Your Guide
to Heart Failure Success at Home

Piedmont

Real change lives here

Table of Contents

An important component of living with heart failure is how well you're able to manage your symptoms at home. We understand that keeping track of your medications and appointments can be a hassle, so we've created this booklet to make the process as easy as possible for you. This will not only help you feel better, but it will allow you to have all the information you need in one place.

Personal Information

Name_____   Phone _____

My Cardiologist _____   Phone _____

My PCP_____   Phone _____

My Pharmacy_____   Phone _____

My Ejection Fraction (EF) _____%

My Diagnosis (circle one):

    Heart Failure preserved EF (HFpEF)   Heart Failure reduced EF (HFrEF)

Discharge Weight _____lbs

My sodium limit = 2000 mg per day

My fluid limit = 2000 ml per day

Notes: _____

_____

_____

_____

_____

What is Heart Failure

Heart failure does not mean that your heart fails (or stops) suddenly. It means that your heart does not pump blood to the body as well as it should. As a rule, it begins when you have some other problem that weakens your heart, such as:

- a heart attack or coronary artery disease
- high blood pressure
- a faulty heart valve
- infection in your heart muscle
- unknown causes (idiopathic)

A healthy heart can pump blood to all parts of your body, but when a heart becomes weak or stiff, it can't do this. Fluid backs up in your lungs and other parts of your body, just like a traffic jam backs up when there is too much traffic. Because of this, it is sometimes called "congestive heart failure," or CHF.
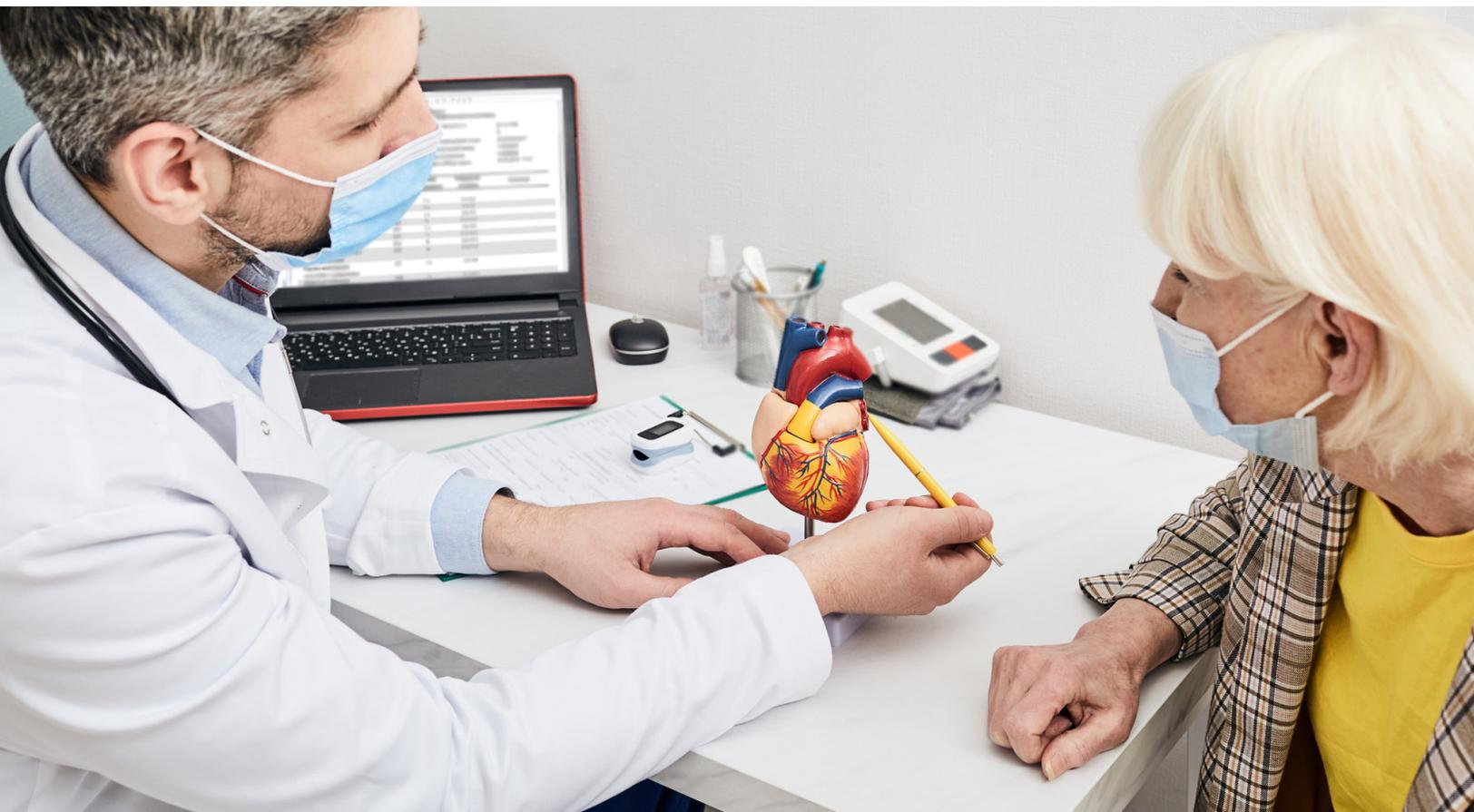
Heart failure is a serious condition, and usually there's no cure. But many people with heart failure lead a full, enjoyable life when the condition is managed with medications and healthy lifestyle changes. It's also helpful to have the support of family and friends who understand your condition.

Heart Failure Overview

Types of Heart Failure
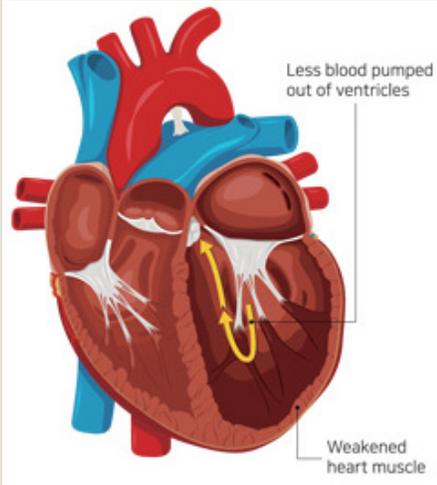
Heart Failure with Reduced EF

Other names: HFrEF or Systolic Heart Failure

EF <40%

Heart is weak and thin

Does not pump or squeeze well

Less oxygen-rich blood being pumped to other organs

Treatment: Medication and lifestyle changes

Surgical Options: ICD, CardioMEMs, LVAD, heart transplant
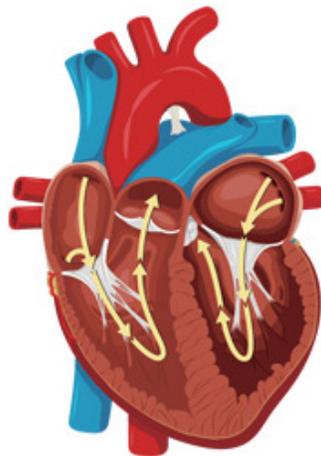
Normal Heart

EF typically 55-65%
Pumps oxygen-rich blood to other organs
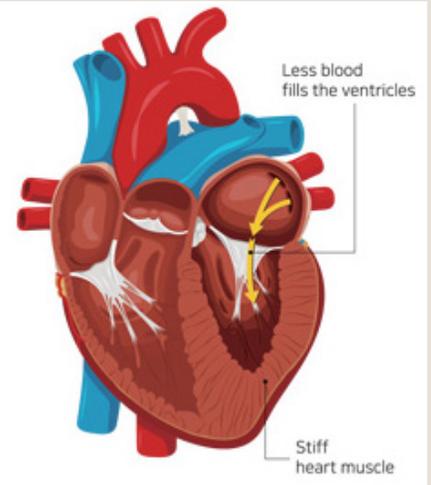
Heart Failure with Preserved EF

Other Names: HFpEF or Diastolic Heart Failure

EF > 45%

Heart is thick and stiff

Does not relax well

Less oxygen-rich blood being pumped to other organs

Treatment: Medication and lifestyle changes

Surgical Options: CardioMEMS

Symptoms of Heart Failure

- Swelling of feet and legs

- Shortness of breath

- Chronic lack of energy

- Difficulty sleeping due to shortness of breath

- Cough or frothy sputum

- Rapid weight gain

- Confusion or impaired memory

- Loss of appetite
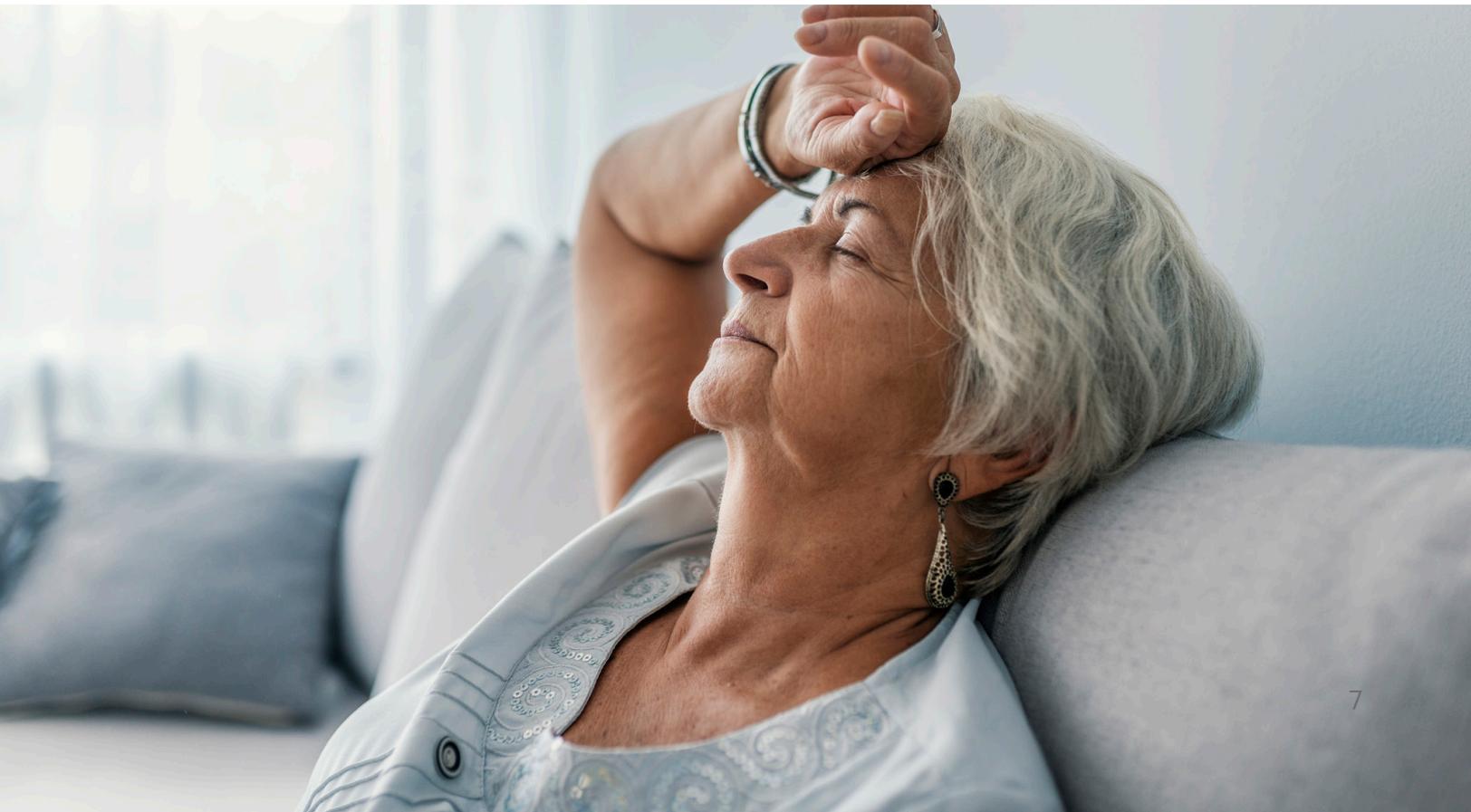
Heart Failure Zone Tool

Heart Failure Zones

A guide for turning your heart failure into SUCCESS

Discharge Weight: _____

Doctor: _____

Green Zone ☑️

I feel well

| Normal breathing | Normal activity | No swelling | No weight gain | No chest pain |

Yellow Zone ⚠️

I am feeling worse

| Dry, hacking cough | Shortness of breath with activity | Swelling in legs, feet, ankles | Weight gain, 2-3 lbs in a day, 5 lbs in a week | Swollen, tight abdomen | Can |

Red Zone 🚑

I am in danger...EMERGENCY

| Shortness of breath at rest | Confusion, Dizziness | Unable to do normal tasks due to extreme fatigue | Chest Pain |

Daily Sodium: **2000 mg**   **Daily Fluid:** **2 liters**

          Contact Number: _____

_____

Continue to
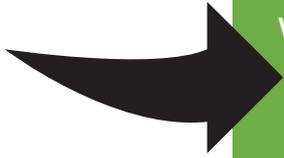
Weigh Daily   Limit Fluids   Limit Salt/Sodium

Take Meds   See your Doctor for follow-up

Take Action

Don't Wait…. ACT NOW!

nnot lie
flat

Call your doctor now

You may need medication changes or an appointment

Get Help
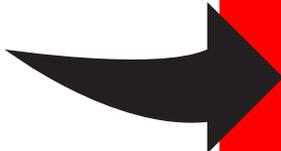
Seek immediate medical attention…call 911

Daily Weights at Home

Weighing yourself every day will help you to notice any extra fluid buildup before your start to have symptoms. If you ignore the weight gain, the fluid will find its way to your lungs, stomach area, legs and feet. By the time you see swelling in your ankles, you may have already retained an extra 5 to 7 pounds of fluid.

- Morning is the best time to weigh yourself.

- Be sure your scale is on a hard, even surface.

- Write down your weight each day.

- You can use a calendar or a log like the one included on the next page.

- Try to wear the same amount of clothing when you weigh.

- Weigh after you urinate and before you eat.

- Call your doctor with a weight gain of 2-3 pounds in one day or 5 or more pounds in one week.

Daily Log

Month: _____

Day	Weight	Intake (amount of fluid)	# Times Urinated	Zones: How do you feel today?		
1				❑ Green	❑ Yellow	❑ Red
2				❑ Green	❑ Yellow	❑ Red
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Medications

Medication Benefits

Medications can help you:

- Live longer
- Stay out of the hospital
- Have less swelling
- Have more energy
- Breathe more easily

Medications That are Okay to Take:

For cold:
- Over-the-counter loratadine (Claritin) or cetirizine (Zyrtec)
- Over-the-counter diphenhydramine (Benadryl)
- Over-the-counter acetaminophen (Tylenol)

For cough:
- Over-the-counter guaifenesin (Robitussin)

For headache/pain:
- Over-the-counter acetaminophen (Tylenol)
- Over-the-counter aspirin

Do Not Take These Medications:

For cold:
- Over-the-counter pseudoephedrine (Sudafed)
- Over-the-counter phenylephrine (Sudafed PE)

For headache/pain:
- Over-the-counter ibuprofen (Motrin)
- Over-the-counter naproxen (Aleve)

Keys to Success

- Do not stop taking medication without consulting your doctor.
- Avoid NSAIDs, cold medication and herbal supplements.
- Continue to take medications even if blood pressure is normal.
- Expect medication dosages to increase over time to reach goal doses.
- Always ask your pharmacist or physician before taking over the counter medication.

CHF Medications

Loop Diuretics

- ↓Fluid, ↓work on heart, breathe easier
- Can cause thirst, headache and dizziness
- May need bloodwork to monitor electrolytes

Lung

Beta Blockers*

- ↓Heart rate ↓Blood pressure ↓Work on heart
- May cause dizziness, drowsiness, headache, tiredness, sensitivity to cold
- May feel worse before you feel better—give it time
- Has been shown to increase length of life in HFrEF

He

ACEs/ARBs

- ↓Fluid ↓Blood pressur Relaxes arteries/veins
- May need bloodwork to
- Has been shown to incr

Lung
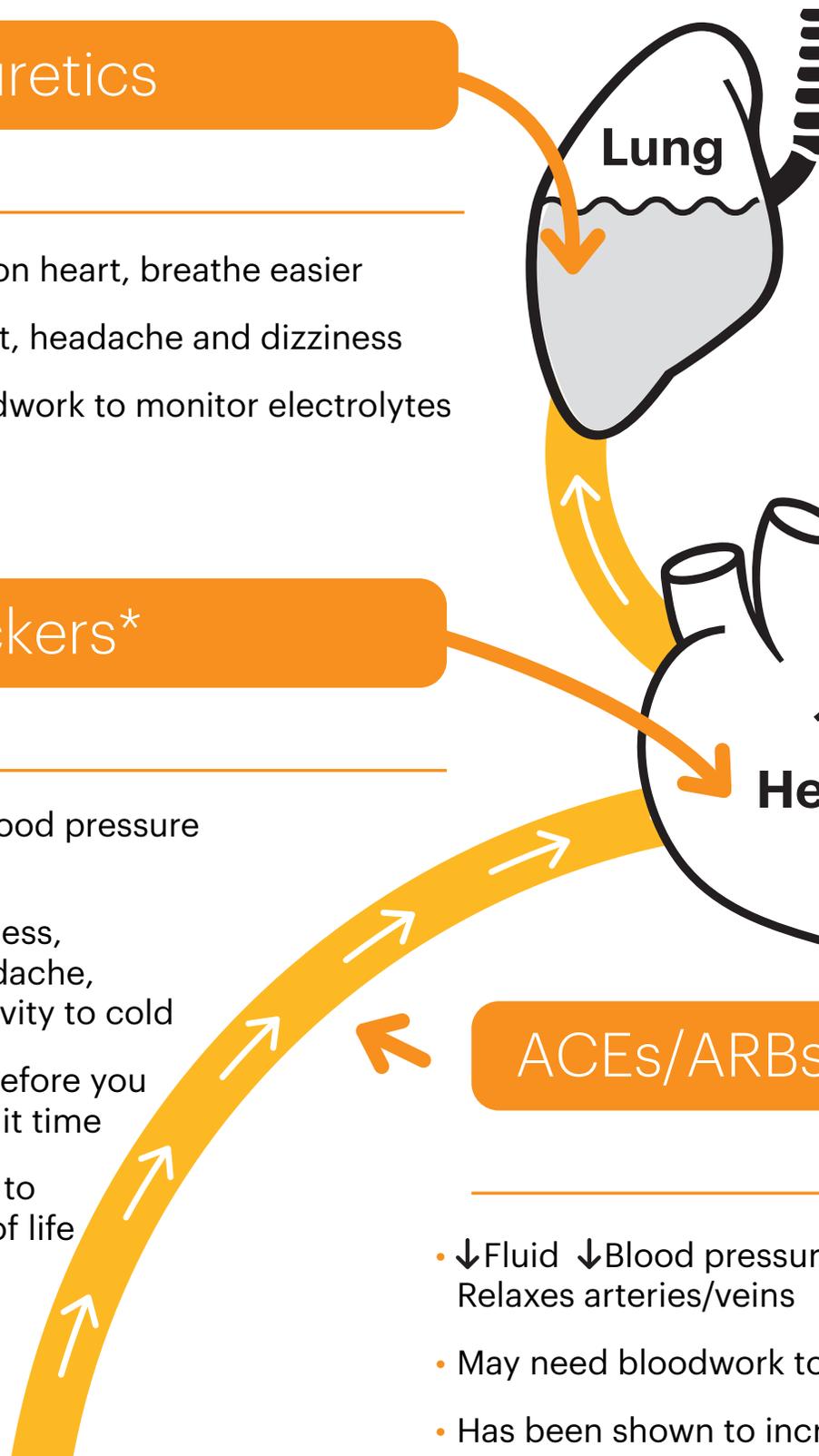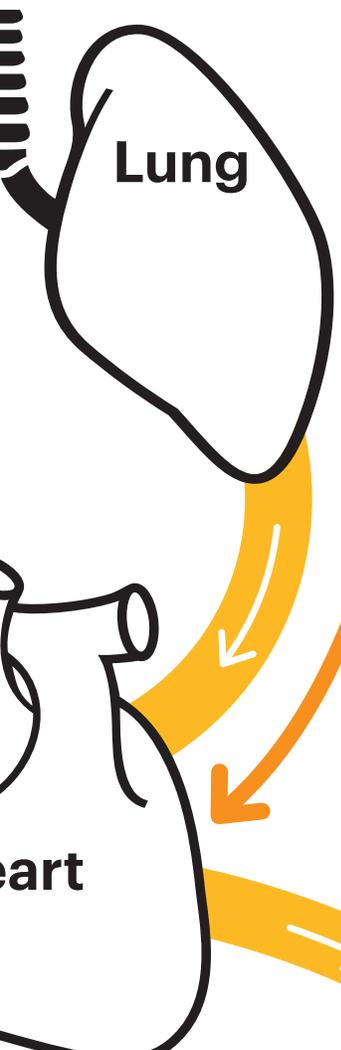
Aldosterone Antagonists*

- ↑Blood potassium, blocks stress hormones that can worsen CHF

- May need bloodwork to monitor electrolytes

- Has been shown to increase length of life in HFrEF

SGLT 2 Inhibitors*

- ↓Sodium ↓Fluid ↓Work on heart

- Ok for CHF with/without diabetes

- Has been shown to decrease risk of CHF hospitalizations and cardiac death

eart

s/ARNI*

e ↓Work on heart

o monitor electrolytes

rease length of life in HFrEF

Kidneys

17

Sodium Restrictions

Sodium causes the body to retain fluid. To make less work for your heart, cut back on sodium. Sodium is found in table salt and many prepared foods. It may not be easy to eat less sodium, but it is well worth the effort. You will be amazed at how much better you feel.

Recommendation:

Do not eat more than 2000 mg (2g) of sodium in a 24-hour period.

Sodium Measurements

400 mg (or more) per serving =	HIGH sodium item; should **avoid**	**140 mg per serving** =	LOW sodium item; **good choice!**	**35 mg per serving** =	VERY LOW sodium item; **great choice!**

Tips to Control Sodium Intake

- Remove the salt shaker from the table.
- Watch out for high sodium items: breads, pizza, soup, cold cuts, cured meats, and fast food.

Sneaky Sodium

- Cheeses and buttermilk
- Salted snacks
- Frozen dinners
- Condiments, sauces and gravies
- PIckles and olives
- Seasoned salts, such as onion, garlic and celery

Eat Instead

- Herbs and spices
- Fresh meat and vegetables
- Fruits and unsalted nuts are great snack options
- Frozen meal options (600-700 mg) such as Lean Cuisine, Healthy Choice and Smart Ones

Reading Nutrition Labels

Learn how to read labels to make good low-sodium choices.

Follow these steps when reading the nutrition information on the food label:

1. Check the serving size.

2. Compare your serving size to the serving size listed.

3. Check the milligrams of sodium per serving. Sodium is usually listed in milligrams (mg).

Nutrition Facts

Serving Size 1 bagel (80g)
Servings Per Container 6

Amount Per Serving

Calories 250   Calories from Fat 25

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 8g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 20%
Thiamin 30%	•	Riboflavin 15%
Niacin 20%	•	Folate 45%

* 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
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

19

Low-Sodium Myths

I don't add salt to my food, so I am already following a low-sodium diet.
Not always. It is a good habit to not salt your food, but most Americans get 75% of their sodium from processed foods, not the salt shaker.

Is "sodium" the same as salt?
Salt and sodium are not exactly the same thing. Sodium is a mineral that is contained in salt (sodium chloride). You must account for ALL SODIUM in your diet and limit your intake to 2000 mg/day. On a food label, you will see how much sodium is in that food. It is measured in milligrams (mg).

Can I use sea salt, Himalayan pink salt or kosher salt ?
All of these products contain sodium, just like table salt, and are not safer options.

What about salt substitutes?
Products like "Nu-Salt" or "No Salt" use potassium instead of sodium and could be a good substitute for you. Check with your doctor first before using them. Some of your medications may cause you to have high blood potassium levels, so you may need to avoid salt substitutes. Salt-free spices (like Mrs. Dash or other spice blends) and herbs are NOT salt substitutes and are SAFE to use.

High-Sodium Red Flags

In general, these foods tend to be high in sodium and should be avoided. Always check your nutrition labels.

Salt	Fast food	Bologna, deli meats	Sausage, all types
Chips	Macaroni & cheese	Sport beverages	Bacon, turkey bacon
Pickles, olives, relish	Boxed dinners	V8 juice, tomato juice	Ham, country ham
Bagels	Frozen meals	Soup, bouillon cubes, broth	Hot dogs
Sauces, gravies	Processed cheese	Biscuits	SPAM, canned meats

Diet

What Can I Eat?

Shopping

Fruits & Vegetables
- Fresh, canned, frozen or dried fruits
- Fresh or no-salt-added frozen or canned vegetables

Meat, Poultry, Fish, Eggs
- Any fresh, frozen or canned without added salt
- No salt added deli meats

Fats & Oils
- Unsalted butter
- Low-sodium margarine
- Vegetable oils

Condiments
- Fresh or dried herbs
- Low-sodium ketchup
- Salt-free marinades and spice blends

Grains
- Bread with less than 80 mg sodium per slice
- Cold cereal, especially shredded wheat or puffed rice
- Dry pasta, rice, quinoa, noodles
- Plain oats and grits (instant may have added salt)

Dairy/Dairy Substitutes
- Milk, rice or soy milk, yogurt, sour cream, cream cheese, Swiss cheese, ice cream, low-sodium cottage cheese

Meat Substitutes
- Dried, canned or frozen beans, peas and lentils without added salt
- Unsalted nuts and seeds
- Low-sodium peanut butter

Eating Out

- Ask restaurants and/or check their website for nutrition facts.
- Order fresh fruit instead of baked goods.
- Start a meal with salad instead of soup. Use vinegar and oil for a salt-free salad dressing.
- Request sauces and dressings to come "on the side".
- Ask for salt to not be used when cooking your food.

Flavor

- Visit **mrsdash.com/recipes** for recipe ideas using Mrs. Dash.
- Ground black or white pepper, crushed red pepper or ground cayenne pepper can add spice to your meals without adding sodium.
- Liquid Smoke can add a smoky flavor to your food without adding sodium.

Fluid Intake

When a person has heart failure, the heart is unable to handle large amounts of fluid. Drinking too much can cause fluid to build up in the body.

Recommendation:

Do not drink more than 64 ounces (2 liters) in a 24-hour period.
*This includes **all** liquids. If it melts at room tempterature, it is a liquid.*

Measurement Equivalents

2 liters equals = 64 ounces
or
2 quarts
or
8 8-ounce cups

= 8 oz. 8 oz. 8 oz. 8 oz. 8 oz. 8 oz. 8 oz. 8 oz.
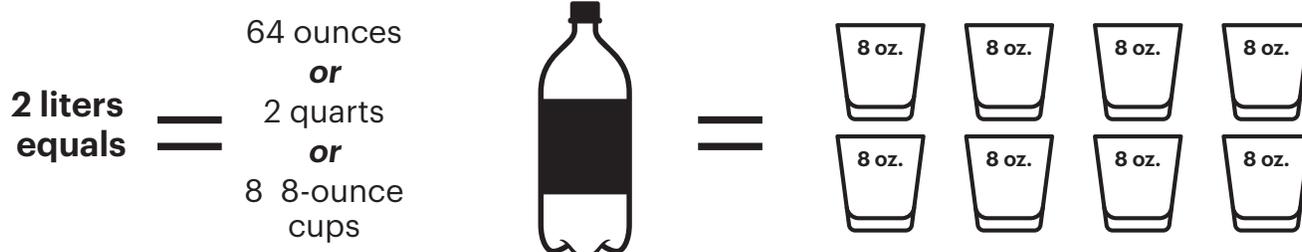
Tips to Control Fluid Intake

- Drink only when thirsty
- Drink from an 8-ounce glass
- Avoid alcohol
- Do not drink out of habit
- Limit caffeine to 2 cups or less per day
- Use crushed ice (2 cups ice = 1 cup liquid)

How to Quench Your Thirst

- Sliced lemon wedges
- Sour tarts, hard candy, gum
- Rinse your mouth with water (don't swallow)
- Brush your teeth
- Rinse your mouth with mouthwash

Let's Get Moving!

Your heart is a muscle. It needs exercise, just like all the other muscles in your body. Ask your doctor or nurse about an exercise or walking program to help build your tolerance for activity.

Walking is the best form of exercise. A good rule to follow: Be able to talk while walking.

Make exercise progress by:

- First, increasing frequency of exercise until it is daily.
- Then, increasing the duration of the exercise period (start with 5 to 10 minutes daily).
- Lastly, increasing the intensity of the exercise.

Cardiac Rehabilitation

Cardiac rehabilitation is a program that meets three times a week. You must see your cardiologist or primary care physician for referral. There are cardiac programs located throughout the state of Georgia.

Cardiac rehabilitation is a clinically supervised program to enhance the physical and mental well-being of people with different types of heart disease or people at risk for getting heart disease. Piedmont's program combines physical exercise, diet, stress reduction, and support groups to improve your physical and mental fitness, blood cholesterol, body fat, heart function, blood pressure and blood sugar.

Research shows that participation in a cardiac rehab program not only significantly decreases the risk of further complications and death from heart disease, but it also enhances patients' well-being.

Piedmont's System of Cardiac Support:

Comprehensive Care for Heart Failure

At Piedmont Heart Institute, our team of heart failure experts provide excellent care for any stage of the disease. We are patient-centered and family-focused because we know that a heart failure diagnosis for a loved one affects family and friends too. Our team takes care of you every step of the way with a dedicated Heart Failure Center and a range of convenient locations. We offer complete disease management, from lifestyle management and medication to advanced therapies like ECMO, and surgical options that include Heart Transplant and Durable Mechanical Circulatory Support such as Ventricular Assist Devices (VADs).

History of Excellence

Our team has a rich history of excellence in providing expert care for heart failure patients. In October of 2010, we began providing patients with Ventricular Assist Devices (VADs) and in April of 2012, we began performing heart transplants. The focus of our vision remains on:

- Program: To provide the highest quality care in Advanced Heart Failure to our patients and the community we serve by promoting excellence in compassion, service and education.

- Patients: To inform, educate and empower patients through healing, health and wellness.

- People: To foster a supportive working environment for all employees by emphasizing respect, professionalism, communication and collaboration.

Commitment to Our Communities

The Advanced Heart Failure program is committed to providing the community and region with access to advanced life sustaining devices used to treat patients with acute and end stage heart failure. We strive to provide this service in accordance with our purpose at Piedmont Healthcare and Piedmont Heart.

Piedmont

Real change lives here