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
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
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:
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__________
MY TARGET WEIGHT: _______ VISIT DATE: _________

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.

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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.
How to Eat Less Salt

Reading a food label

Choose items labeled:

- Low Sodium
- No Salt Added
- Sodium Free

Watch out for items labeled:

- Lower Sodium

**Nutrition Facts**

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<td>Total Carbohydrate 12g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars 1g</td>
<td></td>
</tr>
<tr>
<td>Protein 24g</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less Than</td>
<td>Less Than</td>
<td>Less Than</td>
<td>Less Than</td>
</tr>
<tr>
<td>2,500</td>
<td>Less Than</td>
<td>Less Than</td>
<td>Less Than</td>
<td>Less Than</td>
</tr>
</tbody>
</table>

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.
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)
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

Renown Institute for Heart & Vascular Health
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