



## HEART FAILURE EDUCATION



[www.luxehartfailure.com](http://www.luxehartfailure.com)

## What is heart failure?

Heart failure (HF) is when your heart does not pump as well as it should, causing fluid to back up into your lungs.

You may have experienced some of the common signs and symptoms of HF:

- Swelling of your feet, legs and abdomen
- Shortness of breath with ordinary exertion or at night:
  - Waking frequently
  - Having to use more pillows to sleep
  - Having to sleep in a recline
- Fatigue or tiredness
- Weight gain
- Wheezing

### Effect on kidneys

The body attempts to correct for heart failure by squeezing down on the blood vessels. But this signals the kidneys to think your body is dehydrated. The result:

- Your kidneys stop ridding the body of water and salt –even though your body may be overloaded with fluid.
- Your body holds onto more fluid.
- Your body becomes waterlogged, making you feel poorly.

Increased pressure is needed to complete filling the heart. An example is when you blow up a balloon for the first time; it takes a lot of blowing pressure to expand the balloon.



## Diagnosis: Heart Failure

### Symptoms

## Affects the Body



## Blood Pressure and Heart Health

### What is High Blood Pressure?

Also known as hypertension, high blood pressure refers to continuously elevated blood pressure. Resistance to blood flow increases when arteries become narrowed and the heart continues to pump the same amount of blood, creating higher pressure.

Uncontrolled high blood pressure can damage the lining of blood vessels, constricting blood flow. High blood pressure can lead to a stroke, heart attack, heart or kidney failure, sexual dysfunction, dementia and/or eye damage.

### What Can I Do to Help Control My Blood Pressure?

- ❖ Avoid tobacco products and secondhand smoke
- ❖ Check your blood pressure at home
- ❖ Decrease dietary salt/sodium and caffeine intake
- ❖ Eat healthy
- ❖ Exercise regularly
- ❖ Keep scheduled doctor appointments
- ❖ Limit alcohol intake
- ❖ Maintain a healthy weight
- ❖ Manage stress
- ❖ Practice slow, deep breathing
- ❖ Take medications as prescribed



Exercise regularly



Eat a healthy diet



Don't smoke



Maintain a healthy weight



Manage stress



Limit alcohol

## Manage Your Condition at Home

Follow these guidelines to successfully manage your heart health at home.

### Exercise

- Find a way to be active most days of the week



### Know your Medicines

- Know what, why and how to take your medicine
- Never just stop taking your medications without asking your doctor
- Report side effects



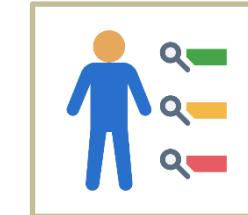
### Monitor your Blood Pressure

- Goal systolic (top number):  
100-140 mmHg
- Goal diastolic (bottom number):  
80 mmHg or less



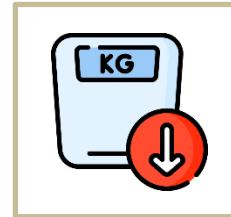
### Watch your Symptoms

- Shortness of breath Increased fatigue increased Edema Weight gain



## Weigh Yourself Daily

- Keep a daily weight log
- Weigh yourself in the morning
- Wear the same type of clothing each day when you weigh
- Use the same scale each day; place it on a hard surface
- Call if weight increases more than 2 lbs/day or 5 lbs/week



## Keep a Low Sodium Diet

- 2,000 mg/day
- Never use a salt shaker
- Identify names of low sodium foods
- Read nutrition labels
- Eat healthy



## Watch your fluid intake

- Limit yourself to 2 liters/day (8 cups/day)



## If you smoke, STOP!

- Quit smoking
- Break free from smoke.
- Say no to smoking!



## Heart Failure Action Plan

Know when your heart is healthy and when to seek medical attention

**GREEN  
ZONE**  
Your Goal

**You have:**

- **No shortness of breath**
- **No weight gain of more than 2 pounds in one day**
- **No swelling of your feet, ankles, legs or abdomen**
- **No chest pain**
- **No decrease in your activity level**

**YELLOW  
ZONE**  
Be Aware

**You have:**

- **Weight gain of 2 pounds in one day or 5 pounds in one week**
- **Dizziness**
- **Increased shortness of breath**
- **No energy or feeling more tired**
- **Dry hacking, persistent cough**
- **Swelling of your feet, ankles, legs or abdomen**
- **An uneasy feeling; you know something is not quite right**
- **Difficulty breathing when lying down or you wake at night feeling like you can't breathe**

**Call your Home Health nurse or your physician.**

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**RED  
ZONE**  
Medical Alert

**Call your physician or 911 IMMEDIATELY if you have any of the following:**

- **Constant chest pain**
- **Continuous shortness of breath with activity**
- **Shortness of breath while at rest**
- **Wheezing or chest tightness at rest**

## My Heart Failure Medications

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

In addition to the above medications, you may also be on oxygen. Refer to your admission booklet for safety instructions. Ask your doctor for approval before changing your liter flow.

## How to Count Your Pulse

Some medications may affect your pulse rate. Check your pulse regularly.

- Sit where you can easily see a watch or clock that has a second hand.
- Using your index and middle finger, move your fingertips around your wrist (along the thumb line) until you find your pulse.
- Using the second hand on your watch or clock as a guide, count your pulse for 30 seconds. Multiply the number times 2.
- If your pulse is irregular, count for a full 60 seconds.
- Normal resting pulse is between 60-100 beats per minute.

## Heart Healthy Eating

What you eat – and how much you eat – makes a big difference in controlling your heart disease.

### 1. Start by controlling your portion sizes.

Know what is considered a serving size by using these basic rules of thumb:

- 1 serving of meat = the size of the palm of your hand
- 1 teaspoon = tip of thumb to first knuckle
- 1 tablespoon = entire thumb
- 1 cup = size of a clenched fist
- $\frac{1}{2}$  cup = cupped hand
- 1 cup pasta or rice = size of a tennis ball

### 2. Select foods from the outer perimeter of the store.

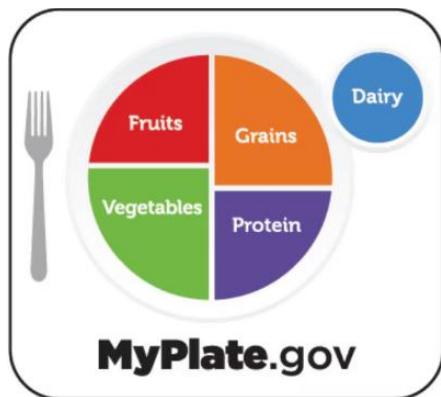
The outer aisles usually stock fresh produce, meats and frozen food. The inner aisles usually contain processed or packaged foods which are higher in sodium.

### 3. Read food labels.

Look for products with heart-healthy symbols or labeling.

### 4. Know that fatty foods are more calorie dense than proteins or carbohydrates.

- Fat – 1 gram contains 9 calories
- Protein or carbohydrates – 1 gram contain 4 calories



### Understanding Portions

MyPlate is the U.S. Department of Agriculture's guide to managing food portions.



## Fats and Oils

Use fats and oils as little as possible. All fats are not equal.

### **Use unsaturated fats:**

Try to use unsaturated fats (monounsaturated or polyunsaturated). Olive oil and canola oil are good choices.

### **Avoid saturated fats:**

Anything that comes from an animal source contains saturated fat (milk, cheese, butter, meats, etc.).

### **Avoid trans fats altogether:**

### **Avoid frying food:**

Bake, boil or grill, if possible. If you do fry food, select oil that is transparent and liquid at room temperature and use as little as possible. Drain or blot fried foods with a paper towel to remove excess fat.

### **Margarine:**

Tub margarine is generally better than stick margarine because trans fats have usually been removed.

### **Spray oils:**

Use spray oils such as Pam when possible.

### **Butter substitutes:**

If you want the butter flavor without the oil, try butter substitutes.



## Grains, Fiber and Nuts

Fiber has been shown to lower the risk for heart disease and certain cancers.

### **Keep the skin on.**

Add fiber and valuable vitamins to your diet by eating the skins on your fruits and vegetables.

### **Simple foods:**

Look for foods without “Processed,” “Refined” or “Enriched” on the label.

### **Bread:**

Select bread labeled “whole grain” that contains at least 3 grams of fiber per slice. Just because bread is brown does not mean it contains sufficient amounts of fiber. Food coloring is often used to make a bread appear brown but it may not contain much fiber at all.

### **Whole grain:**

Look for the American Heart Association (AHA) checkmark on food labels. This means the food has a least 51% whole grains by weight, meets minimum daily requirements for dietary fiber content, and is low in saturated fat and cholesterol. For a list of foods, visit [heartcheckmark.org](http://heartcheckmark.org).

### **Baking and cooking:**

Try using whole grain flour for baking or cooking instead of processed, enriched white flour.

### **Nuts:**

A handful of nuts daily can help lower LDL (bad) cholesterol. Almonds and walnuts are preferred.



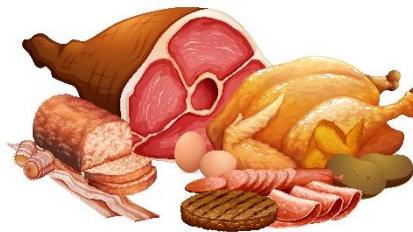
## Fruits and Vegetables

**Follow current guidelines:** Consume 5 servings of vegetables and 4 servings of fruit each day. A serving size is 1 cup raw or  $\frac{1}{2}$  cup cooked.

**Use fresh or frozen vegetables:** Avoid canned vegetables, which usually contain more sodium.

**Rinse canned vegetables:** If you must use canned vegetables, place them in a colander and rinse with water to remove some of the excess sodium.

**Choose bright colors:** Fruits and vegetables are vibrant in color generally have more beneficial vitamins and antioxidants.



**Cooking:** Bake, grill or broil your meats. Try to avoid frying.

**Lean meats:** Eat mostly chicken or fish. Lean cuts of beef or pork are acceptable but should be eaten less frequently. Trim all visible fat off meat and remove skin from chicken. Avoid organ meats.

**Wild game:** Deer and other game meats contain less fat and cholesterol than commercially raised beef.

**Turkey:** Try substituting ground turkey for ground beef when possible. The flavor is not too noticeable in highly seasoned foods or sauces such as spaghetti sauce, chili or taco meat. If you have trouble getting used to the taste, try using half ground turkey and half ground beef.

**Excess fat:** Rinse browned ground beef with hot water to remove excess fat before adding sauces or seasonings.



## Dairy

### **Skim milk:**

Try to consume milk with the lowest fat content you can tolerate. If you don't drink a lot of milk, 2% milk is acceptable. It's better to use 1% milk, but skim milk is the best. Gradually work your way down to skim by diluting 2% milk with skim milk and then diluting 1% milk with skim milk, until you finally just consume skim milk.

### **"Skim extra":**

Studies have shown milk tastes the same regardless of fat content. It is the "mouth feel" (the thicker, richer feel of the higher fat milk) that we notice. Skim milk with a thickener tricks your brain into thinking you are drinking richer milk. Look for milk labeled "skim extra."

### **Lower-fat options:**

Use lower fat dairy products instead of the full-fat version. A wide variety of lower fat yogurts, cheeses, sour creams and dips are available. White cheeses – Some white cheeses contain less fat than yellow cheeses. Read the label.

### **Eggs:**

To reduce total cholesterol intake, try using 1 whole egg with 2 egg whites when making omelets or scrambled eggs. This recipe may sound wasteful but is actually cheaper than using Egg Beaters or other egg substitutes, which are only egg whites with food coloring added. Other egg substitutes contain a small amount of egg yolk, but are more expensive than eggs. Eating 3-4 whole eggs per week is acceptable. Brands such as Eggland's Best and Land O'Lakes offer eggs that contain less cholesterol, and have increased amounts of beneficial omega 3 fatty acids.

## Seasonings

### **Sea salt:**

Despite claims, sea salt has essentially the same sodium content as table salt.

### **Salt substitutes:**

Lite salt and other substitutes often contain potassium instead of sodium. Potassium may cause problems for people with kidney issues, heart rhythm problems or who are on certain medications. Always check with your doctor before using these products.

### **Herbs and spices:**

Use herbs and spices instead of salt. Read the label of seasoning blends to ensure they do not contain substantial amounts of sodium. Use garlic powder instead of garlic salt and onion powder instead of onion salt.

## Additional recommendations

### **Plant stanols and sterols:**

Add foods into your diet that contain added plant stanols or sterols. When used every day as directed, these products can reduce your LDL (bad) cholesterol by 15-20%. Look for margarine, orange juice, milk and yogurt drinks with added plant stanols or sterols.

### **Sauces:**

Red sauce usually has less fat than white sauce but may contain more sodium.

### **Fish:**

To reduce fish odor, add a few green tea leaves to the pan when sautéing.

### **Fish oil:**

If you take fish oil capsules and have a problem with reflux, try freezing them. Freezing gives the capsules a chance to work their way a little farther down your digestive tract before they dissolve.

### **Flax seed:**

Sprinkle ground flax seed over food or incorporate it into dishes. Flax seed contains omega 3 fatty acid, which have been shown to lower LDL (bad) cholesterol. It may interact with some medications, so ask your doctor.

### **Eating out:**

When dining out, ask for a to-go box when the server brings your food. Put half of the meal in the box for later. Do not feel as if you need to clean your plate when dining out. Most restaurant servings are much larger than we need.

## Sodium Equivalents

SALT	SODIUM
1/4 teaspoon	600 mg
1/4 teaspoon	1,200 mg
3/4 teaspoon	1,800 mg
1 teaspoon	2,400 mg

HFSA 2010 Comprehensive Heart Failure Guidelines.

**2,000 mg per day**

### How to Flavor Your Food without Salt

Low-salt diets can make foods taste bland. Use this guide to help you spice up foods and improve the taste without adding to your salt intake.

#### Vegetable Seasonings

- **Carrots:** cinnamon, cloves, marjoram, nutmeg, rosemary, sage
- **Corn:** cumin, curry powder, onion, paprika, parsley
- **Green beans:** dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
- **Greens:** onion, pepper
- **Peas:** ginger, marjoram, onion, parsley, sage
- **Potatoes:** dill, garlic powder, onion, paprika, parsley, sage
- **Summer squash:** cloves, curry powder, marjoram, nutmeg, rosemary, sage
- **Winter squash:** cinnamon, ginger, nutmeg, onion
- **Tomatoes:** basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

#### Meat seasonings

- **Beef:** bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
- **Lamb:** curry powder, garlic powder (or fresh garlic), rosemary, mint
- **Pork:** garlic powder, onion, sage, pepper, oregano
- **Veal:** bay leaf, curry powder, ginger, marjoram, oregano
- **Chicken:** ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- **Fish:** curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper

## Foods to Avoid

Bacon	Diet Soda	Salted Nuts
Canned Soups	Ketchup	Salted Potato Chips
Canned Vegetables	Marinated Foods	Seasoned Salt
Cheese, Butter	Pickled Foods	Smoked Foods
Sausage, Ham and Hot dogs	Soy Sauce	High-fat Food, and Ice Cream

## Why It's Important to Eat Less Salt

Salt causes fluid to build up in your body, making your heart work harder to pump blood. Fluid buildup also causes shortness of breath and swelling, so it's important to control your salt intake.

Your doctor may also tell you to reduce the amount of fluid you drink.

## Follow a Low-Salt Diet

### To improve your heart health:

- Take the salt shaker off the table. 1 tsp. salt = 2,400 mg
- Do not add salt when you are cooking.
- Try to eat fresh foods. If this is not possible, eat canned fruits or plain frozen vegetables. Rinse canned foods with water.
- Avoid processed foods (commercially prepared for ease of consumption)

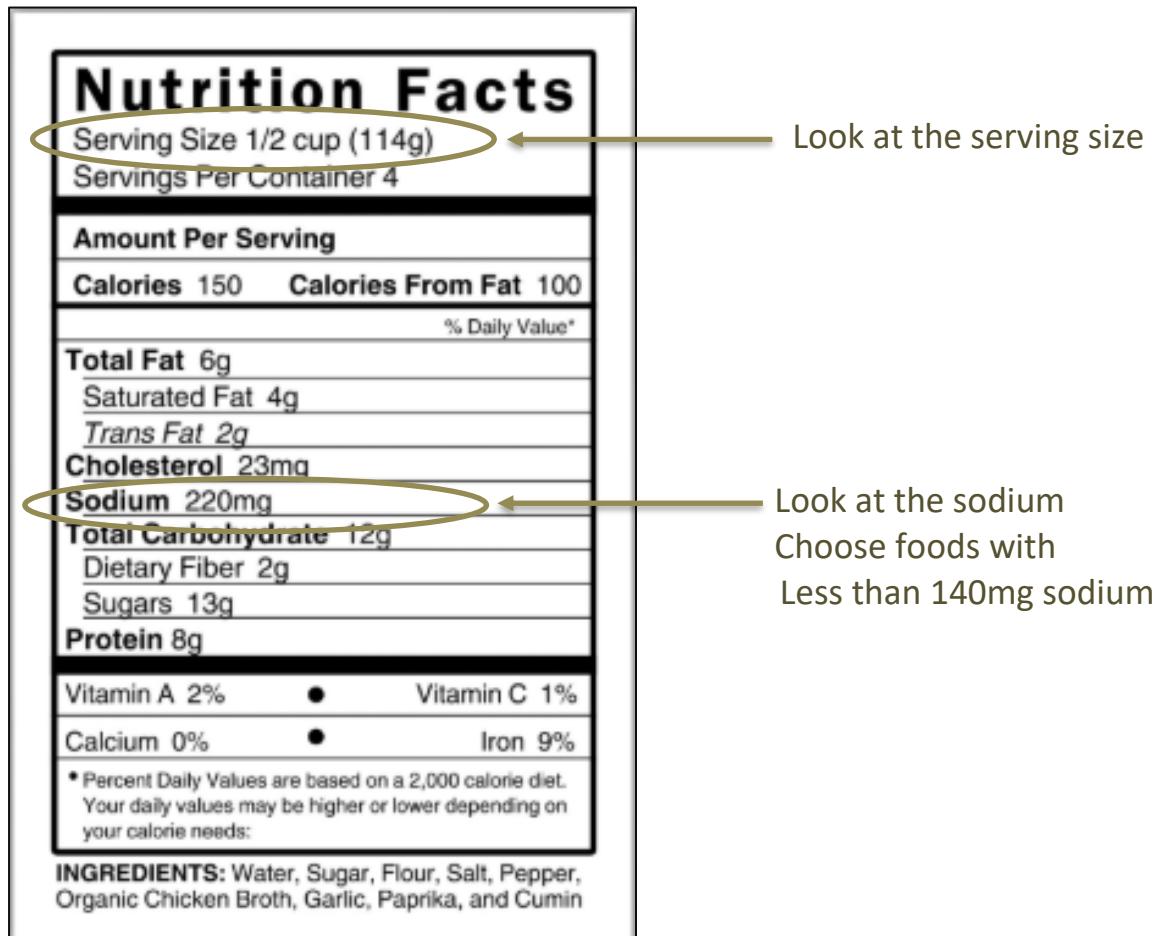
## Check Your Food Labels

Your main food item should have no more than 500 mg of sodium.

**1,000 mg = 1 gram**

As you shop, check food labels for sodium content.

- Canned and processed foods are often high in salt.
- Check the milligrams (mg) of sodium in each serving. (Remember, there is often more than one serving in the package.)
- Watch for high-sodium ingredients, such as monosodium glutamate (MSG), baking soda and sodium phosphate.



## Exercise

### What's in it for you?

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

### Start now!

If you are not exercising, start with 10 minutes a day. It can be as simple as walking 5 minutes from your door and turning around and walking back.

### Be safe

- Start slowly.
- Stop if you feel chest pain, dizziness or have severe shortness of breath.

### Steps for doing more

- Begin by doing an activity for 10 minutes, three 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.



## Walking Guide

	Warm up	Activity	Cool Down	Total Time
<b>WEEK 1</b>	Walk Slowly 5 Minutes	Then Walk Briskly 5 Minutes	Then Walk Slowly 5 Minutes	15 Minutes
<b>SESSION 1</b>	Repeat above workout			
<b>SESSION 2</b>	Repeat above workout			
<b>SESSION 3</b>	Continue with at least three walking session during each week of the program			
<b>WEEK 2</b>	Walk Slowly 5 Minutes	Then Walk Briskly 7 Minutes	Walk Slowly 5 Minutes	17 Minutes
<b>WEEK 3</b>	Walk Slowly 5 Minutes	Then Walk Briskly 9 Minutes	Walk Slowly 5 Minutes	19 Minutes
<b>WEEK 4</b>	Walk Slowly 5 Minutes	Then Walk Briskly 11 Minutes	Walk Slowly 5 Minutes	21 Minutes
<b>WEEK 5</b>	Walk Slowly 5 Minutes	Then Walk Briskly 13 Minutes	Walk Slowly 5 Minutes	23 Minutes
<b>WEEK 6</b>	Walk Slowly 5 Minutes	Then Walk Briskly 15 Minutes	Walk Slowly 5 Minutes	25 Minutes
<b>WEEK 7</b>	Walk Slowly 5 Minutes	Then Walk Briskly 18 Minutes	Walk Slowly 5 Minutes	28 Minutes
<b>WEEK 8</b>	Walk Slowly 5 Minutes	Then Walk Briskly 20 Minutes	Walk Slowly 5 Minutes	30 Minutes
<b>WEEK 9</b>	Walk Slowly 5 Minutes	Then Walk Briskly 23 Minutes	Walk Slowly 5 Minutes	33 Minutes
<b>WEEK 10</b>	Walk Slowly 5 Minutes	Then Walk Briskly 26 Minutes	Walk Slowly 5 Minutes	36 Minutes
<b>WEEK 11</b>	Walk Slowly 5 Minutes	Then Walk Briskly 28 Minutes	Walk Slowly 5 Minutes	38 Minutes
<b>WEEK 12</b> <b>End beyond</b>	Walk Slowly 5 Minutes	Then Walk Briskly 30 Minutes	Walk Slowly 5 Minutes	40 Minutes

### Warning Signs and Symptoms to Stop Exercise

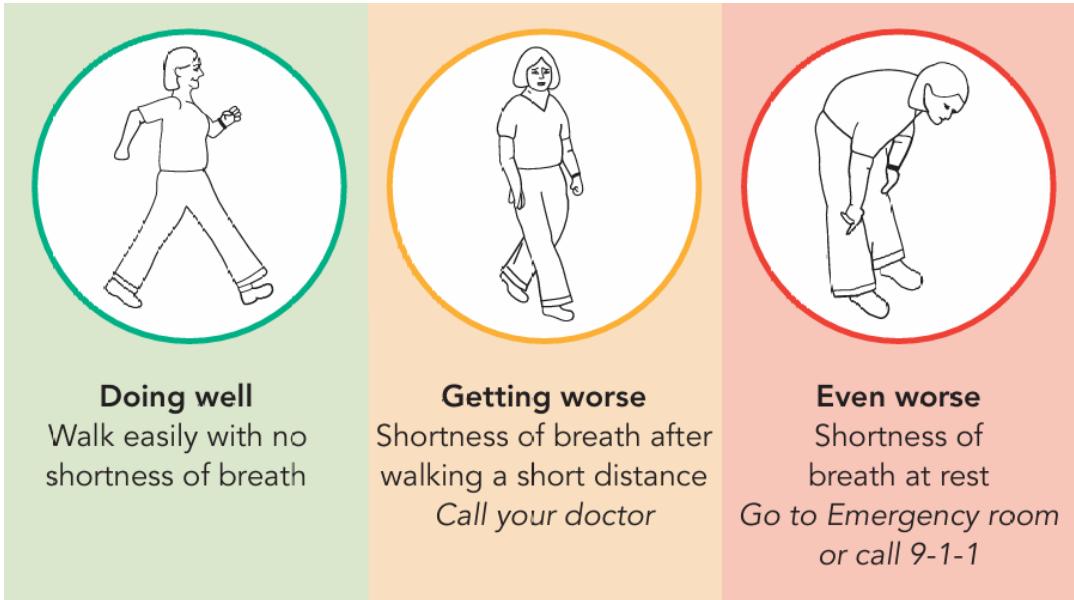
- Abnormal or profound fatigue or weakness
- Abnormally slow, fast or irregular heartbeat
- Discomfort, heaviness, pressure or burning in chest, arms, back, jaw, neck or abdomen
- Dizziness or lightheadedness
- Excessive or cold sweating
- Excessive shortness of breath
- Nausea or vomiting

## Daily Check-Up

Heart failure can cause you to have symptoms or feel bad. If you can catch these symptoms early, you can take action to feel better and stay out of the hospital.

### SHORT OF BREATH WHEN WALKING?

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



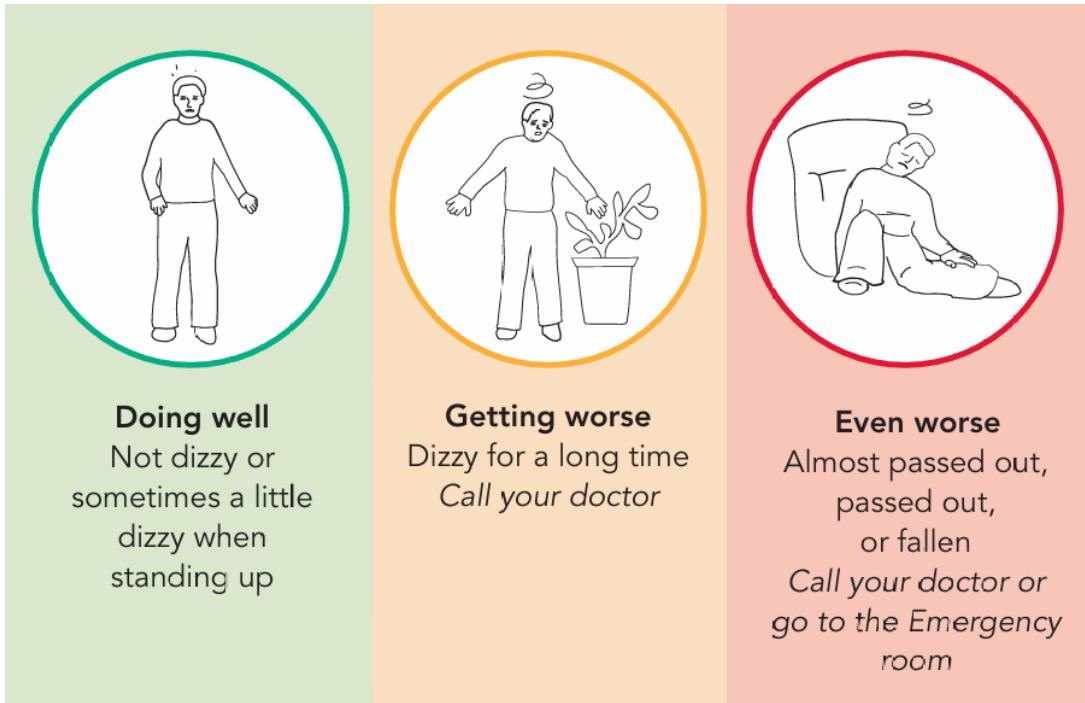
### SHORT OF BREATH WHEN SLEEPING

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



## FEELING FAINT OR DIZZY

Sometimes people with heart failure feel very dizzy or lightheaded.



## CHECK FOR SWELLING EACH MORNING

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



## Daily Weight and Zones Log

Weigh yourself every morning at the same time and with the same amount of clothing.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Weight							
	Zone							
Week 2	Weight							
	Zone							
Week 3	Weight							
	Zone							
Week 4	Weight							
	Zone							
Week 5	Weight							
	Zone							

GREEN ZONE	YELLOW ZONE	RED ZONE
<ul style="list-style-type: none"> <li>▪ No shortness of breath</li> <li>▪ No weight gain more than 2 pounds</li> <li>▪ No swelling in feet, ankles, or stomach</li> <li>▪ No chest pain</li> <li>▪ Usual energy level</li> </ul>	<ul style="list-style-type: none"> <li>▪ Weight gain of 3+ pounds in 1 day or 5+ pounds in a week</li> <li>▪ More swelling in legs, feet, or stomach</li> <li>▪ Increased shortness of breath</li> <li>▪ Tired or less energy than usual</li> <li>▪ Dry, hacking cough</li> <li>▪ Dizziness or feeling lightheaded</li> </ul>	<ul style="list-style-type: none"> <li>▪ Trouble breathing at rest</li> <li>▪ Unrelieved chest pain</li> <li>▪ Confusion or feeling very sleepy</li> <li>▪ Fainting</li> <li>▪ Fast or irregular heartbeat</li> <li>▪ Can't lie flat due to shortness of breath</li> </ul>

## Notes

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