Congestive Heart Failure
What every patient should know
Meet the team who will be calling you at home

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What is Congestive Heart Failure

- It is a **progressive** condition in which the heart’s muscle becomes weakened after it has been injured from something like a heart attack or high blood pressure.

- The heart keeps pumping but not as efficiently as a healthy heart.

- It **gradually** loses its ability to pump enough blood to supply your body.

- Heart Failure **does not** develop overnight – it’s a progressive disease that starts slowly and gets worse over time.
Signs and Symptoms of Congestive Heart Failure

• Shortness of Breath
• Swelling in Your Feet, Abdomen or Hands
• Weight Gain
• Coughing and Wheezing
• Fatigue
• Dizziness
• Rapid Heart Beat
• Loss of Appetite
Can Heart Failure Be Treated?

YES!
How to Care For Yourself at Home

1. Weigh yourself daily:
   - Same time every morning and after I urinate
   - Keep track of weight on your my blank calendar
   - Call your Primary Care Doctor/Cardiologist if you gain 2 or more pounds in one day

2. Drink only 8 cups (8 ounce cups) of fluid a day or whatever amount your cardiologist recommends for you.

3. Eat and drink less salt per day. Keep your salt intake to 2000 mg per day.

4. Take your medicine(s) as your doctor explained.

5. Attend cardiac rehab classes.

6. Get a flu shot in the fall/winter of every year.

7. Talk to your primary care doctor to find if you need a pneumonia shot.
1. WEIGH YOURSELF DAILY

- Weigh yourself every morning as soon as you get out of bed and after you urinate
- Wear the same clothing
- Use the same scale every day
- Write your weight down **EVERY DAY** using the calendar provided
- Bring your calendar to your doctor’s appointments
- Tell your doctor when you gain 2 pounds in one day or 5 pounds in one week
- Remember that weight gain from fluid can start up two weeks before you feel the symptoms
2. FLUIDS

• Most doctors will ask you to reduce the amount of fluid you take to 64 oz per day.
• This is also the same as 2 quarts of fluid
• This also equals eight 8 oz glasses of fluid
## FLUIDS: Tracking Your Fluids

<table>
<thead>
<tr>
<th>Common Amounts</th>
<th>Ounces</th>
<th>ML</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons</td>
<td>1 oz</td>
<td>30 ml</td>
</tr>
<tr>
<td>1 small juice glass</td>
<td>4 oz</td>
<td>120 ml</td>
</tr>
<tr>
<td>1 cup</td>
<td>8 oz</td>
<td>240 ml</td>
</tr>
<tr>
<td>1 cup ice chips- melted</td>
<td>4 oz</td>
<td>120 ml</td>
</tr>
<tr>
<td>1 can of soda</td>
<td>12 oz</td>
<td>360 ml</td>
</tr>
<tr>
<td>TARGET per DAY</td>
<td>64 oz</td>
<td>2000 ml</td>
</tr>
<tr>
<td>Conversion</td>
<td>Equivalent</td>
<td></td>
</tr>
<tr>
<td>--------------------</td>
<td>-------------------------</td>
<td></td>
</tr>
<tr>
<td>1 QUART</td>
<td>32 OUNCES OR 4 CUPS</td>
<td></td>
</tr>
<tr>
<td>2 1/2 CUPS</td>
<td>20 OUNCES</td>
<td></td>
</tr>
<tr>
<td>1 PINT</td>
<td>16 OUNCES OR 2 CUPS</td>
<td></td>
</tr>
<tr>
<td>1 CUP</td>
<td>8 OUNCES</td>
<td></td>
</tr>
<tr>
<td>3/4 CUP</td>
<td>6 OUNCES</td>
<td></td>
</tr>
<tr>
<td>2/3 CUP</td>
<td>5 1/3 OUNCES</td>
<td></td>
</tr>
<tr>
<td>1/2 CUP</td>
<td>4 OUNCES</td>
<td></td>
</tr>
<tr>
<td>1/3 CUP</td>
<td>2 2/3 OUNCES</td>
<td></td>
</tr>
<tr>
<td>1/4 CUP</td>
<td>2 OUNCES</td>
<td></td>
</tr>
<tr>
<td>1 TABLESPOON</td>
<td>1/2 OUNCE</td>
<td></td>
</tr>
<tr>
<td>1 TEASPOON</td>
<td>1/6 OUNCE</td>
<td></td>
</tr>
</tbody>
</table>
FLUIDS: Tracking Your 2 Liters of Fluid

Step 1: Fill a 2-liter bottle with 64 ounces (1.9 liters) of water and set it next to your kitchen sink. Place a measuring cup nearby.

Step 2: Each time you eat or drink, figure out how much fluid you had. This can be from something you drank or from food that you ate (see examples below).

Step 3: Pour that amount of water from the 2-liter bottle into your measuring cup and then pour it out. When your 2-liter bottle is empty, you have reached your limit.
3. DIET

- Salt, also called “Sodium”, should be limited in your diet.
- Question: Why do you need to limit the salt you eat?
- Answer: Because salt acts like a sponge and makes your body hold onto water. If you eat too much salt, it can cause weight gain, swelling in your legs, arms, or belly and it can cause the water to go to your lungs making it hard for you to breathe.
- Doctors recommend less than 2,000 mg of salt each day.
DIET: Processed foods should be avoided!

• This includes anything in a box, can or package.
• One exception is tuna in water (found in a can).
• When you are at a restaurant:
  - Order baked or broiled foods like chicken, fish and steamed vegetables.
  - Ask for salad dressing, gravy or sauces on the side so you can control the portion
# DIET: Reading Nutrition Labels

<table>
<thead>
<tr>
<th>Label Words</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium free or salt free</td>
<td>Very little salt (less than 5 mg per serving)</td>
</tr>
<tr>
<td>Very low salt</td>
<td>35 mg or less per serving</td>
</tr>
<tr>
<td>Low sodium</td>
<td>140 mg or less per serving</td>
</tr>
<tr>
<td>Less sodium</td>
<td>20% sodium reduced from the original</td>
</tr>
<tr>
<td>Reduced sodium</td>
<td>At least 25% reduced from the original</td>
</tr>
<tr>
<td>Light in sodium</td>
<td>50% less than the original</td>
</tr>
<tr>
<td>Unsalted/Without salt</td>
<td>No salt added during process</td>
</tr>
<tr>
<td>No salt added</td>
<td>No salt added during process</td>
</tr>
</tbody>
</table>
DIET: Reading Nutrition Labels continued…

Sodium = Salt

Here is an example of a nutrition label. Always check to see how many servings are in the box or can. If you eat a portion larger than the serving size, you end up eating more salt than is listed on the label.
DIET: Low Sodium Foods: What TO Buy?

Fruits & Vegetables
• Fresh or frozen (check sodium)
• Unsalted canned (must rinse with fresh water)

Drinks
• Fruit juices: fresh or frozen
• Low sodium or no salt added canned tomato and vegetable juice
• Frozen concentrate or fresh lemonade

Dairy Choices
• 1% or Skim milk
• Ricotta cheese, part skim
• Hard cheeses (unprocessed Swiss, part-skim Mozzarella)
• Unsalted butter
DIET: Low Sodium Foods: What TO Buy?

Meats, Poultry, Fish, and Meat Substitutes
• Fish: Fresh, frozen, not breaded.
• Unsalted or rinsed canned tuna and salmon
• Fresh/frozen chicken and turkey
• Lean cuts of beef, veal, pork, lamb
• Dried beans, peas, lentils (not canned unless low sodium)
• Unsalted, dry roasted nuts or seeds
• Unsalted peanut butter
• Tofu (soybean curd)

Breads, Cereals, Grains
• Loaf bread and yeast rolls
• Melba toast, matzo crackers
• Pita bread
• Hot cereals (avoid instant), corn grits, farina (regular), oatmeal, oat bran, cream of rice or wheat
• Puffed rice or wheat, shredded wheat (any cereal with 100 – 150 mg sodium/serving
• Wheat germ, rice (enriched white or brown) or pasta
DIET: Low Sodium Foods: What TO Buy?

Cooking Ingredients, Seasonings
- Corn starch, tapioca
- Fresh or dried herbs, salt-free herb seasoning
- Lemons, limes, onions, celery, etc.
- Fresh garlic, ginger or vinegar
- Low sodium baking powder, yeast, onion or garlic powder
- Tomato paste, unsalted tomatoes or tomato sauce
- Water chestnuts
- Carob powder, cocoa powder

Sweets
- Flavored gelatins
- Frozen juice bars, fruit ice, sorbet, sherbet
- Sugar, honey, molasses, syrup
- Jelly, jams, preserves, apple butter
- Graham crackers, animal crackers, fig bars, ginger snaps
DIET: High Sodium Foods: What NOT to Buy?

Fruits & Vegetables
- Salted, canned vegetables
- Sauerkraut

Drinks
- Sports drinks (Gatorade, etc.)
- Canned tomato or vegetable juice (unless unsalted)

Dairy Choices
- Salted butter
- Buttermilk, canned milk
- Egg substitute, eggnog
- Any margarine with Trans Fat
- Certain cheeses (American, Bleu, Feta, Parmesan, Cottage)
DIET: High Sodium Foods: What NOT to Buy?

Meats, Poultry, Fish, and Meat Substitutes
☒ Canned meats and fish (sardines, un-rinsed tuna and salmon).
☒ Cured meats (dried beef, bacon, corned beef).
☒ Any meat product processed with salt (ham, some chicken and pork).
☒ Sausages and hot dogs
☒ Rotisserie chicken
☒ Sandwich/deli meats
☒ Regular peanut butter
☒ Salted nuts

Breads, Cereals, Grains
☒ Self-rising flour and corn meal
☒ Prepared mixes (waffle, pancake, muffin, corn meal)
☒ Instant hot cereals

Sweets
☒ Prepared mixes or store-bought pies, puddings, cakes, muffins, etc.
DIET: High Sodium Foods: What **NOT** to Buy?

**Cooking Ingredients, Seasonings**
- Pre-seasoned mixes for tacos, spaghetti, chili, etc.
- Coating mixes (breading)
- Pre-seasoned convenience food
- Soy, Teriyaki or Asian fish sauce
- Baking soda, Baking powder (use low sodium type)
- Fermented Miso and Cooking wine
- Olives, pickles
- Pretzels, Chips, Skins, etc.
- Light salt, seasoning salt, sea salt, meat tenderizer, garlic salt,
- Monosodium glutamate (MSG)
- Kosher salt, celery salt, onion salt, lemon pepper
- Salad dressing
- Ketchup

**Soups**
- Bouillon (all kinds), dry soup mixes
- Canned broth and soups
- Ramen noodles
DIET: Flavoring Foods Without Salt

Try the following herbs and spices when cooking to add flavor to your food:

- **FISH** – Bay Leaves, Cumin, Curry, Dill, Dry Mustard, Green Pepper, Lemon Juice, Marjoram, Onion, Paprika, Parsley and Savory
- **BEEF** – Basil, Bay Leaves, Cloves, Dill, Dry Mustard, Green Pepper, Horseradish, Marjoram, Nutmeg, Onion, Pepper, Rosemary, Savory and Thyme
- **POULTRY** - Basil, Dill, Green Pepper, Lemon Juice, Marjoram, Oregano, Paprika, Parsley, Poultry Seasonings, Rosemary, Saffron, Sage, Savory, Tarragon, and Thyme
- **PORK** - All Spice, Apple Sauce, Cinnamon, Cumin, Curry, Dry Mustard, Garlic, Ginger, Marjoram, Onion, Sage, Savory, Thyme
- **BREADS** - Cinnamon, Cloves, Dill, and Poppy Seed
- **VEGETABLES** - Curry, Dill, Dry Mustard, Marjoram, Sage, and Thyme
- **PASTA** - Basil, Garlic, Oregano, and Poppy Seed
- **POTATOES** – Dry Mustard and Marjoram
- Don’t forget to try no-salt substitutes (Example: Mrs. Dash etc.)
4. TAKE YOUR MEDICATIONS

• It is very important to take your medication just like your doctor told you.

• Keep an updated list of your medications with you at all times.

• Patients who take their medicines as the doctor said to live longer, feel better and spend less time in the hospital
Take Your Medications continued…

• Set up an appointment with a doctor before you leave the hospital.
• Make sure you have a ride to your appointments.
• **GO TO ALL OF YOUR SCHEDULED APPOINTMENTS.**
• Bring a family member or friend.
• Bring all of your medications or a list of your medications.
• **Be sure to ASK QUESTIONS at your appointment!**
5. Attend Cardiac Rehab Classes

- Your Cardiologist will recommend Cardiac Rehab Classes for you to attend 3 days per week.
- The Cardiac Rehabilitation is a structured program which includes education, exercise and emotional support which is designed just for you.
- This program monitors and improves the recovery from heart disease.
- The program will help you begin a personalized exercise program that is safe, effective and appropriate for your health, age and physical ability in which you can continue at home independently.
- Following good nutrition and physical activity, your cholesterol level will lower.
- The program will help you understand your cardiac medications.
- It will help with smoking cessation and stress management.
- Bring a family member with you to the educational classes.
6. Get a Flu Shot Every Year

- The flu shot protects you against the seasonal flu every year
- Getting vaccinated is an important step in staying healthy
- Talk to your doctor about getting your vaccinations up-to-date
- Heart failure can make it harder for you to fight off certain diseases and make it more likely that you will have serious complications
- The flu shot will provided the best protection against vaccine-preventable illnesses
- Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.
7. Pneumonia Shot

• The Pneumonia shot protects you against pneumonia
• There are two types of vaccines that you will need to receive
• Getting vaccinated is an important step in staying healthy
• Talk to your doctor about when the right time for you to get your pneumonia shot. You should receive this vaccine every 5 years
You CAN do this!

One of our patients was a 40 year old truck driver who ate fast food twice per day for many years:
• He developed heart failure and needed a pacemaker with defibrillator (AICD)
• At first the he was in denial. His fiancée would sneak fast food into his hospital room and he was found eating McDonalds and Burger King.
• The entire team, including the Cardiologist and Cardiac Rehab Staff, helped him understand the direct impact of his lifestyle choices (diet and exercise).
• He attended Cardiac Rehab classes, received his AICD and his heart function improved.
• He made changes in his lifestyle and he is alive and happy today.
• He is an inspiration for all heart failure patients.

REMEMBER:
1. You are not alone! We are here to support you physically, emotionally and spiritually.
2. You CAN make this lifestyle change. We believe in you!