



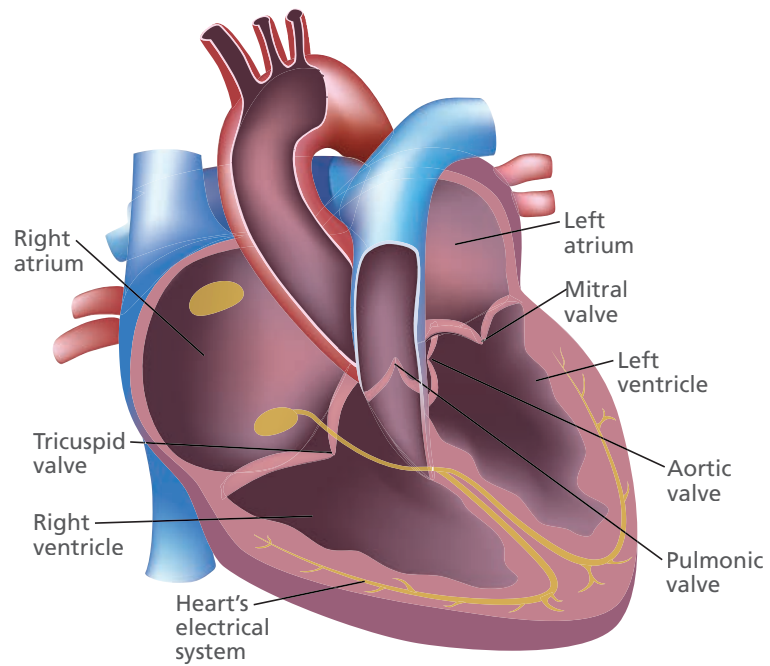
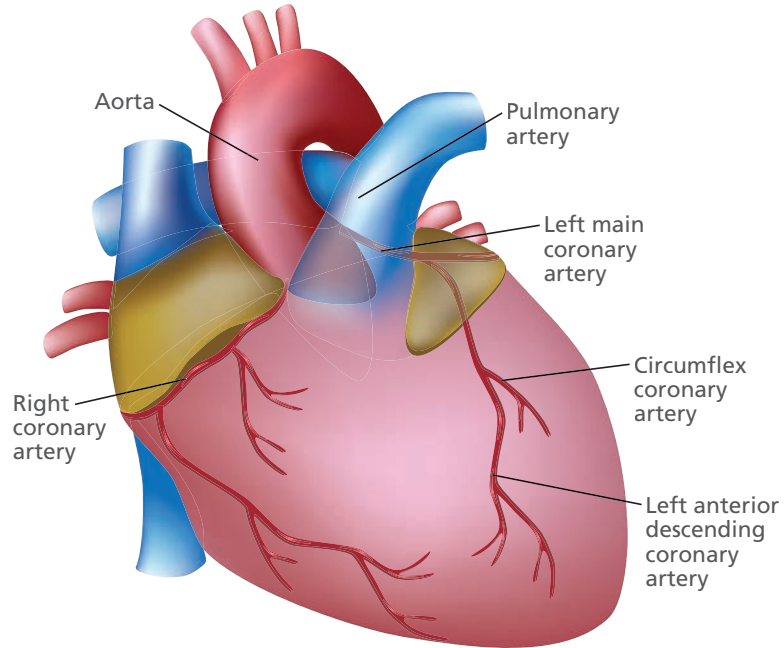
Caring for Your
HEART.

Living Well with Heart Failure

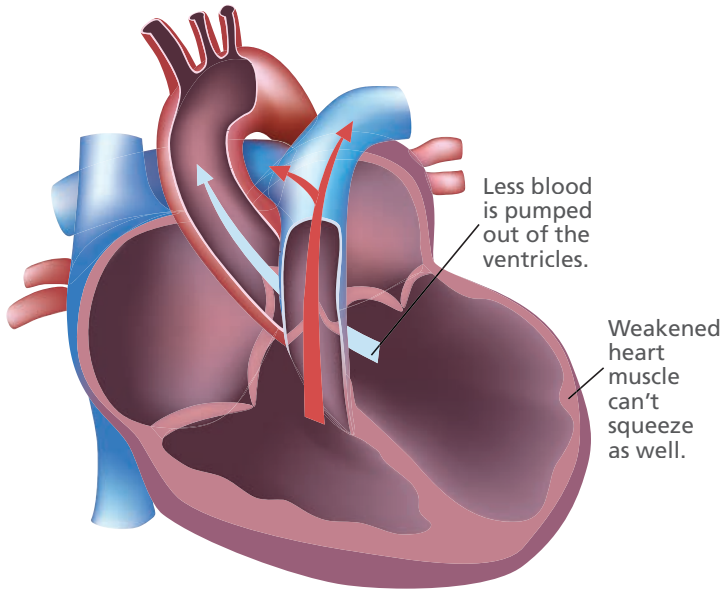
Renown[®]
HEALTH

At Renown Health, we are committed to helping you understand and manage your diagnosis of heart failure, also known as congestive heart failure or CHF. Heart failure is a serious condition that occurs when the heart muscle cannot pump enough blood through the heart to meet the body's needs for blood and oxygen. However, many people with heart failure lead full, enjoyable lives when the condition is managed with medication and a healthy lifestyle.

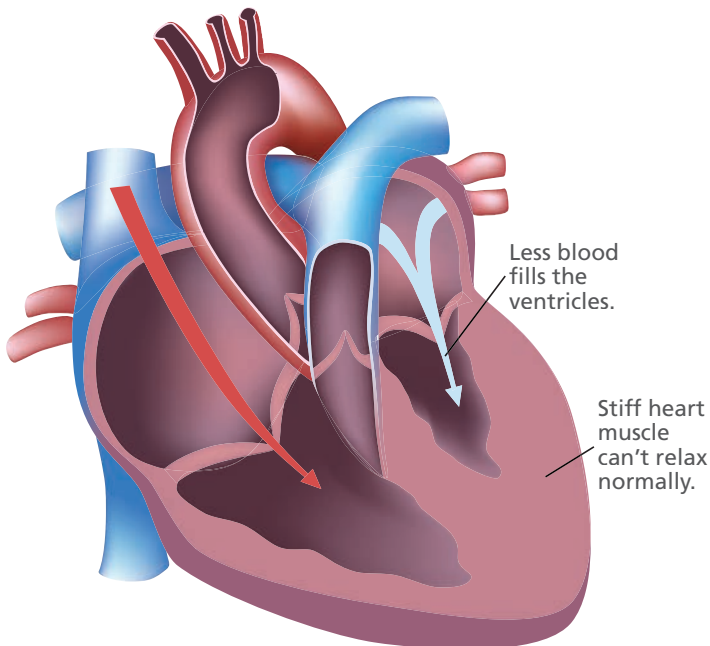
Anatomy of the Heart



What is Heart Failure?



Systolic Heart Failure is when The heart muscle becomes weak and enlarged. It can't pump enough blood forward when the ventricles contract. Ejection fraction is lower than normal.



Diastolic Heart Failure is when The heart muscle becomes stiff. It doesn't relax normally between contractions, which keeps the ventricles from filling with blood. Ejection fraction is often in the normal range.

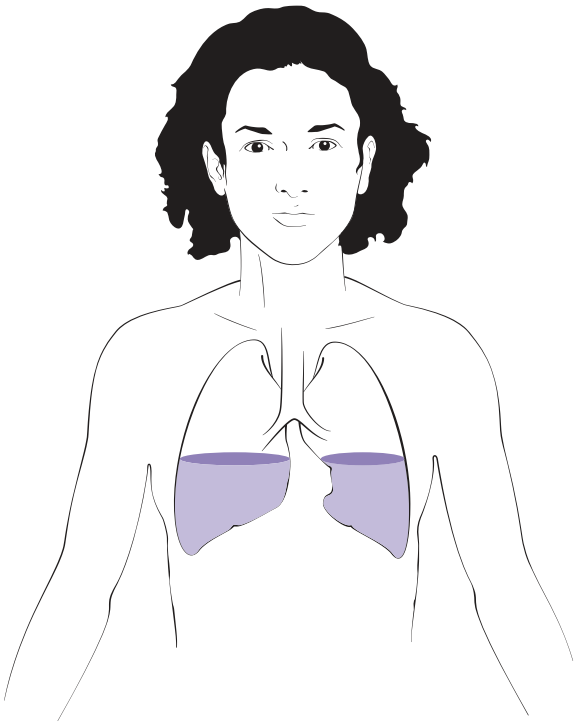
Ejection Fraction (EF) is the percentage of blood the heart pumps with each beat. It is a measure of how well your heart is pumping. You can have a form of heart failure even if your ejection fraction is normal. Your EF value is obtained by an echocardiogram test or heart catheterization.

Normal EF: 50-70%

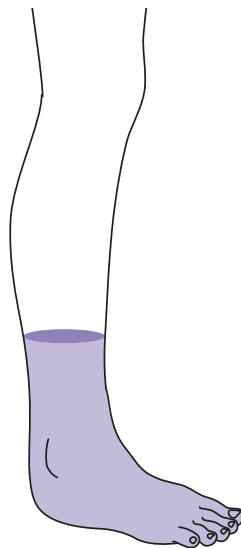
My EF: _____

What is Heart Failure?

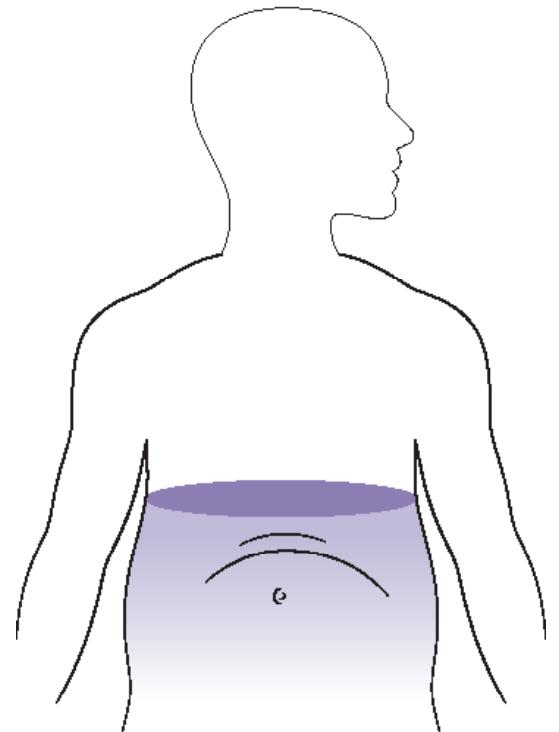
- Heart failure means the heart cannot pump blood well.
- When your heart doesn't pump efficiently, it can make you feel weak, tired or dizzy.
- Heart failure causes water to leak out of your blood vessels. This water can fill up in your lungs and make you short of breath. It can also cause your legs or belly to swell.



WATER IN LUNGS
can make you
short of breath



WATER IN LEGS
causes swelling



WATER IN BELLY
causes swelling

Things You Can Do to Live Well with Heart Failure



Take your medication
correctly every day



Do your daily checkup and
check your weight each day



Eat less salt



Exercise regularly

How to Take Your Medication

Heart failure can be controlled with medication. When you take your medication correctly, your heart will pump more efficiently, you'll feel better and ultimately live longer.

Take your pills

- Take your medication at the same time every day as instructed by the doctor.
- Do not purposely skip doses of your medications, even if you feel good.
- Do not stop your medications for any reason, and call the office if at **775-982-7867** you are feeling unwell.
- If you cannot afford your medications, talk to your doctor, nurse or call the Heart Failure Program at **775-982-7867**.

Don't run out of pills.

- Make sure you do not run out of pills. Monitor how many refills you have left and get your pills from the same pharmacy every time to prevent medication errors.



How to Take Your Medication



Have a system that helps you remember how and when to take your pills:

- Keep a list of your medications with instructions on how and when to take them.
- Keep your medication bottles in a place that makes it easy to remember to take them—next to your bed, in the kitchen or in the bathroom are good places.
- Use a pill box to help organize your pills for the week, or for the month.
- If you are leaving your home for a long time, make sure you bring enough pills with you.
- If you forget to take your pills with you on a trip, call your doctor's office. They can help you get pills from a local pharmacy for the duration of your trip.

Remember to take your pills every day as instructed at the correct times. If you forget a dose, take it as soon as you remember, unless it is almost time for the next dose, then skip that missed dose. Do not double up on the dose.

How to Take Your Medication

It is very important to bring your medication in the pill bottles to every appointment.

Show your doctor how and when you take your medications. This will help make sure you are taking your medications safely and ensure you don't run out of pills.



Know Your Water Pill

Your water pill is also called a diuretic. Common diuretics are Lasix (furosemide), Demedex (torsemide) and Bumex (bumetanide). There are other types of water pills — make sure you know which diuretics you are on.

My water pill: _____

About your water pill: _____

- The water pill controls how much salt and water you have in your body. It helps you remove fluid by urinating — sometimes you will notice you are urinating more often.
- You may notice your doctor makes changes to your water pills more often than other medications. The dose is usually based on how much extra fluid the doctor thinks you are carrying.



Daily Check-Up

Be mindful of your heart failure symptoms. If you can catch these symptoms early, you can take action to feel better and avoid the hospital.

Each day, do a check-up by asking yourself:

- How do I feel?
- Do I have swelling in my feet, legs or belly?
- What do I weigh?



How Do I Feel Today?

You can tell how well your heart is doing by how you feel and what level of activity you can do.

Ask yourself the following four questions:

1. Am I short of breath walking?

Heart failure can make you feel short of breath while walking.



DOING WELL:
Walk easily with no
shortness of breath



CALL YOUR DOCTOR:
Shortness of breath
after walking a short
distance



CALL 911:
Shortness of breath
at rest

How Do I Feel Today?

2. Am I short of breath sleeping?

Heart failure can also make you feel short of breath when you are lying down. When it gets especially hard to breathe, some people find they need to sleep sitting up.



DOING WELL:
Sleeping flat, no
shortness of breath



CALL YOUR DOCTOR:
Needing two pillows
or more to avoid
shortness of breath

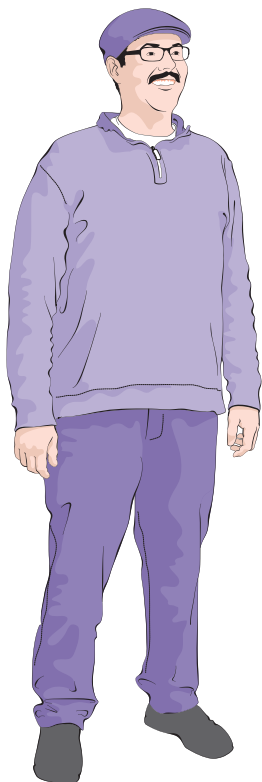


CALL 911:
Have to sleep upright
to avoid shortness
of breath

How Do I Feel Today?

3. Am I feeling faint or dizzy?

Sometimes people with heart failure feel dizzy or lightheaded.



DOING WELL:
Not dizzy or
sometimes a little
dizzy when
standing up



CALL YOUR DOCTOR:
Dizzy for a long time



CALL 911:
Almost passed out
(fainted) or fallen

How Do I Feel Today?

4. Do I have swelling?

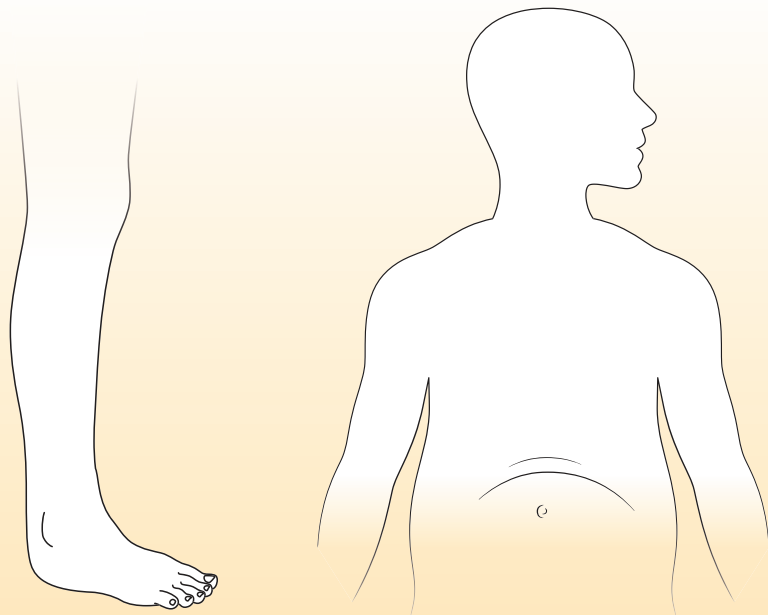
Swelling in your legs or belly can be a sign that your body is holding on to too much water. This is easy to check.

To check for swelling each morning:

- Press firmly into the skin on the front part of your lower leg or around your belly.
- If your finger makes a pit in your skin, you have swelling in that area.
- Be aware of how much swelling is usual for you and look for changes.



DOING WELL:
No swelling



CALL YOUR DOCTOR:
Swelling in ankle or shin. Increased swelling in your belly, feeling more bloated

Why it's Important to Eat Less Salt

- Salt, also known as sodium, is found in many foods.
- Most foods you eat have salt even if you can't see or taste it.
- Salt causes the body to act like a sponge and hold water.
- Eating too much salt can cause weight gain, swelling in your legs and water in your lungs.
- Eating less salt will help you feel better.

You can eat less salt if you:

- Aim for 2,000 milligrams (mg) of sodium per day.
- Choose foods that are low in salt.
- Don't add salt when you cook or eat.
- Take the salt shaker off the table.



How to Eat Less Salt

Avoid or limit these high-salt foods:



Fast Food



Frozen Meals



Hot Dogs, Bacon
Smoked Meat



Pizza



Cheese



Canned Beans
and Vegetables



Instant
Hot Cereals



Canned or
Potted Meat



Sauces and
Seasonings



Snack Foods



Canned and
Smoked Fish



Canned Soup

How to Track Your Heart Health Every Day

Do Your Daily Checkup and Check Your Weight Daily

Weigh yourself each morning at the same time.

- After you urinate
- Before you eat breakfast
- Before you get dressed

Use the log on the next page to track your daily weight and blood pressure

Call your doctor if you gain 3 or more pounds in a day or 5 or more pounds in a week

Pull this tracker out of the book by pulling it out of the staples

Go to renown.org/heartfailure to download and print more tracking sheets

What is your heart health level today?

EVERY DAY

- Weigh yourself in the morning before breakfast; write it down and compare it to yesterday's weight
- Take your medicine as prescribed
- Check for swelling in your feet, legs and belly
- Eat heart-healthy, low-salt foods
- Balance activity with rest periods

RED LIGHT – STOP/EMERGENCY

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

- Difficulty breathing, even while sitting still
- Chest pain
- Confusion or inability to think clearly

YELLOW LIGHT – CAUTION

Call your doctor if you have any of the following:

- Weight gain of 3 pounds or more in one day or a weight gain of 5 pounds or more in one week
- Shortness of breath
- Swelling of your feet, legs or belly
- No energy, fatigue
- Dry, hacking cough
- Dizziness
- An uneasy feeling that something is not right
- Difficulty breathing when lying down — you need to sit in a chair in order to sleep

GREEN LIGHT – ALL IS GOOD

When your symptoms are under control you experience:

- No shortness of breath
- No weight gain of more than two pounds (it may change one to two pounds some days)
- No swelling of your feet, legs or belly
- No chest pain



MONTH _____ YEAR _____

FEELING INDICATOR ✓

Mark the color that indicates how you are feeling each day.

MY TARGET WEIGHT: _____ VISIT DATE: _____

<input type="radio"/> Good Day	<input type="radio"/> Worse Day	<input type="radio"/> Bad Day
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Know your target weight by asking your doctor what your target weight is each time you visit. The target weight is where your heart is working best. You and your doctor need a plan for when your weight goes up too much.

Download more tracking sheets at renown.org/heartfailure.

Date	Weight (lbs)	Blood Pressure	Symptoms	Type of physical activity and time
1		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
2		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
3		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
4		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
5		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
6		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
7		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
8		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
9		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
10		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
11		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
12		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
13		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
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30		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
31		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	

MONTH _____ YEAR _____

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--	---	---

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Download more tracking sheets at renown.org/heartfailure.

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1		/	  	
2		/	  	
3		/	  	
4		/	  	
5		/	  	
6		/	  	
7		/	  	
8		/	  	
9		/	  	
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25		/	  	
26		/	  	
27		/	  	
28		/	  	
29		/	  	
30		/	  	
31		/	  	

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30		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	
31		/	<input type="radio"/> <input type="radio"/> <input type="radio"/>	

How to Eat Less Salt

Choose these low-salt foods:



Fruit



Fresh Fish



Fresh Meats



Yogurt



Frozen Vegetables



Lemon Slice, Olive Oil and Vinegar



Dried Beans



Fresh Vegetables



Unsalted Margarine



Whole Oats



Graham Crackers



Eggs



How to Eat Less Salt when Eating Out

When you eat out:

- Ask for food cooked with no salt.
- Avoid butter, cheese and sauces.
- Avoid fried foods — choose grilled, baked or steamed foods.
- Choose oil and vinegar for your salad instead of pre-made dressings.
- Limit fast foods or choose menu items with less sodium.
- Avoid bacon, sausage and ham.

Remember, small changes in your eating can make a big difference in salt intake. Your taste adjusts over time and you will get used to eating less salt.

How to Eat Less Salt at Home

When you eat at home:

- Don't add salt to food when you cook or eat.
- Season foods with herbs and seasonings that do not contain salt.
- Make or choose low-sodium sauces, salad dressings, breads and desserts.
- Avoid instant foods that come in a bag or box.
- Rinse canned foods (even canned fish) before cooking and eating them.

Read food labels and choose foods that contain less than 140 mg of sodium per serving.



How to Eat Less Salt

Reading a Food Label

Step 1:
Look at the
serving size.

Step 2:
Look at the
sodium per serving.

Step 3:
Choose foods with
less than 140 mg of
sodium per serving.

- This food has 83 mg of sodium in one bar (one serving).
- This food is a good choice!
- Watch how much you eat.

Nutrition Facts			
Serving Size 1 Bar (85g)			
Servings Per Container 4			
Amount Per Serving			
Calories 170		Calories from Fat 50	
<hr/>			
% Daily Value *			
Total Fat 6g			9%
Saturated Fat 4g			19%
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 1g			
Cholesterol 13mg			4%
Sodium 83mg			3%
Total Carbohydrate 20g			11%
Dietary Fiber 4g			16%
Sugar 1g			
Protein 3g			
Vitamin A 110%	•	Vitamin C 2%	
Calcium 10%	•	Iron 3%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

How to Eat Less Salt

Reading a food label

Choose items labeled:



Watch out for items labeled:



Nutrition Facts	
Serving Size 5 oz. (144g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Total Fat 15g	21%
Saturated Fat 2.6g	17%
Trans Fat 1g	
Cholesterol 118mg	39%
Sodium 560mg	28%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 24g	
Vitamin A 1%	Vitamin C 2%
Calcium 2%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

- This food contains more than 560 mg of sodium in one serving (5 ounces).
- This food is not a good choice!
- Pay attention to how many servings you are eating.
- Aim for 2,000 milligrams (mg) of sodium per day.

Exercising Well with Heart Failure

What's in it for you:

- Being more active is one of the best things you can do for heart failure.
 - Moving more can help you have more energy and feel more upbeat.
-

How to get started:

- If you are not exercising, **START WITH 10 MINUTES A DAY.** It can be as simple as walking 5 minutes from your front door and turning around and walking back.
-

Be Safe

- Start slowly.
- Stop if you experience chest pain, dizziness or severe shortness of breath.
- Pay attention to how you feel.

Exercising Well with Heart Failure

You can exercise by:

- Riding a stationary bicycle.
- Walking in your neighborhood or at the mall.
- Going to an exercise class.
- Sweeping, vacuuming or dusting.
- Working in your garden.

A lot of people say that walking is the easiest exercise for them. Many people walk with a friend or pet. Walking is easy, fun and free.

So turn off the TV, get up and get moving!



More Exercise Tips

Your body needs time to get used to being more active.

It will get easier and you will be able to extend your exercise time.



Steps for doing more:

- Begin by doing an activity for 10 minutes, 3 times per week.
- After a couple of weeks, add 5 minutes so that you are exercising 15 minutes at a time.
- When you feel comfortable doing more, add another 5 minutes.
- You want to work up to 30 minutes of exercise, 3 times a week.

“I enjoy walking after dinner with my husband.”

“I found an exercise class at the Senior Center that works well for me.”

- Exercise with a friend or partner if possible.
- Wear clothes and shoes that fit well.
- Start slowly. Ease your way into exercise.

Putting it all Together

The daily check-up helps you know how to take action for your heart failure. By finding problems early, you can feel better and avoid the hospital.

Remember to do the following daily:

- Check how you feel
- Check the swelling in your feet, legs and belly
- Check your weight
- Determine if you need to call your doctor or heart failure team

If you're doing well, keep up the good work!

- Take your medication
- Watch your salt
- Get your exercise today



Call us if:

- You are short of breath while at rest or more short of breath than usual.
- You have to sleep upright or in a chair.
- You have more swelling in your feet, legs and belly than usual.
- You have a lot of dizziness or light-headedness that is worse than usual.
- Your weight goes up by 3 or more pounds in one day or 5 or more pounds in one week.
- You have to sleep with more pillows than usual.

Phone: 775-982-PUMP (7867)



Notes

Notes

Developed by:

Cecil G. Sheps Center for Health Services Research
Division of General Internal Medicine
University of North Carolina at Chapel Hill

Feinberg School of Medicine
Northwestern University

University of California San Francisco
Center for Vulnerable Populations
San Francisco General Hospital

For questions regarding this educational material
please email HFeducationalmaterial@schsr.unc.edu.

What is your heart health level today?

EVERY DAY

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- Take your medicine as prescribed
- Check for swelling in your feet, legs and belly
- Eat heart-healthy, low-salt foods
- Balance activity with rest periods

RED LIGHT – STOP/EMERGENCY

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

- Difficulty breathing, even while sitting still
- Chest pain
- Confusion or inability to think clearly

YELLOW LIGHT – CAUTION

Call your doctor if you have any of the following:

- Weight gain of 3 pounds or more in one day or a weight gain of 5 pounds or more in one week
- Shortness of breath
- Swelling of your feet, legs or belly
- No energy, fatigue
- Dry, hacking cough
- Dizziness
- An uneasy feeling that something is not right
- Difficulty breathing when lying down — you need to sit in a chair in order to sleep

GREEN LIGHT – ALL IS GOOD

When your symptoms are under control you experience:

- No shortness of breath
- No weight gain of more than two pounds (it may change one to two pounds some days)
- No swelling of your feet, legs or belly
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Renown[®]
HEALTH

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775-982-2400 • renown.org/heart

