dressings, dip your fork in the condiment, then add your food versus pouring the condiment on your food or plate.
- Consider getting a cookbook. We recommend “The Low Salt Cookbook” by the American Heart Association.
- Look for recipes with low salt (sodium) by looking at recommended web sites below:
  - [www.heart.org](http://www.heart.org)
  - [www.mayoclinic.org/low sodium recipes](http://www.mayoclinic.org/low sodium recipes)
  - [www.healthyeating.nhlbi.nih.gov](http://www.healthyeating.nhlbi.nih.gov)
- Practice reading labels at the grocery store. Compare the food labels of brands of the same product and choose the lower salt product.
- Keep a log of all the salt you eat each day for 3-5 days. This will help you decide where you can make cuts in your salt or sodium intake.



### How do you know when you have too much fluid?

To keep track of whether your body is holding on to too much fluid, weigh yourself daily.

### Here is how to weigh yourself:

- Weigh yourself at the same time every day. The best time is first thing in the morning.
- Weigh yourself after emptying your bladder (gone pee).
- Wear the same amount of clothing each time.
- You may record your weight in Kilograms using the abbreviation **kg** or in Pounds using the abbreviation **lb**.

### You are holding on to too much fluid when:

Your weight increases by more than 3 pounds in one day.

OR

Your weight increases by more than 5 pounds in 2 days.

**Contact your health care provider right away if you are holding too much fluid.**

### Tips for reducing your fluid intake

- Use smaller cups and glasses.
- Measure the amount of fluid your mugs and glasses hold. They may measure more than 250 ml or 8 ounces.
- Sip your fluids slowly.
- Write down the amount you drink each day until limiting your fluid becomes a habit.
- Sip your fluids throughout the day. Keeping track of fluids is the only way to learn how to make the 1.5 to 2 litres of fluid last you through the day.

## Limiting Fluid When You Have Heart Failure



### What is a fluid?

Any food or drink that is liquid at room temperature. This includes water, ice, milk, juices, soft drinks, hot drinks, alcohol, soups, gelatin desserts, ice cream, popsicles and liquid nutrition supplements (such as Ensure or Boost).

### Why do you have to limit fluid?

When you have heart failure, your body tends to accumulate more fluid than it can handle. This fluid can then build up causing swelling in your feet, legs or belly making your heart work harder. Fluid can also build up in your lungs, which may cause you to have trouble breathing.

### How much fluid can you have in a day?

You should have no more than 2 liters (2 quarts or 8 cups) of fluid in a day. You may find you are thirsty to begin with. As you gradually reduce your fluid intake, your body will adjust. It is very important to keep track of your fluid intake throughout the day.

### Guide to Fluid Measures

2 tablespoons = 30 ml = 1 oz      1 cup = 240 ml = 8 oz  
 1 pint = 500 ml = 16 oz      4 cups = 1 liter = 1 quart = 1000 ml = 32 oz  
 2 liters = 2000 ml = 64 oz

**Total amount of fluid per day 2 litres = 64 ounces = 8 glasses**

### Some common fluid serving sizes

Normal coffee cup = 200 ml      Normal drinking glass = 8 oz = 240 ml  
 Normal soup bowl = 160 ml      Normal serving of ice cream, juice or gelatin = 120 ml

## SODIUM-FREE FLAVORING TIPS

### TIPS

When cooking, the following items may be used for flavoring instead of salt or seasonings that contain sodium.

**Remember: A little bit of spice goes a long way! Be careful not to over-season.**

Spice Blend Recipe (makes about 1/2 cup)

- 5 teaspoons onion powder 2½ teaspoons garlic powder 2½ teaspoons paprika
- 2½ teaspoon dry mustard
- 1½ teaspoon crushed thyme leaves
- ½ teaspoon white pepper
- ¼ teaspoon celery seed

Food Item	Flavorings
Beef	Basil, bay leaf, caraway, curry, dill, dry mustard, garlic, grape jelly, green pepper, mace, marjoram, mushrooms (fresh), nutmeg, onion or onion powder, parsley, pepper, rosemary, sage
Chicken	Basil, cloves, cranberries, mace, mushrooms (fresh), nutmeg, oregano, paprika, parsley, pineapple, saffron, sage, savory, tarragon, thyme, tomato, turmeric
Egg	Chervil, curry, dill, dry mustard, garlic or garlic powder, green pepper, jelly, mushrooms (fresh), nutmeg, onion powder, paprika, parsley, rosemary, tarragon, tomato
Fish	Basil, bay leaf, chervil, curry, dill, dry mustard, green pepper, lemon juice, marjoram, mushrooms (fresh), paprika, pepper, tarragon, tomato, turmeric
Lamb	Cloves, curry, dill, garlic or garlic powder, mace, mint, mint jelly, onion, oregano, parsley, pineapple, rosemary, tarragon, thyme
Pork	Applesauce, basil, caraway, chives, cloves, garlic or garlic powder, onion or onion powder, rosemary, thyme
Veal	Apricots, basil, bay leaf, currant jelly, curry, ginger, marjoram, mushrooms (fresh), oregano, paprika
Vegetables	Basil, dill, garlic or garlic powder, ginger, lemon juice, mace, marjoram, nutmeg, onion or onion powder, tarragon, tomato, sugar or sugar substitute, salt-free salad dressing, vinegar
Desserts	Allspice, anise, cinnamon, cloves, ginger, mace, nutmeg, vanilla extract, other extracts

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### E. Grocery Shopping - Leaving Salt in the Store

We all grocery shop by habit. We must make deliberate changes to improve our health.

Here are some tips to help us all leave salt in the store and make better food choices when grocery shopping.

- Learn how to read food labels before going grocery shopping.
- Go with a list and stick to the list.
- Start shopping in the produce section. Buy a lot of food that you will eat in this part of the grocery store. Fresh fruits and vegetables are healthy and have very little salt.
- When you enter the frozen food aisle, look for low-sodium choices which include plain frozen vegetables without sauces. Avoid frozen meals, these often have a high amount of salt.
- Avoid the snack food section or make low salt choices.
- Avoid the canned food section, as many canned foods have a lot of salt. If you need to buy canned food, read the labels, and buy low or no added salt canned foods.
- In the meat section, buy fresh fish, chicken and meat. Avoid cured and smoked meats. Avoid frozen meat (as even this can have added sodium). Choose lean meats like chicken or fish over beef.
- In the dairy section, choose fat free or soy milk instead of whole milk.
- In the bread section, read the labels and choose breads that have less than 80 mg of salt per slice.
- If you are not sure about an item, ask the store clerks/manager for help.



### F. Eating Out with Heart Failure

Everyone loves going out for lunch or dinner, especially with friends and family. Having heart failure should not prevent you from enjoying this. It's not a secret that fast food isn't healthy, and you should try to avoid it, but we know that sometimes you have no other option.

If that is the case these are a few tips to remember when eating out:

- Try to pick food with less salt on it
- Remember not all salads are healthy — eat salads with veggies, tuna or grilled chicken.
- Be careful with dressing and try to use just a little bit.
- Order your food grilled or steamed.
- Avoid fried foods.
- Most restaurants have a nutrition list for the foods they serve, use this to help you make low salt food choices