Call 911 if:

- You are struggling to breathe or have unrelieved shortness of breath while sitting still.
- You have chest pain.
- You are confused or having trouble thinking clearly.
- You feel a new, or a change in, irregular or fast heart beat.
- You are feeling lightheaded.
- You have passed out.
Warning Signs of Heart Failure

Unusual dizziness, lightheadedness, or feeling faint

A sensation of rapid or irregular heartbeat

Difficulty breathing or waking up at night short of breath

Reduced appetite or feeling bloated

Increased fatigue or tiredness

Swelling on the ankles and/or feet

If you develop any of these symptoms, please call your physician.

3 LBS or more weight gain in one day

5 LBS or more weight gain over a week
Heart Failure Overview

Heart Failure is also known as “Congestive Heart Failure.”

The heart is a pump that moves blood around your body and lungs. Your blood carries oxygen and nutrients. Having heart failure does not mean your heart has stopped beating. It means your heart is not pumping blood as it should. Sometimes the heart cannot supply enough blood to keep your body working properly.

When blood backs up, some fluid gets forced into the lungs, ankles/feet, or abdomen, or all of these areas.

Causes of Heart Failure

- Clogged blood vessels in your heart (coronary heart disease)
- Past heart attack
- High blood pressure
- Heart valve problems
- Lung diseases
- Genetic diseases
- Heart muscle disease
- Virus
- Alcohol or drug abuse
- Chemotherapy
- Medical problems during pregnancy
- Obesity
- Unknown causes

Things that may happen when your heart is not working properly:

- Heart chambers and muscles grow larger.
- Heart beats faster to try to pump the same amount of blood to the rest of the body.
- Over time, even with these changes, the heart still cannot pump enough blood. This results in:
  - Less blood to the stomach and intestines, leading to a bloated feeling and less of an appetite.
  - Less blood to the brain, making you feel dizzy and more tired. In some older people this may even cause confusion.
  - Less blood to the kidneys, making them less able to work effectively.
One term often used with heart failure is Ejection Fraction (EF). This is the percentage of blood that pumps out of the heart with each beat. The normal EF is typically from 50-65%.

Heart Failure with Preserved Ejection Fraction

Part of the heart muscle may be stiff and does not fill properly. This means there is less blood in the heart when it pumps.

Heart Failure with Reduced Ejection Fraction

The heart muscle has become weakened and can only pump out a small amount of blood. The ejection fraction is often less than 40%.

Your EF is __________

Testing for Heart Failure

Your doctor will want to run tests on your heart to help decide the best treatment plan for you.

- **Echocardiogram**: This is an ultrasound of your heart. It shows how well blood is pumping through your heart and looks at your heart muscles and valves.
- **Stress Test**: There are different types of stress tests, but they all look at how well blood is flowing to and through the heart. These tests can also help show if there are blockages in the arteries that carry blood to the heart muscle.
- **EKG (Electrocardiogram)**: The heart uses electrical signals to know when to beat. This test measures whether these signals are transmitting properly.
- **Laboratory Tests**: These can be used to look at your electrolytes, cholesterol, and liver and kidney function. A special test, called the BNP (brain natriuretic peptide) can tell if the heart muscle is struggling or under stress.
- **Angiogram**: This shows pictures of the pressures inside the heart and where there may be blockages in the arteries in the heart. It can also be used to check heart valves.
- **Chest X-Ray**: This takes a picture that can show if there is fluid in the lungs. It also shows the size of your heart.
Heart Smart Tips

- Keep your blood pressure under 135/85 to prevent your heart failure from getting worse.
- Keep a list of your medications with you at all times.
- Before using over-the-counter treatments like pain relievers, cold remedies, vitamins, or herbal products, check with your doctor or pharmacist to make sure they don't interact with your heart medications.
- To get the greatest benefit, take your medications exactly as your doctor orders.

Taking Your Medications

- Bring your pill bottles or a list of your medications with you to your doctor appointments.
- Take your medications the way the doctor advises. This will help you feel better and stay feeling better.
- Do not stop your medications even if you are feeling better without talking to your doctor first.
- Make sure you have enough of your medications at home.
- If you cannot afford your medications, please let your doctor know.
- Learn ways to help you manage your medications. You may want to try:
  - Use a pill organizer or med-set
  - Use alarms to help remind you when to take your medications
  - Involve family members/caregivers to help organize your medications
  - Have a list of medications, important names and phone numbers easily accessible, and tell your loved ones where this information is located

Medications Often Used for Heart Failure

- ACE Inhibitors and ARBs help lower the pressure the heart has to pump against.
- Beta Blockers slow and strengthen the heart’s pumping.
- Diuretics ("water pills") help remove extra fluid from the body, making it easier for the heart to pump.
- Spironolactone helps the heart by reducing levels of hormones in the body that can make you retain extra fluid.
- Digoxin is used by some patients to increase the strength of the heartbeat and keep the heart beating in a regular rhythm.

The five key factors of controlling heart failure are medication, diet, fluids, exercise, and weight/daily symptoms. They work together like the fingers of your hand to keep the symptoms of heart failure under control. In some cases, there may be surgical procedures or other treatment options for heart failure.
Low Salt/Sodium Diet

- It’s important to limit your sodium intake to no more than 2000 mg per day, unless your doctor tells you a different amount.
- Too much sodium makes your body retain water, which can make symptoms of heart failure worse.
- Read food labels for sodium content (see page 8).
- You may want to limit the sodium content of meals to no more than 600 mg.
- Before using a salt substitute, talk to your doctor about which ones are safe.
- Sea salt and kosher salt are the same as table (normal) salt.

Sodium is the chemical in salt that makes you hold onto fluid.

Tips for a Low Sodium Diet

- The key word to less sodium is FRESH! FRESH! FRESH!
- Get rid of the salt shaker and don’t add salt when cooking. Just ¼ teaspoon of table salt or sea salt has almost 600 mg of sodium!
- Avoid canned and processed foods.
- Avoid TV dinners with more than 600 mg of sodium in each serving.
- Limit or avoid restaurants; for long trips, pack a cooler with fruits and vegetables.
- Foods made from scratch are best.
- Use herbs and spices to flavor food rather than salt.
- Look for foods labeled “no added salt.”
- Cut out the salt used in cooking, such as water for pastas, rice, and hot cereals.
- In place of salt use onions, garlic, peppers, dry mustard, lemon juice, wine, or malt or balsamic vinegars.
- Use fresh or unsalted frozen vegetables. If you must use canned vegetables, choose unsalted.
Food Labels

When reading a food label for sodium content, it’s important to look not just at the amount of sodium, but also at the serving size. Each serving contains the amount of sodium shown.

In the example at the right:
• There are 730 mg of sodium per serving (1 cup).
• There are 3 servings in this container.
• The whole container has 3 servings, each with 730 mg of sodium. The whole container has 2190 mg of sodium.

Food labels can be hard to read. It might help to have someone else go with you to the grocery store if you cannot read the labels.

So You Want to Eat at a Restaurant?
• Call ahead or look online and find out if the restaurant takes special orders.
• When you arrive, tell your server that you cannot have any salt on your food.
• In general, avoid Chinese, Japanese, or Indian restaurants—these are high in salt.
• If you do go to a Chinese restaurant, order steamed vegetables and rice cooked without salt or MSG.
• And remember: no soy sauce.

Appetizer Ideas:
• Enjoy a fruit cup, fresh vegetables, or plain salad tossed with oil and vinegar.
• Don’t have soups.
• Avoid salads that contain cheese, processed meat, or pickled foods like olives.

Entrée Ideas:
• Choose simply-prepared foods that can be made separately.
• Avoid gravies and sauces.
• Avoid pasta, stews, casseroles, and other mixed dishes.

What About Dessert?
• Order fresh fruit or gelatin, and stay away from baked goods like cakes, pies, and cookies.
**Sodium Content of Foods**

- Eating more than the serving size for a moderate or low-sodium food will make it a high-sodium food. Foods made with high-sodium ingredients will also be high in sodium.
- Unless otherwise noted, all foods are cooked: Meat is roasted, fish is cooked with dry heat, vegetables are cooked from fresh, and fruit is raw.

- This is a guide. Actual values may vary depending on product and/or processing. Canned and processed foods may have a higher sodium content.
- Values are rounded to the nearest 5 mg increment and may be averaged with similar foods in group.

### High Sodium (more than 300 mg)

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>2 slices</td>
<td>300</td>
</tr>
<tr>
<td>Bagel, 4&quot;; egg</td>
<td>1 each</td>
<td>450</td>
</tr>
<tr>
<td>Bagel, 4&quot;; plain, onion, or seeded</td>
<td>1 each</td>
<td>400</td>
</tr>
<tr>
<td>Barbeque sauce</td>
<td>2 Tbsp.</td>
<td>350</td>
</tr>
<tr>
<td>Beans; baked, plain</td>
<td>1/2 cup</td>
<td>435</td>
</tr>
<tr>
<td>Beans; garbanzo</td>
<td>1/2 cup</td>
<td>360</td>
</tr>
<tr>
<td>Beans; kidney, canned</td>
<td>1/2 cup</td>
<td>440</td>
</tr>
<tr>
<td>Beans; lima, canned</td>
<td>1/2 cup</td>
<td>405</td>
</tr>
<tr>
<td>Beef; dried</td>
<td>1 oz.</td>
<td>790</td>
</tr>
<tr>
<td>Biscuit, 2 1/2&quot;</td>
<td>1 each</td>
<td>350</td>
</tr>
<tr>
<td>Catsup</td>
<td>2 Tbsp.</td>
<td>335</td>
</tr>
<tr>
<td>Cheese; American</td>
<td>1 oz.</td>
<td>400</td>
</tr>
<tr>
<td>Cheese; cottage</td>
<td>1/2 cup</td>
<td>460</td>
</tr>
<tr>
<td>Cheese; feta</td>
<td>1 oz.</td>
<td>315</td>
</tr>
<tr>
<td>Corn; creamed, canned</td>
<td>1/2 cup</td>
<td>365</td>
</tr>
<tr>
<td>Croissant</td>
<td>2 oz.</td>
<td>425</td>
</tr>
<tr>
<td>Fish; salmon, canned</td>
<td>3 oz.</td>
<td>470</td>
</tr>
<tr>
<td>Fish; salmon, smoked</td>
<td>3 oz.</td>
<td>670</td>
</tr>
<tr>
<td>Fish; sardines, canned</td>
<td>3 oz.</td>
<td>430</td>
</tr>
<tr>
<td>Frankfurter; beef or pork</td>
<td>1 each</td>
<td>510</td>
</tr>
<tr>
<td>Ham</td>
<td>3 oz.</td>
<td>1,125</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lobster</td>
<td>3 oz.</td>
<td>325</td>
</tr>
<tr>
<td>Miso</td>
<td>1/2 cup</td>
<td>1,280</td>
</tr>
<tr>
<td>Mushrooms; canned</td>
<td>1/2 cup</td>
<td>330</td>
</tr>
<tr>
<td>Pickle; dill</td>
<td>1 large</td>
<td>570</td>
</tr>
<tr>
<td>Potatoes; au gratin or scalloped</td>
<td>1/2 cup</td>
<td>500</td>
</tr>
<tr>
<td>Pretzels</td>
<td>1 oz.</td>
<td>400</td>
</tr>
<tr>
<td>Pudding; instant, chocolate, prepared with milk</td>
<td>1/2 cup</td>
<td>420</td>
</tr>
<tr>
<td>Salad dressing; Italian, commercial</td>
<td>2 Tbsp.</td>
<td>485</td>
</tr>
<tr>
<td>Salami; dry or hard</td>
<td>1 oz.</td>
<td>600</td>
</tr>
<tr>
<td>Salt; table</td>
<td>1 tsp.</td>
<td>2,325</td>
</tr>
<tr>
<td>Sauerkraut; canned</td>
<td>1/2 cup</td>
<td>780</td>
</tr>
<tr>
<td>Soup; canned</td>
<td>1 cup</td>
<td>700-1,000</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>1 Tbsp.</td>
<td>900</td>
</tr>
<tr>
<td>Teriyaki sauce</td>
<td>1 Tbsp.</td>
<td>690</td>
</tr>
<tr>
<td>Tomato or vegetable juice; canned</td>
<td>1/2 cup</td>
<td>325</td>
</tr>
<tr>
<td>Tomato sauce; canned</td>
<td>1/2 cup</td>
<td>640</td>
</tr>
<tr>
<td>Tomato sauce; spaghetti or marinara</td>
<td>1/2 cup</td>
<td>510</td>
</tr>
<tr>
<td>Veggie or soy patty</td>
<td>1 each</td>
<td>380</td>
</tr>
</tbody>
</table>
### Moderate Sodium (140 - 300 mg)

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus; canned</td>
<td>4 spears</td>
<td>205</td>
</tr>
<tr>
<td>Beans; green or yellow, canned</td>
<td>1/2 cup</td>
<td>175</td>
</tr>
<tr>
<td>Bologna; pork and beef</td>
<td>1 oz.</td>
<td>210</td>
</tr>
<tr>
<td>Bread; pita, 4&quot;</td>
<td>1 each</td>
<td>150</td>
</tr>
<tr>
<td>Bread; pumpernickel or rye</td>
<td>1 slice</td>
<td>215</td>
</tr>
<tr>
<td>Bread; white</td>
<td>1 slice</td>
<td>170</td>
</tr>
<tr>
<td>Carrots; canned</td>
<td>1/2 cup</td>
<td>175</td>
</tr>
<tr>
<td>Cereal; raisin bran</td>
<td>1/2 cup</td>
<td>175</td>
</tr>
<tr>
<td>Cheese; muenster, mozzarella cheddar</td>
<td>1 oz.</td>
<td>175</td>
</tr>
<tr>
<td>Cheese; parmesan</td>
<td>2 Tbsp.</td>
<td>150</td>
</tr>
<tr>
<td>Cheese; provolone, part-skim</td>
<td>1 oz.</td>
<td>250</td>
</tr>
<tr>
<td>Cheese; ricotta</td>
<td>1/2 cup</td>
<td>155</td>
</tr>
<tr>
<td>Corn; canned</td>
<td>1/2 cup</td>
<td>285</td>
</tr>
<tr>
<td>Crab; canned</td>
<td>3 oz.</td>
<td>240</td>
</tr>
<tr>
<td>English muffin</td>
<td>1 each</td>
<td>250</td>
</tr>
<tr>
<td>French fries</td>
<td>10 fries</td>
<td>200</td>
</tr>
<tr>
<td>Greens; beet</td>
<td>1/2 cup</td>
<td>175</td>
</tr>
<tr>
<td>Milk; buttermilk</td>
<td>1 cup</td>
<td>260</td>
</tr>
<tr>
<td>Milk; chocolate</td>
<td>1 cup</td>
<td>165</td>
</tr>
<tr>
<td>Milkshake</td>
<td>8 oz.</td>
<td>240</td>
</tr>
<tr>
<td>Muffin</td>
<td>2 oz.</td>
<td>250</td>
</tr>
<tr>
<td>Nuts; mixed, salted</td>
<td>1 oz.</td>
<td>190</td>
</tr>
<tr>
<td>Olives; ripe, canned</td>
<td>5 large</td>
<td>190</td>
</tr>
<tr>
<td>Pancake or waffle; 4&quot;</td>
<td>1 each</td>
<td>240</td>
</tr>
<tr>
<td>Peanuts; salted</td>
<td>1 oz.</td>
<td>230</td>
</tr>
<tr>
<td>Peas; green, canned</td>
<td>1/2 cup</td>
<td>215</td>
</tr>
<tr>
<td>Potato chips</td>
<td>1 oz.</td>
<td>190</td>
</tr>
<tr>
<td>Potatoes; mashed, prepared from dry mix</td>
<td>1/2 cup</td>
<td>170</td>
</tr>
<tr>
<td>Pudding; ready-to-eat</td>
<td>1/2 cup</td>
<td>160</td>
</tr>
<tr>
<td>Pudding; vanilla, from mix</td>
<td>1/2 cup</td>
<td>225</td>
</tr>
<tr>
<td>Roll; hot dog or hamburger</td>
<td>1 each</td>
<td>205</td>
</tr>
<tr>
<td>Salad dressing</td>
<td>2 Tbsp.</td>
<td>200-300</td>
</tr>
<tr>
<td>Salsa</td>
<td>2 Tbsp.</td>
<td>195</td>
</tr>
<tr>
<td>Sausage; pork</td>
<td>1 oz.</td>
<td>200</td>
</tr>
<tr>
<td>Tomatoes; canned</td>
<td>1/2 cup</td>
<td>170</td>
</tr>
<tr>
<td>Tomatoes; stewed, canned</td>
<td>1/2 cup</td>
<td>280</td>
</tr>
<tr>
<td>Tortilla; flour, 6&quot;</td>
<td>1 each</td>
<td>205</td>
</tr>
<tr>
<td>Tuna; canned in water</td>
<td>3 oz.</td>
<td>290</td>
</tr>
</tbody>
</table>

### Low Sodium (less than 140 mg)

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beets; canned</td>
<td>1/2 cup</td>
<td>115</td>
</tr>
<tr>
<td>Bread; Italian</td>
<td>1 slice</td>
<td>120</td>
</tr>
<tr>
<td>Bread; wheat</td>
<td>1 slice</td>
<td>130</td>
</tr>
<tr>
<td>Butter; salted</td>
<td>1 Tbsp.</td>
<td>80</td>
</tr>
<tr>
<td>Cereal, breakfast; corn, bran, or wheat</td>
<td>1/2 cup</td>
<td>100-150</td>
</tr>
<tr>
<td>Cheese; Swiss</td>
<td>1 oz.</td>
<td>55</td>
</tr>
<tr>
<td>Egg substitute; liquid</td>
<td>1/4 cup</td>
<td>110</td>
</tr>
<tr>
<td>Egg; whole</td>
<td>1 large</td>
<td>70</td>
</tr>
<tr>
<td>Fish; Pollock, swordfish, perch, cod, halibut, roughly, salmon</td>
<td>3 oz.</td>
<td>60-100</td>
</tr>
<tr>
<td>Frozen yogurt</td>
<td>1/2 cup</td>
<td>65</td>
</tr>
<tr>
<td>Gelatin; prepared from mix</td>
<td>1/2 cup</td>
<td>100</td>
</tr>
<tr>
<td>Ice cream</td>
<td>1/2 cup</td>
<td>55</td>
</tr>
<tr>
<td>Margarine; regular</td>
<td>1 Tbsp.</td>
<td>135</td>
</tr>
<tr>
<td>Milk; all types</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Milk; evaporated, canned</td>
<td>1/2 cup</td>
<td>135</td>
</tr>
<tr>
<td>Mustard</td>
<td>1 tsp.</td>
<td>55</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>1 Tbsp.</td>
<td>75</td>
</tr>
<tr>
<td>Peas; green, frozen</td>
<td>1/2 cup</td>
<td>60</td>
</tr>
<tr>
<td>Seeds; sunflower</td>
<td>1 oz.</td>
<td>115</td>
</tr>
<tr>
<td>Soy milk</td>
<td>1 cup</td>
<td>125</td>
</tr>
<tr>
<td>Spinach</td>
<td>1/2 cup</td>
<td>65</td>
</tr>
<tr>
<td>Spinach; frozen</td>
<td>1/2 cup</td>
<td>90</td>
</tr>
<tr>
<td>Sweet potato; baked in skin</td>
<td>1 medium</td>
<td>40</td>
</tr>
<tr>
<td>Turkey; light or dark meat</td>
<td>3 oz.</td>
<td>60</td>
</tr>
<tr>
<td>Yogurt; plain and fruited</td>
<td>8 oz.</td>
<td>100-175</td>
</tr>
</tbody>
</table>
### Very Low Sodium (less than 35 mg)

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots; canned</td>
<td>1/2 cup</td>
<td>5</td>
</tr>
<tr>
<td>Beans; white, canned</td>
<td>1/2 cup</td>
<td>10</td>
</tr>
<tr>
<td>Beef; ground</td>
<td>1 oz.</td>
<td>20</td>
</tr>
<tr>
<td>Beer; regular</td>
<td>12 oz.</td>
<td>15</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1/2 cup</td>
<td>30</td>
</tr>
<tr>
<td>Broccoli; raw</td>
<td>1/2 cup</td>
<td>15</td>
</tr>
<tr>
<td>Brussel sprouts</td>
<td>1/2 cup</td>
<td>15</td>
</tr>
<tr>
<td>Cabbage; raw or cooked</td>
<td>1/2 cup</td>
<td>5</td>
</tr>
<tr>
<td>Carbonated beverages</td>
<td>12 oz.</td>
<td>20-40</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1/2 cup</td>
<td>10</td>
</tr>
<tr>
<td>Cauliflower; raw</td>
<td>1/2 cup</td>
<td>15</td>
</tr>
<tr>
<td>Dried beans and peas</td>
<td>1/2 cup</td>
<td>5-20</td>
</tr>
<tr>
<td>Greens; beet, collard, mustard</td>
<td>1/2 cup</td>
<td>10-20</td>
</tr>
<tr>
<td>Honeydew</td>
<td>1/2 cup</td>
<td>30</td>
</tr>
<tr>
<td>Lettuce; leaf</td>
<td>1 cup</td>
<td>15</td>
</tr>
<tr>
<td>Noodles</td>
<td>1/2 cup</td>
<td>10</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1/2 cup</td>
<td>5</td>
</tr>
<tr>
<td>Peaches; canned</td>
<td>1/2 cup</td>
<td>5</td>
</tr>
<tr>
<td>Pears; canned</td>
<td>1/2 cup</td>
<td>5</td>
</tr>
<tr>
<td>Pork</td>
<td>1 oz.</td>
<td>25</td>
</tr>
<tr>
<td>Potato; baked with skin</td>
<td>1 medium</td>
<td>20</td>
</tr>
<tr>
<td>Rice; brown or wild</td>
<td>1/2 cup</td>
<td>5</td>
</tr>
<tr>
<td>Sherbeet</td>
<td>1/2 cup</td>
<td>35</td>
</tr>
<tr>
<td>Soybeans</td>
<td>1/2 cup</td>
<td>15</td>
</tr>
<tr>
<td>Spinach; canned, drained</td>
<td>1/2 cup</td>
<td>30</td>
</tr>
<tr>
<td>Spinach; raw</td>
<td>1 cup</td>
<td>25</td>
</tr>
<tr>
<td>Tofu; firm</td>
<td>1/4 cup</td>
<td>10</td>
</tr>
<tr>
<td>Wine; table, all types</td>
<td>5 oz.</td>
<td>10</td>
</tr>
</tbody>
</table>

### Sodium Free (less than 5 mg)

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Beans; navy, black, pinto</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Fruit and juices not previously listed</td>
<td>1 piece or 1/2 cup</td>
</tr>
<tr>
<td>Nuts; almonds, pecans, or walnuts, unsalted</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Oil; all types</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Popcorn; air popped</td>
<td>1 cup</td>
</tr>
<tr>
<td>Raisins; seedless</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Rice; white</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Tomato; raw</td>
<td>1 medium</td>
</tr>
<tr>
<td>Vegetables not previously listed</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

### How Much Should You Drink?

- Your doctor may recommend you reduce the amount of fluids you drink.
- If your doctor does suggest this, then the amount you should drink includes all fluids, not just water.
- 2-3 liters of fluid (68-100 ounces) is a common restriction recommended by doctors.
- If you are not sure whether you should restrict your fluids, talk to your doctor.
- A simple way to measure a 2-liter (68 ounces) restriction is to fill a 2-liter bottle with water in the morning.
- If you are going to drink water, pour it from the bottle.
- If you are going to drink something else, fill a container the same size with water from the bottle first, then pour it out before adding the fluid you are going to drink.

### Items That Count as Fluid:

- Water
- Juice
- Soups/Broth
- Alcohol
- Milk
- Jello
- Coffee
- Cream
- Popsicles
- Tea
- Ice Cubes
- Ice Cream
- Soda

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**Sources**

Website: ars.usda.gov/ba/bhnrc/ndl
Accessed April 4, 2008

Nutrition Data.com: Nutrition Facts and Information
Website: nutritiondata.com
Accessed April 28, 2008
Activity and Energy Conservation

Many heart failure patients experience fatigue or shortness of breath that limits their ability to live a normal life. But most patients are able to continue daily activities and exercise. If you begin to feel very short of breath or very tired, it’s a sign your heart is working too hard. Stop what you’re doing and rest until you feel back to normal.

• Plan some exercise or activity every day.
• Generally, steady exercises such as walking, swimming, or biking are better tolerated.
• Set your priorities. Be realistic, set limits, plan ahead, and be flexible.

• Use an apron with pockets to carry small items you use.
• Sit down to comb hair, brush teeth, shave, and dry off, or use a terry robe instead of drying off.
• If bathing leaves you feeling worn out, bathe in the evenings rather than the mornings.
• During hot weather, try to perform activities during the cooler part of the day. During cold weather, wear warm, loose fitting clothes and cover your head with a hat or scarf.
• Cook in larger quantities and freeze the extra to use later.
• Place chairs where you are most likely to need rest stops, such as long hallways.
• Talk with your doctor about obtaining a disabled license plate or whether you should use a walker or other device.

Resources

aahfnpatienteducation.com
The American Association of Heart Failure Nurses (AAHFN) designed this website to serve as a resource for those wanting an in-depth understanding of heart failure.

abouthf.org
This site is sponsored by the Heart Failure Society of America (HFSA), a forum for medical professionals, scientists, and corporate affiliates dedicated to heart failure research and patient care.

heartfailure.org
This educational site is dedicated to heart failure patients.

americanheart.org
The American Heart Association’s site is a comprehensive resource for cardiovascular diseases, and includes a basic tutorial about heart failure.

clevelandclinic.org/heartcenter
The Cleveland Clinic Heart Center’s site contains tutorials and links for patient education.

Resources can also be obtained from:
The American Heart Association
7272 Greenville Avenue
Dallas, TX 75231-4596
Toll-free: 1-800-242-8721
St. Luke’s is dedicated to helping people with heart failure achieve and maintain their best quality of life. From the hospital to the home, our heart failure (HF) teams will stay in close contact with you and your primary care physician to provide expert medical care and compassionate support, help you learn about your disease and treatment, and connect you with the resources you need to stay as stable and independent as possible.

**Patient Educators:** While you are in the hospital, HF patient educators will assess your education needs and provide you and your loved ones with education about the disease.

**Outpatient Heart Failure Clinics:** Our Meridian clinic is led by Dr. Andrew Chai and Dr. Brian Nolan, Idaho’s only board certified cardiologists in advanced heart failure and transplant cardiology. Our Twin Falls clinic is led by Dr. Mark Crandall, who is board certified in cardiovascular diseases, echocardiography, and nuclear medicine. Their teams also include dedicated nurse practitioners, physician assistants, and nurses. They work closely with you and the hospital HF nurses and patient educators to develop a comprehensive plan of care and management for your individual needs.

**Care Transition Nurses:** If needed, a care transition nurse will visit you at home to check on your health and provide services such as helping plan your care, answering your questions, offering tips for stocking your pantry and fridge with heart-healthy, low sodium food, and following up on the education you received at the hospital and clinic. After the home visit, the care transition nurse will follow up with you by phone.

**Cardiac Rehab:** Your doctor may refer you to cardiovascular rehabilitation, which has been shown to stabilize, slow, or even reverse the progression of cardiovascular disease; improve quality of life; and create a sense of well-being and optimism about the future. Your rehab team will customize a physical activity and education plan to meet your needs, and a physician will monitor your condition and progress. You’ll also have access to an exercise physiologist, physical therapist, and dietitian to help support you along the way.

**Dietitians:** Registered dietitians are available to provide education and support while you are in the hospital, and are available by phone after you leave the hospital. They are a valuable resource, especially if you are following more than one diet. They can assist you with meal planning, tips, and resources.

**Social Workers:** Medical social workers can help you with your discharge planning and finding resources to help you manage your disease, such as social and financial services, support groups, and community programs.

**Palliative Care:** Our Palliative Care program is designed to ease distressing symptoms and pain that can be associated with HF, and help you and your loved ones with decisions and choices about treatment, health goals, and quality of life. Palliative care staff can also help with a transition to hospice, should that become necessary.
**St. Luke’s Heart Failure Clinics**

**Home Care:** Your HF team will work with St. Luke’s Home Care and other local home health agencies, if you qualify for home care services. Home health professionals will take care of your medical needs and at the same time help teach you and your family to manage your condition. In your home, they can evaluate and modify the environment, guide you as you adjust to taking new medications, and help you progress toward and maintain your best possible level of functioning.

**Hospice:** St. Luke’s Hospice and other area hospice providers are here for patients and their loved ones, when needed. These highly specialized professionals and compassionate volunteers are trained to provide care and support as patients and families experience the dying process, helping patients die peacefully and live as fully as possible until the moment of death.

**Friends in Action:** This nonprofit, volunteer-based program serves family caregivers and the elders they care for. Friends in Action (FIA) offers classes in managing a long-term illness and being a caregiver for someone managing a long-term illness. Other services include caregiver respite and minor home safety repairs. Minimal fees apply for some services; scholarships are available. Although services are based in Boise, the FIA website provides many useful resources for Idaho families and caregivers. Learn more at fiaboise.org or call (208) 333-1363.
St. Luke’s Heart Failure Clinics

Located in the Meadow Lake Building
3525 E. Louise Drive, Suite 401
Phone: (208) 322-1680
Toll-free: 1-800-390-5691
On the St. Luke’s Meridian campus

Located at St. Luke’s Magic Valley
775 Pole Line Road W., Suite 112
Twin Falls
Phone: (208) 814-8200