



University Hospitals Health System

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YOUR TREATMENT PLAN

1. Diet:

_____ grams sodium/per day

_____ cups of fluid per day (_____ oz.)

Avoid alcohol



2. **Weigh** yourself each day at the same time, on the same scale, wearing approximately the same amount of clothing. If you gain 3 pounds in 3 days, call your doctor.

3. Activity:

Avoid extreme temperatures. Avoid heavy lifting.

4. Symptoms:

Call your doctor or nurse if you have new onset or increase in any of these:

- Chest pain/pressure
- Shortness of breath
- Dizziness/fainting
- Constant cough
- 3 pound weight gain in 3 days
- Swelling of feet and/or hands
- Pain in abdomen or bloating
- Bleeding or bruising easily

What is Heart Failure?

- ♥ Heart Failure is a condition in which the heart muscle has become weaker than normal.
- ♥ This usually occurs gradually over a period of time.
- ♥ The heart is unable to pump enough blood and oxygen to meet the body's needs.
- ♥ When this happens, blood that should be pumped out of the heart backs up in the lungs and other parts of the body. This is why many people with heart failure have shortness of breath or swelling in the extremities. So you may hear heart failure called CHF (congestive heart failure).
- ♥ As the heart strains to do it's work, the heart muscle fibers stretch and the chambers of the heart enlarge. This further weakens the heart's ability to perform.

How Your Heart Works

- ♥ The heart is divided into four chambers or sections called the right and left atrium and the right and left ventricle.
- ♥ These chambers are separated by valves. Valves allow the blood to move from chamber to chamber without backing up.
- ♥ The right upper and lower chambers supply blood to the lungs.
- ♥ The left upper and lower chambers supply oxygen-rich blood to the tissues in the body.
- ♥ With each heartbeat, a normal left ventricle pumps out or "ejects" 55 - 60% of the blood it receives.
- ♥ This is known as the "ejection fraction". In heart failure, the heart pumps less blood with each beat, so the "ejection fraction" goes down.
- ♥ Because the tissues are receiving less blood and oxygen, they are unable to perform their functions properly. Activities such as walking, climbing stairs and carrying objects become more difficult.
- ♥ Heart failure, or pumping weakness, can start in the right or left chamber.

Symptoms of Heart Failure

- ♥ The following symptoms are commonly associated with heart failure:
 - √ Shortness of breath (may be all the time, with exertion or at night when lying down)
 - √ Exercise intolerance
 - √ Difficulty lying flat without extra pillows
 - √ Increasing fatigue
 - √ Swelling in legs
 - √ Rapid weight gain
 - √ Abdominal distention and bloating
 - √ Decreased appetite

- ♥ Most of these symptoms are caused by excess fluid build-up. In heart failure, the body has difficulty ridding itself of salt and water.
- ♥ The fluid builds up in the tissues of the body in the legs, abdomen and lungs.
- ♥ The heart has to work harder to pump this extra fluid and this causes more fatigue.
- ♥ It is important to communicate any new or increasing symptoms to your physician. Many times these symptoms can be treated with simple medications and diet adjustments before they are allowed to develop into a more serious situation.

Causes of Heart Failure

- ♥ Causes of heart failure include:
 1. Hypertension (high blood pressure)
 2. Coronary artery disease
 3. Defective heart valves
 4. Viral illness
 5. Illicit drugs such as cocaine
 6. Alcohol abuse
 7. Idiopathic (unknown cause)

- ♥ Heart failure is generally not curable, but it can be treated effectively and most people will feel better once therapy is started.
- ♥ Correcting problems such as high blood pressure, blocked arteries, and diseased valves will help.
- ♥ Stopping drugs, alcohol, or cigarettes may help to stop the progression of the disease.
- ♥ Therapy is aimed at helping the heart to work more efficiently and with less effort.
- ♥ A combination of medication, diet, and exercise is an effective course of treatment.

HOW TO TAKE CARE OF YOURSELF: AN OVERVIEW

- ♥ In most cases, heart failure is a chronic condition. There is no easy cure. However, there are several ways that you can take an active role in your health.
- ♥ It is important that you feel comfortable enough with your health care team to discuss any questions or concerns that you may have.
- ♥ Never hesitate to notify your health care team if you are unclear on some aspect of your health care plan or feel that something just isn't quite right with how you feel.

- ♥ Your health care team would always rather hear from you if something were wrong, rather than having you end up in the hospital.

√ **Medicine**

- 🔑 Take your medicines exactly as they are ordered. If you are having problems following the medicine schedule, or if you think you are having side effects, be sure to tell your doctor or nurse.
- 🔑 Bring your medicines or a copy of your medicine list with you to each visit.
- 🔑 Call the doctor's office if you are running low on medicine. Refills can be called in to your pharmacy.
- 🔑 If you use mail order, be sure to order early so you do not run out of medicine.
- 🔑 Be sure to tell your doctor or nurse if you are having problems paying for your medicines. They may be able to direct you to places where you can get help.

√ **Daily Weights**

- 🔑 It is very important that you weigh yourself each morning. Weigh yourself wearing approximately the same amount of clothing each time.
- 🔑 Keep track of your weight on a chart.
- 🔑 Follow the rule of "3's". Call your doctor or nurse if you gain 3 lbs. in 3 days. This could mean that you are retaining fluid.



√ **Fluid Restriction**

🔑 You should limit your total fluid intake to 2 quarts (64 oz or 8 cups) per day. This is to help keep your body from retaining fluid.

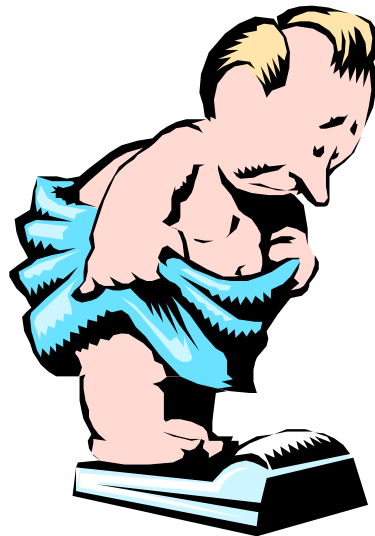
√ **Sodium Restriction**

🔑 You should restrict your total daily sodium (salt) intake according to your treatment plan. This helps to prevent your body from retaining fluid.

√ **Exercise**

🔑 It is important to exercise as prescribed by your physician. Walking and biking are just some examples of exercise that you may perform.

The following pages will give you more detailed information on medications, diet and exercise. Take charge and learn more about taking care of your health . . .



Managing Your Medicines



Helpful Hints

Heart Failure is a serious disease. By being informed about your medicines, you can take an active part in your treatment. The following are helpful hints about your medicines:

- √ Know the names of your medicines.
- √ Know what your medicines are used for.
- √ Know the dosage of each medicine and how often you should take it.
- √ Take your medicine as prescribed by your doctor.
- √ Never change or stop taking your medicine without talking to your doctor.
- √ Keep a list of your medicines at home and in your wallet.
- √ Take your medicine bottles or a copy of you medicine list to physician visits.
- √ Take your medicine with another daily activity you do at the same time of day, such as brushing your teeth.
- √ Know what to do if you miss a dose.
- √ Never take someone else's medicine.
- √ Don't take over the counter medicine without checking first with your doctor or nurse.
- √ Notify your doctor or nurse of any changes that have been made with your medicines.

Medicines for Heart Failure

There are many medicines used to help treat heart failure. Some drugs can help decrease progression of heart failure, while other drugs help decrease symptoms. The different medications can help you feel better. Of course, the more medications you take, the easier it is to make a mistake (such as missing a dose). Forgetting medications is one of the most common reasons people are hospitalized for heart failure. The best results are seen when patients understand what medicines they are taking and why.

MEDICATION	ALSO CALLED:	THEY WORK BY.	POSSIBLE SIDE EFFECTS
ACE inhibitors	Benazepril Captopril Enalapril Fosinopril Lisinopril Quinapril Ramipril	<ul style="list-style-type: none"> √ Relaxes blood vessels √ Makes it easier for heart to pump √ Helps heart muscle work better √ Can lower blood pressure √ Helps symptoms and helps keep you out of the hospital 	Persistent cough, kidney problems, weakness or dizziness, skin rashes, an altered sense of taste, high potassium levels
Beta-Blockers	Atenolol* Bisoprolol Carvedilol Metoprolol XL	<ul style="list-style-type: none"> √ Blocks the body's response to certain substances that can damage the heart √ Help the heart muscle to not work as hard √ Helps heart muscle work better √ Can lower blood pressure and heart rate √ Helps symptoms and helps keep you out of the hospital 	Less tolerance for physical activity, low blood pressure, worsening of asthma symptoms
Spirolactone	Aldactone Novo-Spiroton	<ul style="list-style-type: none"> √ Blocks sodium and water reabsorption √ Helps prevent further damage to the heart √ At low doses (12.5 - 50mg) is not used as a water pill 	Lethargy, drowsiness, fatigue, diarrhea, cramps, high potassium, low sodium

MEDICATION	ALSO CALLED:	THEY WORK BY.	POSSIBLE SIDE EFFECTS
Cardioglycoside	Digoxin	<ul style="list-style-type: none"> √ Helps your heart pump √ Increases your heart's strength √ Helps symptoms and helps keep you out of the hospital 	Loss of appetite, a bad taste in the mouth, nausea or vomiting, impaired kidney function, headaches, skipped heartbeats, rapid breathing
Diuretics	Bumetanide Furosemide Hydrochloro-thiazide. Torsemide	<ul style="list-style-type: none"> √ "Water Pill" √ Gets rid of excess water in your legs, feet and lungs √ Helps symptoms 	Fatigue, low blood pressure, poor kidney function, low potassium levels
Angiotensin II Receptor Antagonists	Candesartan Irbesartan Losartan Valsartan,	<ul style="list-style-type: none"> √ Opens up vessels of the heart √ Makes it easier for heart to pump √ Helps heart muscle work better √ Can lower blood pressure √ Helps symptoms 	No significant effects observed, but the drugs are still under investigation
Vasodilators	Hydralazine/ Nitrates: *Isosorbide Dinitrate (isordil) *Isosorbide mononitrate (Imdur) *Nitroglycerin patch	<ul style="list-style-type: none"> √ Opens up vessels of the heart √ Makes it easier for heart to pump √ Helps heart muscle work better √ Can lower blood pressure √ Helps symptoms and helps keep you out of the hospital 	Fainting or dizziness, headaches, flushing, Heart palpitations, nasal congestion
Calcium Channel Blockers	Amlodipine Diltiazem * Felodipine* Verapamil*	<ul style="list-style-type: none"> √ Helps heart muscle work better √ Can lower blood pressure √ Helps symptoms 	Headaches, facial flushing, dizziness, ankle swelling

MEDICATION	ALSO CALLED:	THEY WORK BY.	POSSIBLE SIDE EFFECTS
Blood Thinners	Aspirin Clopidogrel Ticlopidine Warfarin	<ul style="list-style-type: none"> √ Thins out blood √ Decreases your chance of having a heart attack or stroke √ Your blood will need to be monitored monthly 	Increased risk of bleeding, easy bruising
Anti-Arrhythmics	Amiodarone Dofetilide Sotalol	<ul style="list-style-type: none"> √ Helps your heart pump better √ Helps keep heart in a regular rhythm 	Dizziness, numbness, tingling in arms, facial flushing, headache, nausea, shortness of breath
Potassium Chloride and Magnesium Chloride	K-Dur Slow-Mag	<ul style="list-style-type: none"> √ May be affected by your other medications √ May need a supplement 	High potassium, High magnesium, nausea, vomiting, abdominal pain, diarrhea

***These medicines should be avoided if you have heart failure from poor pumping function. Discuss this with your doctor.**



Nutrition/Diet:

The goals for your diet are to:

1. **Lower sodium (salt) in the diet** to help lower edema (swelling).
2. **Provide adequate Potassium** - eat fruits & vegetables daily.
3. **Prevent gastric distress** -you may need small meals with snacks & avoid foods that cause distress.
4. In the acute phase restrict caffeine intake.
5. **Eat a well balanced diet** to ensure you get all the vitamins and minerals you need.

Quick tips to get you started:

1. **Leave the salt shaker off the table and do not cook with salt.** Try experimenting with spices and fresh lemon. Look for salt-free seasoning blends in your grocery store spice section.
2. **Learn to read food labels** to avoid foods high in sodium. See information later in booklet.
3. **Purchase fresh and frozen vegetables** or vegetables canned without salt. If you have regular canned vegetables that you would like to use, rinse the vegetables and cook in a large amount of water to remove some of the salt.



1 teaspoon salt = 2,000 mg sodium
1 teaspoon baking soda = 821 mg sodium
1 teaspoon baking powder = 339 mg sodium
1 teaspoon MSG = 492 mg sodium

More Hints to get you started:

- 1 **Bake, broil, boil, steam, roast or poach foods without salt.** Add vegetables and herbs for seasonings.
- 2 **Don't buy convenience foods** such as skillet dinners, deli foods, cold cuts, hot dogs, canned soups. They are all high salt.
- 3 **When you eat out,** order baked, broiled, steamed or poached foods without breading, butter or sauces. Also ask that no salt be added. Go easy on the salad dressing. Most are high in salt. Ask for oil & vinegar for your salad or lemon wedges.
4. **Stay away from "fast" foods.** Most are high in salt.
5. **Eat fresh** or canned unsalted vegetables. Cook from scratch when ever possible.
For example:

Eat:

1 cup of cooked, fresh or frozen green beans:

5 mg of sodium

Instead of:

1 cup of canned green beans:

340 mg of sodium

$\frac{1}{2}$ cup of cooked rice:

2 mg of sodium

$\frac{1}{2}$ cup of Rice-a-Roni, Rice Pilaf :

1220 mg of sodium



Foods Allowed

Milk & milk Products: Limit milk to 16oz./day

Any milk - Whole, low fat, skim milk; or chocolate; cocoa; yogurt; eggnog; milk shake; 8 oz. milk substitute.

Cheese: Limit to $\frac{1}{2}$ cup or 1 oz

Dry curd cottage cheese, low fat or skim milk ricotta, farmer cheese, part-skim mozzarella, Neufchatel.

Vegetables, (2+ servings): Fresh or frozen vegetables without sauces; Low-sodium canned vegetables and juices. White or sweet potatoes; salt free potato chips.

Fruit (2+ servings): All fruits, canned fresh or frozen and fruit juices.

Breads, cereal or pasta

(6-11 servings): Breads (all types), rolls and salt free crackers. Pasta, rice, and noodles cooked without salt. Cooked cereal without salt, dry low-sodium cereals; Shredded wheat, puffed rice & wheat.

Foods to Avoid

Milk & milk Products: Buttermilk (Can make salt free buttermilk by adding 1-tablespoon lemon juice to 1 cup of milk, let sit till thick.)

Cheese: regular cheeses and cheese spreads.

Vegetables: Regular canned vegetables and vegetable juices; sauerkraut; pickled vegetables and other prepared products that use brine; frozen vegetables in sauce. Regular potato chips.

Fruit: None - naturally low in sodium.

Breads, Cereal or Pasta: Breads and rolls with salted tops; quick breads, instant hot cereals, dry cereals with added sodium, regular crackers. instant hot cereals, dry cereals with added salt, regular crackers;



Foods Allowed

Meats or Substitutes (6oz/day): Any fresh or fresh-frozen meats, fish, poultry or game meat; low-sodium canned tuna, sardines or salmon; eggs; low sodium cheese; Dried peas and beans, not canned. Low-sodium peanut butter, salt free nuts and tofu.

Fats: Unsalted butter or margarine; unsalted salad dressings; vegetable oil, shortening; mayonnaise; light or sour cream.

Sweets and Desserts: Any sweets and desserts made without salt. Desserts made from milk should be made from milk allowance. Frozen juice bars, fruit ice, sorbet, sherbet. Jelly, jam, preserves. Plain cookies; animal crackers ginger snaps, etc.

Beverages: All beverages; limit caffeine if necessary. If you have a Water softener, obtain water for drinking and cooking before it is processed.

Soups: Low sodium commercial canned or dehydrated soups, homemade soups with meat, fresh or frozen vegetables and/or allowed milk, and cooked without salt.

Foods to Avoid

Meats or Substitutes: Any meat, fish or poultry that is smoked, cured, salted or canned - bacon, chipped beef, corned beef, cold cuts, ham, hot dogs, and sausage; regular canned tuna or salmon; pickled eggs; regular hard and processed cheese, cheese spreads, regular peanut butter.

Fats: Regular butter or margarine, Commercial salad dressings.

Sweets and Desserts: Prepared mixes, store-bought pies, cakes & muffins. Baked goods made with baking powder or soda.

Beverages: Commercially softened water; beverages and foods made with commercially softened water. Sports drinks, canned tomato or vegetable juice, unless salt - free.

Soups: Regular bouillon, broth, or consommé; regular canned or dried commercial soups.

Foods Allowed

Seasonings & condiments:

Salt substitute (with physician's approval); pepper, herbs, spices, flavorings, vinegar, lemon & lime juice; salt-free seasoning mixes.

Condiments: low sodium condiments - catsup, chili sauce, mustard, pickles, Tabasco sauce, low-sodium baking powder,

Snack Items: unsalted snacks - nuts, seeds, pretzels, popcorn.

Foods to Avoid

Seasonings & condiments:

Seasoning salts; garlic, celery, onion, seasoned, rock, kosher; and any other seasoning salt. Sodium compounds such as MSG - Accent.

Condiments: regular; catsup, chili sauce, mustard, pickles, relishes, olives, horseradish, gravy & sauce mixes, barbecue sauce, soy and teriyaki sauce, Worcestershire and steak sauce.

Snack Items: salted nuts, seeds, pretzels, and popcorn. All regular commercially prepared conveyance foods.

Note: When shopping for frozen dinners or convenience meals, choose items that provide 600mg or less per serving. Sodium levels can be found on the nutrition foods labels on the box.



Reading Food Labels

The "Nutrition Facts" label lists sodium in milligrams (mg). When reading labels, choose foods that contain less than 300 mg of sodium. Main-dish entrees, such as TV dinners, should contain less than 600 mg.

The following is a sample Nutrition label. Always check to see how many Servings are in the box or can. If you eat a portion greater than a serving size, you end up with more salt intake than as is listed on the label.

Nutrition Facts			
Serving Size 1/2 cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90		Calories from Fat 30	
			% Daily Value*
Total Fat 3 g		5%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 300mg		13%	
Total Carbohydrate 13g		4%	
Dietary Fiber 3g		12%	
Sugars 3g			
Protein 3g			
Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or 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
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Food labeling definitions:

TERMS	SODIUM PER SERVING
Sodium (salt) free	Less than 5 mg
Very low sodium	35mg or less
Low sodium	140 mg or less
Reduced sodium	At least 75% reduction of sodium
Unsalted	No salt added during processing

Limiting Fluids

Many doctors suggest that people with heart failure limit their total fluid to 8 cups per day. This includes fluids taken with medicines. Here are some examples of fluids and foods that count as part of your fluid total:

Fluids: Water, Juice,
Tea, Soda, Coffee,
Ice cubes*, Soup,
Milk.

Foods: Yogurt, Pudding,
Ice Cream, Jell-o, Juices in
fruits (1 orange or $\frac{1}{2}$
Grapefruit counts as 4 oz.
of fluid)

To help you measure

1 cup = 8 oz = 240 cc

4 cups = 32 oz = 1 qt = 1000 cc = 1 liter

8 cups = 64 oz = 2 qts = 2000 cc = 2 liters

1 ml = 1 cc

1oz. = 30 cc



♥ What can I do when I get thirsty?

- ✓ Being thirsty is very common. This does not mean that your body needs more fluid. You have to be careful not to replace the fluid that diuretics have helped your body to get rid of.
- ✓ Use ice chips or just rinse your mouth.
- ✓ Freeze juice in an ice cube tray.
- ✓ Use a lemon wedge, hard candies, chewing gum, frozen grapes or strawberries instead of drinking.
- ✓ Remember to save some fluids to take with your medicine.
- ✓ Many people find it helpful to fill a pitcher with 48 ounces of water in the morning. Each time you drink any fluid, pour that amount out of the pitcher. When the pitcher is empty, you have used up all of the fluids you should have for the day.

♥ **Caffeine and High Salt Drinks**

- ✓ Limit the intake of coffee, black tea or soda with caffeine.
- ✓ Avoid drinks high in sodium, such as: tomato or vegetable juice.

Exercise

- ♥ Exercise helps to condition your heart muscle and gives you more energy to perform activities throughout the day. Be sure to check with your doctor before beginning an exercise program. Notify your doctor or nurse of dizziness, difficulty breathing, heart palpitations or extreme **fatigue** that occur with exercise. Do not exercise immediately after a heavy meal. Avoid extreme temperatures. Do not exercise if you are already excessively fatigued or feeling poorly.
- ♥ **Aerobic exercise** is the best type of exercise for you. This includes:
 - ✓ Walking (even walking around the block or yard counts as exercise)
 - ✓ Biking
 - ✓ Swimming
 - ✓ Dancing
- ♥ **Cardiac Rehabilitation** is a safe and effective way to exercise. An individualized exercise program is based on the results of an exercise test and is modified to fit your needs. Cardiac rehabilitation programs must be ordered by your doctor and are not always covered by health insurance.
- ♥ **Sexual Activity** is certainly a form of exercise. Despite your illness, you may continue to enjoy sexual activity with a few extra considerations. Try to be well rested. Set aside a block of time. Be sure that the room temperature is comfortable. Avoid heavy meals and alcohol. Abstain if you are otherwise not feeling well. Discuss any anxieties that you may have with your partner. Be aware that some medications and heart failure in general may affect your sexual desire and performance. If this is the case, you should speak to your doctor.

Exercise Tips

Do. .

- ✓ Wear comfortable clothes and soft sole shoes with laces or sneakers.
- ✓ Start slowly. Gradually build up to 30 minutes of activity, three or four times per week (or whatever your doctor recommends). If you are unable to exercise for 30 minutes straight, try two 15-minute sessions to meet your goal.
- ✓ Exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday and Friday from noon to 12:30 p.m. However, don't skip your exercise if you can't make the scheduled time.
- ✓ Exercise with a friend.



Don't....

- ✓ Don't get discouraged if you have to stop due to decompensation of your heart failure. Gradually start again and work up to your old pace.
- ✓ Don't do exercises that require holding your breath, bearing down or sudden bursts of energy.
- ✓ Don't engage in any activity that causes chest pain, severe shortness or breath, dizziness or light-headedness. If these happen, stop what you are doing right away.
- ✓ Don't exercise right after meals or in extreme temperatures.

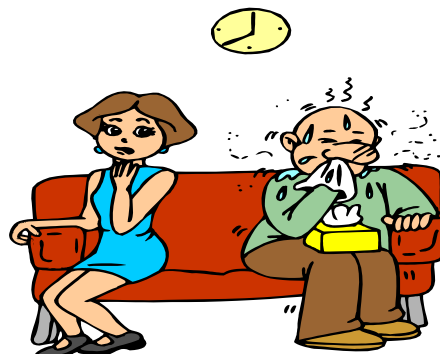
Managing Stress

Emotional stress and anxiety make the heart work harder, which can make symptoms worse. That is why patients and their caregivers should work together to keep stress under control.

- ✓ Learn to accept things you can't change. You do not have to solve all of life's problems.
- ✓ Don't use smoking, drinking, overeating, drugs or caffeine to cope with stress. These will actually make things worse.
- ✓ Learn to say no. Do not promise too much. Give yourself enough time to get things done.
- ✓ Join a support group - maybe for people with heart disease, for women, for men, for retired persons or some other group with which you identify.
- ✓ Consider a mental health professional or clergy to help you manage stress.

Avoiding Colds and Flu

- ✓ Get a yearly influenza vaccine. Ask your doctor about the pneumococcal vaccine (to guard against the most common form of bacterial pneumonia).
- ✓ As much as possible, avoid anyone who has a cold or the flu. Stay out of crowds during the height of the flu season. If you are around someone who has a cold or flu, be sure to wash your hands.



The Effects of Smoking

Smokers who have heart failure can automatically eliminate a major source of stress on the heart by quitting. Each puff of nicotine temporarily increases the heart rate and blood pressure. People who quit smoking are more likely to have their heart failure symptoms improve.

- ✓ Keep busy doing things that make it hard to smoke, like working in the yard, washing dishes and being more active.
- ✓ Find a substitute to reach for instead of a cigarette. Try a hard candy.
- ✓ Make it known to family and friends that you need to quit smoking and could really use their support. If your husband, wife, son or daughter smokes, ask them to quit with you.
- ✓ Ask your doctor about smoking cessation programs. Also discuss using medications that can help you quit smoking.

Other Ways to Improve Heart Function

- ♥ **Lose weight if you are too heavy.** The heart does not have to beat as hard to send blood to all parts of a slim body.
- ♥ **Avoid hard exercise and lifting heavy objects** to prevent sudden pumping demands on your heart. Your doctor may ask that you take daily walks or join a cardiac rehab program. Over time this may strengthen your heart muscle.
- ♥ **Wear clothing that permit good blood flow in the legs.** Garters, hose with tight tops may slow blood flow to your legs and cause clots.
- ♥ **Avoid temperature extremes.** The body works harder to keep body temperature normal when you are too hot or too cold.
- ♥ **Try to stay away from people who have colds or the flu.** Ask your doctor if you should have a yearly flu shot and the one-time pneumonia shot.
- ♥ **Talk with your doctor about how much alcohol (if any) is OK for you.** Since alcohol weakens the heart, heart failure may improve if you stop drinking.

Planning for the Future

- ♥ Advances have been made in medications to control symptoms and improve quality of life. Certain patients who qualify may be helped with cardiac transplant, cardiac assist devices or investigational drug studies, which are ongoing.

- ♥ A legal document called an Advance Directive can guide your family and medical team in medical emergencies if you are unable to make known your wishes. An advance Directive can include:
 - A living will
 - A medical durable power of attorney (someone you appoint to make medical decisions)
 - Cardiopulmonary (CPR) instructions
 - Discussions with your family should be held on your feelings about organ donation.

- ♥ Taking control of your illness and following the guidelines discussed in this booklet can contribute to many years of enjoyable living.

- ♥ Remember, take time to enjoy your life. Stay close to family and friends who will give you support and encouragement.



Important Telephone Numbers

	NAME	TELEPHONE #
Primary Care Physician		
Cardiologist		
Other Specialist		
Clinic Nurse		
Home Care Nurse		
Hospital		
Pharmacy		
Nurse Care Manager		
Emergency Contact		
Equipment Company		

Notes:
