



Your Guide to Living with Heart Failure



Heart Failure

Heart failure is a chronic disease. It will progress over your lifetime. Heart failure occurs when the heart is unable to pump enough blood to meet the body's needs. When the heart muscle is enlarged or weak, fluid will build up in your body. Heart failure is one of the most common reasons people age 65 and over go to the hospital. Heart failure can be managed well with medicines, a low-sodium diet and lifestyle changes. Heart failure most commonly affects the left side of the heart. It can also affect the right side or both sides of the heart.

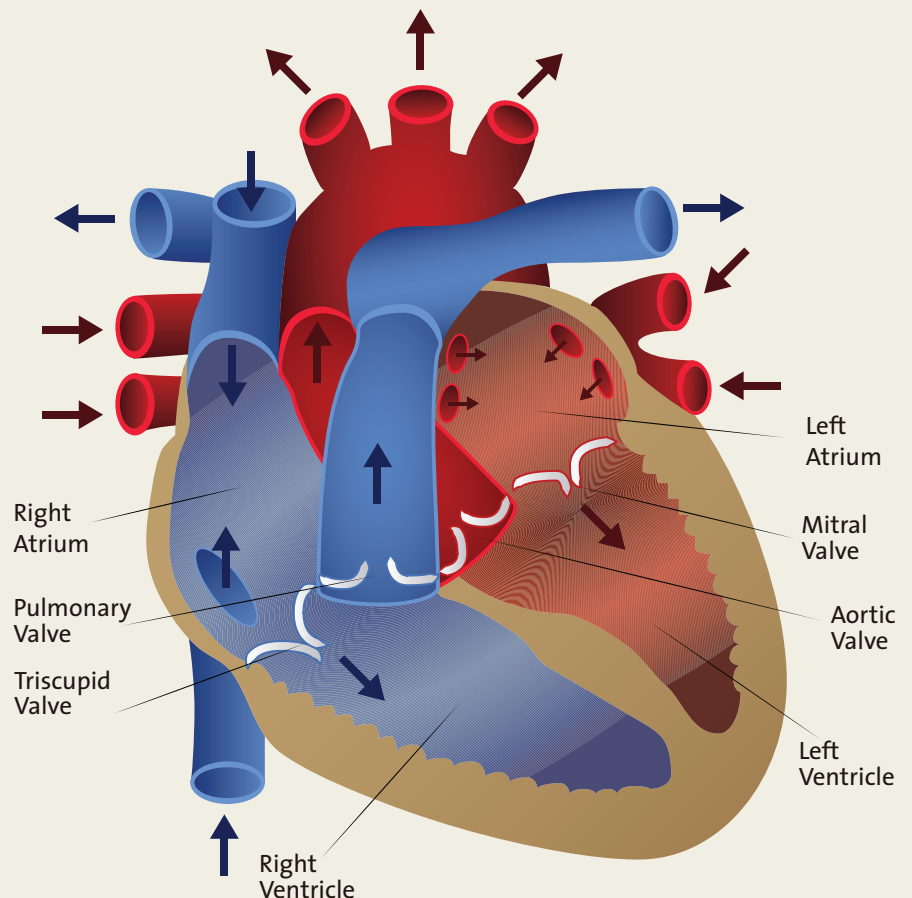
Heart failure can be caused by:

- + Certain types of chemotherapy
- + Coronary artery disease (CAD)
- + Drug abuse
- + Excess alcohol use
- + Heart attacks
- + High blood pressure
- + Heart valve disease
- + Infections of the heart muscle or valves
- + Inherited or genetic conditions
- + Irregular heart rhythms
- + Sleep Apnea

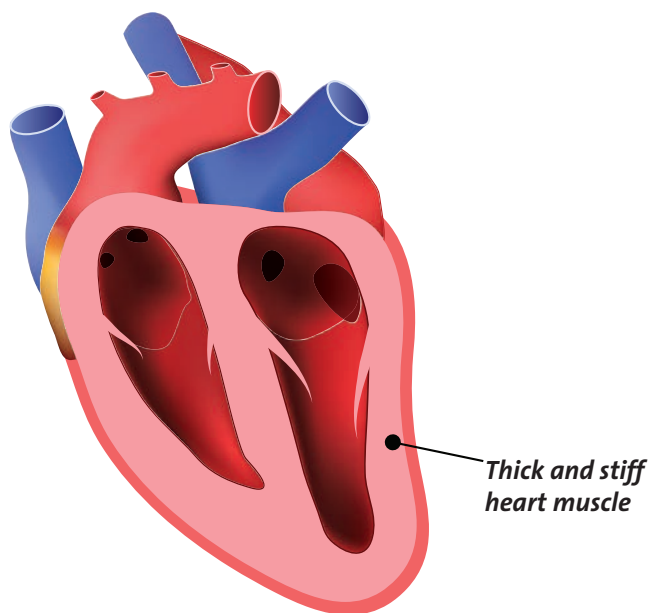
You may have had tests to look into the possible causes of heart failure. This information helps us treat your disease better. Doctors may not be able to decide the cause of your heart failure.

THE HEART

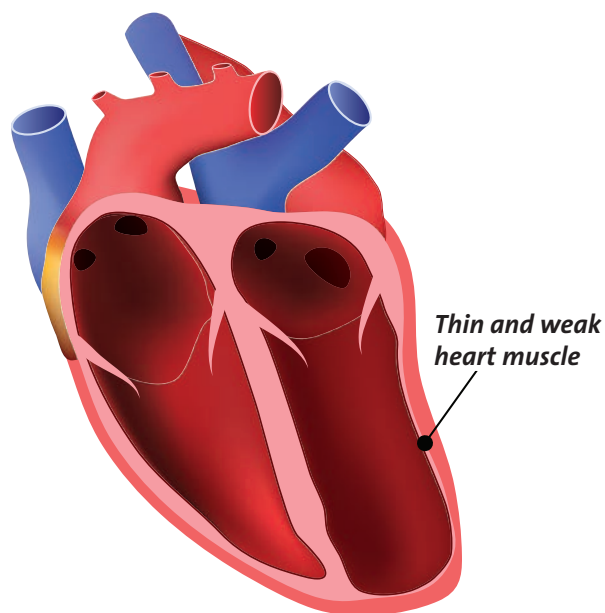
The heart is a hollow muscle about the size of a fist that pumps blood to all parts of the body. The heart pumps blood to the lungs, where oxygen enters the blood. In heart failure, the heart continues to pump, but it does not pump well.



DIASTOLIC HEART FAILURE



SYSTOLIC HEART FAILURE



SYSTOLIC AND DIASTOLIC HEART FAILURE

There are two types of heart failure. Treatment options vary greatly between the two types. It is important to know which type of heart failure you have.

- + **Systolic Heart Failure**, also called Heart Failure with reduced Ejection Fraction (HFrEF), occurs when the heart muscle is unable to contract normally or the heart is weak. The ejection fraction is low with this type of heart failure. **"CAN'T PUMP"**
- + **Diastolic Heart Failure**, also called Heart Failure with preserved Ejection Fraction (HFpEF), is when the heart muscle is unable to relax normally because it is stiff. In this type of heart failure, the ejection fraction remains normal. **"CAN'T RELAX OR FILL"**

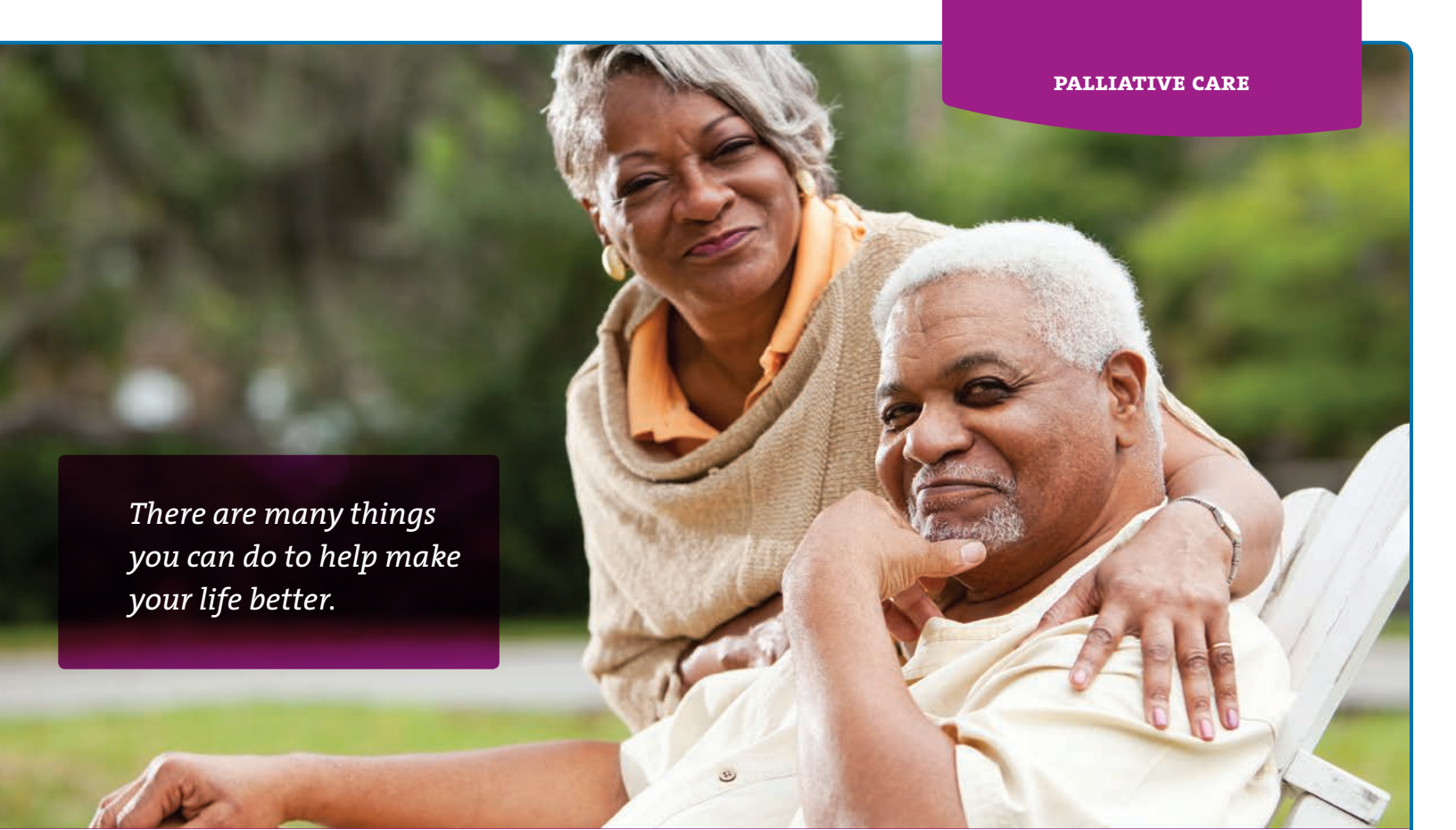
ADVANCED HEART FAILURE

You may hear the term **advanced heart failure**. It describes the patient whose illness can no longer be managed with the usual heart failure treatments. There are a growing number of options for advanced heart failure patients. The two most common are heart transplantation and Left Ventricular Assist Devices (LVAD). Advanced treatments are not an option for every patient. They often require a long work-up process to see if you qualify.

Ejection Fraction

The heart never pumps all the blood out to the body. The ejection fraction compares the amount of blood in the heart to the amount of blood squeezed out with each beat. The fraction or percentage helps describe how well the heart is pumping blood to the body.

- + Normal ejection fraction is 50 percent or greater. Patients are usually comfortable during activity.
- + Reduced ejection fraction is when less than 50 percent of blood is pumped out during each contraction. You may notice symptoms even during rest.
- + With the proper care and treatment, you may be able to improve your ejection fraction. Talk with your doctor or nurse about your options.



There are many things you can do to help make your life better.

Palliative Care

Heart failure is a chronic illness like diabetes. You will have it for the rest of your life, but there are many things you can do to maintain your health and make your life better. Keep taking your medicine, weighing yourself and watching the salt in your diet. At some point, heart failure can make simple tasks like getting dressed or leaving the house difficult. You may need extra help. Ask your doctor or nurses how palliative care can help.

Palliative care is about not letting heart failure take the joy out of your life. Palliative care is NOT hospice. Consider help from palliative care when heart failure:

- + Keeps you from leaving the house for anything but doctor visits
- + Keeps you from joining friends and family for the holidays
- + Makes you sleep more than you are awake

You will need to make decisions about what type of care you want. You may need help keeping symptoms from slowing you down. You need to decide:

- + How independent you want to be
- + Where you want to live
- + How clear of mind you expect to be

You may want to have legal documentation prepared to ensure your wishes are honored. You might need help getting legal papers completed. Taking care of these things can help you have control of your health care and your life. This may help your family with the stress of coping with your illness.



A man in a blue t-shirt and a woman in a striped shirt are performing arm raises outdoors. The man is in the foreground, and the woman is behind him. They are both smiling and looking towards the right. The background is a bright, sunny outdoor setting with green foliage.

Activity

Our aim is to help you achieve your physical, mental and emotional goals. To reach your goals, it is important to stay active.

Regular exercise can help:

- + Improve your overall function
- + Improve blood flow
- + Increase your energy level

It is important to talk with your doctor or nurse before you start to exercise. They may want you to wait for your body to heal from an illness or hospital visit before starting exercise.

Light to medium exercise will be good for you. If you have not been active for a while, try chair exercises. A good choice is arm and leg raises. Move to a short walk or riding a stationary bike. Aim to increase the length of time you exercise each day.

- + Start with five or ten minutes of exercise twice a day.
- + Build up to 30 minutes of exercise five times a week.

Cardiac rehabilitation is an exercise and education program.

The program will teach you to exercise without over-exerting yourself. Doctors, nurses or an exercise physiologist will be at the workouts to monitor your heart. You may qualify for cardiac rehabilitation, depending on your illness. Sometimes, the program is paid for by insurance. Ask your doctor about a referral.

Remember to stop if you feel short of breath, lightheaded or dizzy. Track any symptoms with activity. If symptoms don't stop with rest, call your doctor or nurse.

Heart Failure Daily Log

Record your weight and activity daily. Show the daily log to your doctor or nurse at your next visit.

DATE	WEIGHT	BLOOD PRESSURE	ACTIVITY		SYMPTOMS	
Monday August 1	150 pounds	110 / 70	<input checked="" type="checkbox"/> Walking <input type="checkbox"/> Yardwork	<input type="checkbox"/> Shopping <input checked="" type="checkbox"/> Other	<input type="checkbox"/> Short of Breath <input checked="" type="checkbox"/> Tired	<input type="checkbox"/> Swelling <input checked="" type="checkbox"/> Other
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			<input type="checkbox"/> Walking <input type="checkbox"/> Yardwork	<input type="checkbox"/> Shopping <input type="checkbox"/> Other	<input type="checkbox"/> Short of Breath <input type="checkbox"/> Tired	<input type="checkbox"/> Swelling <input type="checkbox"/> Other

Heart Failure Symptom Tracker



EXCELLENT — KEEP UP THE GOOD WORK!



- ☐ No new or worsening shortness of breath



- ☐ Physical activity level is normal for you



- ☐ Weight check stable weight: _____ #



- ☐ No new swelling, feet and legs look normal for you



- ☐ No sign of chest pain

GREAT! CONTINUE:



DAILY WEIGHT CHECK



MEDS AS DIRECTED



LOW-SODIUM EATING



FOLLOW-UP VISITS



PAY ATTENTION — USE CAUTION!



- ☐ Weight gain of more than 2-3 lbs in a 24-hour period (or 5 lbs in a week)



- ☐ Increased swelling of legs, feet and ankles



- ☐ Bloating or swelling in the stomach



- ☐ Increased shortness of breath



- ☐ New or worsening dry, hacking cough



- ☐ Increased dizziness or loss of balance



- ☐ Increased trouble sleeping or cannot lie flat

CHECK IN! YOU NEED TO SEE YOUR DOCTOR OR NURSE!



CONTACT YOUR DOCTOR OR CARE PROVIDER AT:



MEDICAL ALERT — WARNING!



- ☐ Shortness of breath at REST



- ☐ New or increased confusion or a fall




- ☐ New chest pain, racing heart beats or chest pressure

WARNING! YOU NEED TO BE EVALUATED RIGHT AWAY!



GO TO THE EMERGENCY ROOM OR CALL **911**

A close-up photograph of an elderly Asian couple. The man, on the left, has grey hair and is wearing a light blue collared shirt under a beige sweater. The woman, on the right, has dark hair and is wearing a bright pink zip-up hoodie over a white t-shirt. She is also wearing a gold chain necklace with a circular pendant. They are both looking down at a tablet computer held by the woman. The background is a soft, out-of-focus indoor setting.

*It is important to take all
your medicines as ordered.
Do NOT stop taking any of
your medicine without talking
to your doctor or nurse.*

Know Your Medicines

DRUG	WHEN TO TAKE	HOW OFTEN	HOW IT WORKS	IMPORTANT TIPS
ACE inhibitors Captopril (Capoten®) Enalapril (Vasotec®) Fosinopril Lisinopril (Prinivil®, Zestril®) Quinapril (Accupril®) Ramipril (Altace®) Trandolapril (Mavik®)	+ Does not need to be taken with a meal + Do not take at the same time as beta blocker, separate by at least 2 hours	Ordered 1-3 times daily	+ Works in the heart, kidneys and blood vessels + Blocks effects of harmful stress hormones that make your heart failure worse + Relaxes blood vessels and lowers high blood pressure	+ Can cause dizziness, cough, low blood pressure and high potassium levels
ANRI (angiotensin Receptor neprilysin inhibitors) Sacubitril/Valsartan (Entresto®)	+ Does not need to be taken with a meal + Do not take at the same time as beta blocker, separate by at least 2 hours	Ordered 2 times daily	+ Works in the heart, kidneys and blood vessels + Blocks effects of harmful stress hormones that make your heart failure worse + Relaxes blood vessels and lowers high blood pressure + Increases levels of helpful peptides	+ Can cause dizziness, cough, low blood pressure and high potassium levels
Aldosterone antagonists Eplerenone (Inspra®) Spironolactone (Aldactone®)	+ Does not need to be taken with a meal	Ordered 1-2 times daily	+ Works in the kidneys + Blocks effects of hormone that can cause fluid build-up and high blood pressure	+ Can cause breast enlargement or tenderness, dizziness, irregular vaginal bleeding and high potassium levels
Angiotensin II Receptors (ARBs) Candesartan (Atacand®) Losartan (Cozaar®) Valsartan (Diovan®)	+ Does not need to be taken with a meal + Do not take at the same time as beta blocker, separate by at least 2 hours	Ordered 1-2 times daily	+ Works in the heart, kidneys and blood vessels + Blocks effects of harmful stress hormones that make your heart failure worse + Relaxes blood vessels and lowers high blood pressure	+ Can cause dizziness, cough, low blood pressure and high potassium levels

DRUG	WHEN TO TAKE	HOW OFTEN	HOW IT WORKS	IMPORTANT TIPS
Beta blockers Carvedilol (Coreg®) Carvedilol (Coreg® CR) Metoprolol (Toprol® XL)	+ Take with a meal	Ordered 1-2 times daily	+ Works in the heart + Blocks the effects of chemicals that can make your heart work too hard	+ Can cause low blood pressure, dizziness and fatigue
Digitalis Digoxin (Lanoxin®, Digitek®)	+ Does not need to be taken with a meal	Ordered 1 time daily	+ Works in the heart + Helps the heart beat stronger and more regular	+ Can cause nausea, loss of appetite, blurred vision, dizziness, mental confusion, irregular heartbeat and headache
Diuretics Bumetanide (Bumex®) Furosemide (Lasix®) Torsemide (Demadex®) Metolazone (Zaroxolyn®)	+ Does not need to be taken with a meal	Ordered 1-4 times daily	+ Works in the kidneys + Helps the body get rid of excess fluid and reduce heart failure symptoms	+ Can cause leg cramps, dizziness, skin rash and low potassium levels
HCN channel blocker Ivabradine (Corlanor®)	+ Take with a meal	Ordered 2 times daily	+ Works in the heart + Helps the heart beat slower	+ Can cause dizziness, tiredness and vision changes
Vasodilators Hydralazine (Apresoline®) Isosorbide dinitrate (Isordil®)	+ Does not need to be taken with a meal but should be given consistently with regard to meals	Ordered 3-4 times daily	+ Works in the blood vessels + Opens up the blood vessels and helps the heart pump easier	+ Can cause headache, dizziness, low blood pressure, flushing, nasal congestion and irregular heartbeat



MEDICINE IS A VITAL PART OF TREATING HEART FAILURE

The medicine ordered for you can improve your heart function, help you feel better and live longer. To help your heart pump easier and get rid of excess fluid, your doctor may order several different types of medicines for you. The dose of the medicines is increased slowly to allow time for your body to adjust. It may take several months to see the full value of taking the medicines. It is important to take all your medicines as ordered. Do NOT stop taking any of

your medicine without talking to your doctor or nurse. Stopping can result in a decrease in your heart function.

To help your overall health, your doctor may order other medicines. Some people with heart failure may need anticoagulant medicines (commonly called blood thinners) to prevent blood clots. Other medicines may treat cholesterol, heart rhythm or supply potassium.

For your safety, it is important that you know the medicines you are taking. You should know the name of each medication, the reason you take it and how often you take it. Call your doctor, nurse or local pharmacist with any questions about your medicines including any side effects that you are experiencing.

SAFETY TIPS:

- + Carry a current list of medicine with you at all times. The list should include the medicine name, dose, and times you take it.
- + Update the list when any medicine is added, removed, or changed. Your medicines may have changed after a hospital stay or a clinic visit.
- + Take your medicine **EXACTLY** as ordered.
- + Do not stop any medicine unless told to do so by your doctor or nurse. Stopping your medicine can worsen your heart failure.
- + Report any side effects to your doctor or nurse when it happens.
- + Tell your doctor, nurse or pharmacist about all medicines you are taking — include prescribed, over-the-counter and herbals.
- + Do not start any medicine unless told to do so by your doctor or nurse. Avoid cold medication with pseudoephedrine or phenylephrine which can affect your blood pressure. Avoid anti-inflammatory medicine such as Ibuprofen (Advil®, Motrin®) and Naproxen (Aleve®, Naprosyn®), which may cause you to retain fluid.
- + If you miss a dose, call your doctor, nurse or pharmacist.
- + A pillbox can be helpful to manage your medicines.
- + Talk with your doctor or nurse as soon as possible if you have trouble paying for your medicine.

MEDICATIONS TO AVOID

Do **NOT** take any of the following medicines without talking with your doctor or nurse.

SOME PAIN MEDICINES MAY CAUSE YOU TO RETAIN FLUID:

- | | |
|---|-------------------------|
| + Ibuprofen (Advil®, Motrin®) | + Ketoprofen |
| + Naproxen (Aleve®, Anaprox®, Naprelan®, Naprosyn®) | + Ketorolac (Toradol®) |
| + Celecoxib (Celebrex®) | + Meclofenamate |
| + Diclofenac (Cataflam®, Voltaren®) | + Meloxicam (Mobic®) |
| + Diflunisal | + Nabumetone |
| + Etodolac (Lodine®) | + Oxaprozin (Daypro®) |
| + Fenoprofen (Nalfon®) | + Piroxicam (Feldene®) |
| + Flurbiprofen | + Salsalate (Disalcid®) |
| + Indomethacin (Indocin®) | + Sulindac (Clinoril®) |
| | + Tolmetin |

ANTACIDS AND BUBBLING MEDICINES MAY CONTAIN SODIUM:

- + Alka-Seltzer®

OTHER MEDICINES THAT MAY BE A CONCERN WITH YOUR HEART FAILURE:

- + Diltiazem (Cardizem®, Cardizem® CD, Cardizem® LA, Cartia® XT, Tiazac®)
- + Verapamil (Calan®, Isoptin SR®, Verlan®)
- + Pioglitazone (Actos®)
- + Metformin (Glucophage®)
- + Cilostazol (Pletal®)

Over-the-Counter (OTC) Medicines for Cold and Flu

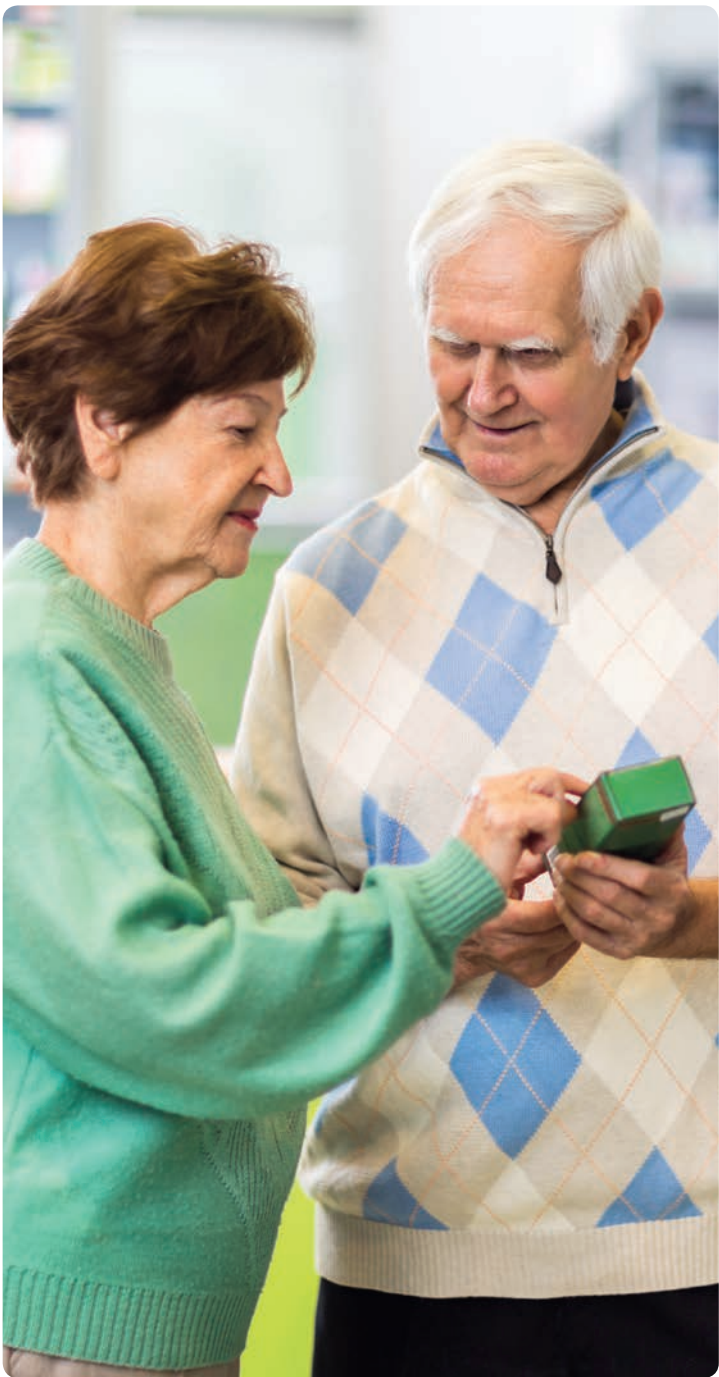
Some over-the-counter (OTC) cough, cold and flu medicines have warnings to follow if you have heart disease and high blood pressure.

DO NOT TAKE PRODUCTS WITH:

- + Pseudoephedrine (The label is often marked with a D)
- + Phenylephrine (The label is often marked with a D)
- + Ibuprofen

SEE TABLE FOR COUGH AND COLD PREPARATIONS THAT ARE SAFE TO USE:

SIGNS	MEDICINE
Cough	Coricidin HBP® Cough and Cold Coricidin HBP® Chest Congestion & Cough Robitussin® DM Mucinex® DM Vicks VapoRub®
Chest congestion	Robitussin® Mucinex® Vicks VapoRub®
Runny nose	Zyrtec® or cetirizine Benadryl® or diphenhydramine Claritin® or loratidine Chlor-Trimeton® or chlorpheniramine
Nasal congestion	Saline nasal spray Afrin®
Sore throat	Cepacol® or generic lozenge Chloraseptic® or generic lozenge or spray
Fever	Tylenol® or acetaminophen
Pain	Tylenol® or acetaminophen



Nutrition Focus

EAT FOODS LOW IN SALT (SODIUM)

Salt is a major source of sodium, a mineral the body needs only in tiny amounts. Excess sodium can make your body hold too much fluid. The extra fluid or water makes your heart work harder. It can cause weight gain and edema, or swelling. By decreasing the salt in your diet, you can help reduce the extra fluid in your body.

LIMIT SALT INTAKE (SODIUM)

Your **total sodium intake should be limited to 2,000 milligrams (mg)** or less each day. Count the milligrams of sodium you have every day. A side dish or snack may have up to 200 mg sodium per serving. Your main dish should be kept under 400 mg sodium. The total for each meal should be kept under 600 mg sodium. Less sodium in each meal is better. Keep in mind, **half a teaspoon of salt contains 1000 mg of sodium.**

Eating a low-sodium diet is hard. Sodium used as a preservative in many processed foods. The average American diet includes canned and boxed foods, which are high in sodium. Here are a few tips that can help:

- + Cook from scratch. Do not add any salt while preparing your food.
- + Check every food label for sodium content. Foods labeled low-sodium, very low-sodium or sodium-free are good choices.
- + Eat fruit for snacks and desserts.
- + Use fresh or frozen vegetables prepared without salt or sauce.
- + Herbs, unsalted butter and unsalted margarine can be used for seasoning. Salt substitutes such as NuSalt™ and No Salt™ contain potassium. Your doctor or nurse will tell you if you can use salt substitutes.
- + Use “no salt added” boxed and canned foods.
- + Avoid packaged mixes, prepared frozen foods, salty snack foods and salted crackers.

SODIUM AND CONVENIENCE FOODS

SODIUM CAN BE FOUND IN MANY FOODS:

- + Canned items such as soups, stews, sauces, vegetables and tomato juice
- + Dry packaged dinners such as macaroni and cheese and flavored rice mixtures
- + Cold cuts, pre-seasoned packaged meats and cheese spreads
- + Frozen foods that have sauce, gravy or heavy seasoning
- + Restaurant and deli foods
- + Seasonings such as salt, garlic salt, bouillon, soy sauce, bacon and ham hocks

EATING OUT

You can still enjoy meals away from home. Try to limit eating out to once a week. Ask the restaurant for low-sodium meals. Ask that no salt be added to your food. Try these simple tips:

- + Avoid gravies, sauces and casseroles.
- + Select plain meats and vegetables.
- + Request salad dressing “on the side.” Vinegar and oil is the best choice.
- + Remove the salt shaker from the table.
- + Skip soups and tomato juice. Have a fruit appetizer instead.



USING THE FOOD LABEL

Reading the food label tells you more about the food contained in the package. Nutrition and ingredient information on the food label is required by law.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

SERVING SIZE

Similar food products have similar serving sizes. This makes it easy to compare foods.

TOTAL FAT

This indicates how many grams of fat are in one serving of this food.

SODIUM

The food in the example below contains 160 milligrams (mg) of sodium per 2/3 cup serving.

VITAMINS AND MINERALS

Only two vitamins (A and C) and two minerals (calcium and iron) are required on the food label. A good company can voluntarily list other vitamins and minerals in the food.

PERCENT DAILY VALUE

The percent daily value shows how a food fits in to a 2,000 calorie reference diet.

It is more helpful to look at the serving size in relation to the amount of calories, total fat and sodium provided than the percent values.

LABEL CLAIMS

Many food products make label claims such as light, fat-free or reduced sodium. These can be deceiving. It is best to look at the Nutrition Facts Label, especially calories, total fat and sodium provided per serving.

You need to consider and follow any limits ordered by your doctor and nurse.

DAILY LIMITS FOR BASIC FOOD GROUPS THAT CONTAIN SODIUM:

- + 3 cups of milk or yogurt
- + 5 servings of regular bread, cereal or graham crackers
- + 6 ounces of meat, fish or poultry without salt added
- + 5 teaspoons of salted butter, salted margarine or mayonnaise
- + 1 dessert made with salt or baking powder such as cake, pie or cookies

You may use this list for an idea of foods to allow, limit or avoid.

FRUITS AND VEGETABLES

ALLOWED AS DESIRED

- + All fruits and fruit juices
- + Fresh vegetables
- + Frozen vegetables with “no salt added”
- + Canned vegetables, tomatoes, tomato sauce and tomato paste with “no salt added”
- + Canned vegetable or tomato juice with “no salt added”
- + Fresh baked, boiled or fried potatoes without salt

TO LIMIT

- + Low-sodium V-8® juice
- + Canned tomato paste

TO AVOID

- + Sauerkraut, sweet pickles, dill pickles, pickled vegetables, pickle relish and olives
- + Frozen vegetables in a sauce
- + Canned tomatoes, tomato sauce, tomato juice and V-8® juice
- + Canned potatoes, frozen french fries, fast food french fries, fried potatoes and hash browns



BREAD, CEREALS, RICE AND PASTA

LIMIT TO 5 SERVINGS A DAY EXAMPLES OF ONE SERVING:

- + One slice (one ounce) of bread
- + One small dinner roll or 1/2 sandwich bun
- + 4-inch pancake
- + 2-inch muffin
- + One cup ready-to-eat cereal
- + 6 low-salt Triscuits or 12 low-salt Wheat Thins®
- + Two graham cracker squares

ALLOWED AS DESIRED

- + Macaroni, noodles, spaghetti and rice cooked without salt
- + “No salt added” breads
- + Oatmeal or other hot cereal cooked without salt
- + Puffed rice, puffed wheat, shredded wheat and “low-sodium” cornflakes
- + Low-sodium crackers, “no salt added” matzo crackers

TO AVOID

- + Packaged mixes such as Hamburger Helper®, macaroni and cheese
- + Prepared box mixes for muffins and quick breads
- + Breads made with baking soda, such as biscuits
- + Instant hot cereals
- + Most crackers

SOUPS

ALLOWED AS DESIRED

- + “Low-sodium” canned soup or bouillon with “no added salt”
- + Homemade soup made with allowed ingredients

TO LIMIT

- + Cream soups may be used as part of milk allowance (If homemade without salt)

TO AVOID

- + Canned soup, bouillon cubes, bouillon granules and dry soup mixes
- + Restaurant soups and chili

MEAT, POULTRY, FISH, EGGS, DRY BEANS AND NUTS

ALLOWED AS DESIRED

- + Dried beans or dried peas cooked without ham or salt pork
- + “No salt added” peanut butter
- + Unsalted nuts

TO LIMIT

- + Limit to about 6-8 ounces per day. Check labels carefully in order to avoid “fresh” meat or poultry with added broth, marinade, brine, salt or sodium.
- + Fresh meat, fresh fish, fresh poultry, liver, “very low-sodium” canned fish and eggs
- + Salted peanut butter, limit to 1 tablespoon

TO AVOID

- + All processed meats, including chicken roll, ham, turkey roll, bacon, Canadian bacon, sausage, luncheon meats, deli meats, dried beef, corned beef, hot dogs and kosher meats
- + Breaded or seasoned fish, meat and poultry
- + Dried smoked fish, canned meat or fish such as tuna, sardines, Spam®, Treet® or Vienna® sausage
- + Meat-like products such as Boca Burgers® and other frozen “veggie” burgers



MILK, YOGURT AND CHEESE

ALLOWED AS DESIRED

- + “Low-sodium” or “very low-sodium” cheese
- + Lorraine® Swiss cheese

TO LIMIT

- + Milk — no more than 3 cups per day
- + Ice cream, pudding or yogurt may be used as part of the regular milk allowance
- + 1 ounce natural cheese with less than 150mg sodium may be used instead of a cup of milk

TO AVOID

- + Processed cheese/cheese spreads such as American cheese, Velveeta® or Cheese Whiz®
- + Buttermilk or cottage cheese

BEVERAGES

ALLOWED AS DESIRED

- + Coffee, tea, decaffeinated coffee or tea, water

TO LIMIT

- + Milk, 3 cups a day
- + Soda pop, Kool-Aid®, fruit drinks and fruit juice up to 64 ounces per day

TO AVOID

- + Gatorade® and Powerade®
- + Tomato and V-8® juice

SWEETS AND SNACKS

ALLOWED AS DESIRED

- + Fruit ice, popsicles, gelatin, sherbet, “low-sodium” cookies, hard candy, chocolate candy and pie crust with no salt added
- + “No salt added” chips, pretzels, nuts and popcorn

TO LIMIT

- + Use no more than one dessert per day made with salt such as pie, cake, cookies or graham cracker crust
- + 3 cookies = 1 dessert

TO AVOID

- + Desserts made with baking soda
- + Peanut brittle
- + Salted snack foods

FATS

ALLOWED AS DESIRED

- + Unsalted margarine or butter, “low-sodium” mayonnaise
- + Vegetable oils (canola, corn, olive oil, etc.)
- + Oil and vinegar for salad

TO LIMIT

- + Salted butter or margarine, mayonnaise or Miracle Whip®, 3 teaspoons total per day
- + Sour cream and cream cheese (regular or light)
- + Salad dressing (check label for sodium)

TO AVOID

- + Bacon fat and salt pork
- + Tartar sauce and cheese dips
- + Salad dressing with more than 140mg sodium per serving (2 tablespoons)

SEASONINGS AND FLAVORINGS

+ ALLOWED AS DESIRED

- + “Low-sodium” mustard and ketchups
- + Jam and jelly
- + Herbs, spices and vinegar
- + Salt substitutes such as “Nu-Salt®” or “No Salt®” may be used only if approved by your doctor

TO LIMIT

- + Use no more than 1 tablespoon of ketchup, mustard or barbecue sauce per day
- + Salsa

TO AVOID

- + Salt, Morton’s Lite Salt®, Salt Sense®, Papa Dash®, seasoned salt and meat tenderizers
- + Soy sauce, worcestershire, chili and steak sauces

LIMITING FLUIDS

Fluids are an important part of your diet. Fluids include more than water. Fluids include milk, juices, tea, coffee, and other liquids. Your heart pumps blood throughout your body. The more fluids you drink, the harder your heart must work to pump your blood.

You should limit your total fluid intake to 2 liters of liquid each day. This includes everything that you drink. The only time to drink more is when you are vomiting or have diarrhea. You should drink a minimum of 1 liter per day. That is at least 4 cups every day.

8 ounces = 1 cup = 240 ml

16 ounces = 2 cups = 480 ml

32 ounces = 4 cups = 960 ml

64 ounces = 8 cups = 1920 ml = 2 liters

YOU MAY GET DRY MOUTH, SO HERE ARE HINTS TO HELP YOU BE MORE COMFORTABLE

- + Use hard tack candy or sugar-free candy
- + Save some of your liquids for ice cubes to suck on
- + Use smaller glasses
- + Drink no more than 6 ounces at a time

Low Sodium (2000 mg) Sample Menus

BREAKFAST

- + Orange juice
- + Oatmeal cooked without salt
- + 1 cup milk
- + 1 poached egg
- + 1 slice toast
- + 1 teaspoon margarine
- + Coffee

LUNCH

- + 1-ounce slice natural swiss cheese
- + 2 ounces sliced chicken with lettuce and tomato
- + 2 slices whole wheat bread
- + 1 teaspoon mayonnaise
- + Canned fruit
- + 1 cup low-fat milk

MID-AFTERNOON

- + Unsalted peanut butter
- + 6 “low-sodium” Triscuits®

DINNER

- + 3 ounces roast beef
- + Baked potato
- + 2 tablespoons sour cream
- + “No salt added” green beans
- + Dinner roll
- + 2 teaspoons margarine
- + 3 Lorna Doones®
- + Coffee

EVENING SNACKS

- + 1 cup ice cream
- + Fresh fruit

BREAKFAST

- + Grapefruit half
- + 1 cup Cheerios®
- + 1 cup milk
- + 1/2 English muffin
- + Unsalted margarine
- + Jelly
- + Hot tea

LUNCH

- + 2 ounces “very low-sodium” tuna
- + 3 teaspoons unsalted mayonnaise
- + 2 slices white toast
- + Raw vegetables
- + Fresh fruit
- + Iced tea

AFTERNOON SNACK

- + 1/3 cup almonds, unsalted
- + 1 cup raisins
- + 1 cup yogurt

DINNER

- + 3 ounces pork chop
- + Steamed rice with chopped fresh herb and unsalted butter
- + Broccoli
- + Mixed vegetables salad
- + Oil and vinegar on the salad
- + Canned peaches
- + Iced tea

EVENING SNACKS

- + 1 cup milk
- + 3 oatmeal cookies

Diabetic and Low Sodium (2000 mg) Sample Menu

BREAKFAST

- + 1/2 cup low-sugar canned peaches
- + 8 ounces skim or low-fat milk OR 3/4 low-fat, sugar-free yogurt
- + 2 slices whole wheat toast
- + 1-2 tbsp low-sodium peanut butter (such as Simply Jif®)
- + Up to 2 tsp margarine

LUNCH

- + 2 slices whole-grain bread
- + 15 minis unsalted or low-sodium pretzels (such as Snyder's®)
- + Fresh orange
- + Lettuce, tomato, onion as desired
- + 1-2 oz low-sodium grilled chicken
- + 1 oz low-sodium reduced-fat cheese (such as Alpine Lace®)
- + 1-2 tbsp light mayonnaise

DINNER

- + 2/3 cup cooked rice without salt
- + 1 small dinner roll
- + 2 small cookies
- + Up to 1 cup steamed broccoli without salt
- + 2-4 ounces baked fish or chicken prepared without salt
- + Up to 2 teaspoons margarine or oil

EVENING SNACKS

- + 1/2-1 cup low-sugar fruit cocktail
- + 1/4 cup light or low-sodium cottage cheese
- + 6 unsalted almonds





Tips for a Heart Healthy Lifestyle

MAKE YOUR OWN HERB AND SPICE BLENDS

A homemade blend can add zip to foods while you are cooking or at the table. Replace the salt shaker with an herb or spice shaker. Below are some examples to help get you started. Combine the ingredients in a blender or food processor at the highest speed until powdered. Store in an airtight container. You may want to try and make your own blend. Use the new blend to flavor meat, soups and vegetables.

Zesty Onion Herb Seasoning

- + 1/2 cup dried chopped onion
- + 2 tbsp sweet basil
- + 2 tbsp ground cumin
- + 2 tbsp garlic powder
- + 2 tbsp cracked black pepper

All Purpose Blend

- + 1/2 cup dried chopped onion
- + 3 tbsp garlic powder
- + 3 tbsp paprika
- + 3 tbsp ground mustard
- + 1 tbsp leaf thyme
- + 1/2 tsp cracked black pepper
- + 1/2 tsp celery seed

Hot 'n' Spicy Blend

- + 1/2 cup paprika
- + 2 tbsp oregano
- + 2 tbsp chili powder
- + 1 tsp garlic powder
- + 1 tsp black pepper
- + 1/2 tsp red pepper
- + 1/2 tsp dry mustard

Thyme Shaker

- + 1 tbsp thyme
- + 2 tsp marjoreme
- + 1-1/2 tsp rosemary
- + 1/2 tsp sage

Southwest Shaker

- + 1 tsp chili powder
- + 2 tsp ground oregano
- + 1 tbsp garlic powder
- + 6 tbsp onion powder
- + 2 tsp black pepper
- + 3 tbsp paprika
- + 1 tbsp poultry seasoning

Italian Seasoning

- + 4 tbsp dried parsley
- + 4 tsp minced onion
- + 1 tsp oregano
- + 2 tsp dried basil
- + 1 tsp ground thyme
- + 2 tsp celery seed
- + 1 tsp garlic powder
- + 1/2 tsp black pepper, onion and thyme

OTHER TIPS

- + Weigh yourself every morning after you go to the bathroom. Keep a record and take it to the doctor with you at each appointment.
- + Keep a record of your medicines with you at all times.
- + Throw away your salt shaker. Avoid boxed, frozen and other foods high in salt.
- + Avoid eating at restaurants. Restaurant foods are very high in salt.
- + If you smoke, QUIT. Smoking damages your blood vessels and reduces oxygen in the blood. Smoking can cause blockages in your arteries or veins.
- + Avoid excessive alcohol use. Ask your doctor or nurse how much is safe for you to drink.
- + Exercise for 30 minutes a day. Try to exercise five days a week. Ask your doctor about cardiac rehab.
- + Get a flu shot every year.



Heart Failure Resources

Here is a list of resources you may find useful to help you learn more about your illness.

HEART FAILURE MATTERS

Provides support for talking with family about your illness. You may need to bring up the topic of your illness with family and friends. Here are a few ideas on how to start a talk about this often sensitive subject:

- + I'd like to talk about the help we will need if my heart failure gets worse.
- + Let's talk about what we can do to make my life easier should my heart failure get worse.
- + We should look at what kind of support is available when I can no longer take care of myself.
- + I'd like to talk about what you should do in the event of an emergency.

For more information visit www.heartfailurematters.org.

AMERICAN HEART ASSOCIATION

Provides education and education material such as CPR classes. Call (614) 848.6676 or visit heart.org for more information.

2-1-1 IN OHIO

Information and referral services help people find answers. Dial 211 and talk to a trained person with access to current information.

GET PALLIATIVE CARE

The palliative care team can help you and your family clarify your personal goals for care. The team can guide you in expressing your values and concerns. The goal of the palliative care team is to help you and your family achieve the best possible quality of life as you live with heart failure. For more information visit getpalliativecare.org

OHIOHEALTH MYCHART

OhioHealth MyChart or patient portal is your personal and secure online health record. The aim is to help you take charge of your health. Ask your nurse how to access the patient portal. Your OhioHealth MyChart gives you access to:

- + Fill out health forms before coming in for your visit
- + View your past and upcoming appointments
- + Review discharge and follow-up instructions
- + View some test results
- + Request prescription refills online
- + Send a secure message to your doctor's office to get medical advice and answers to non-urgent questions

