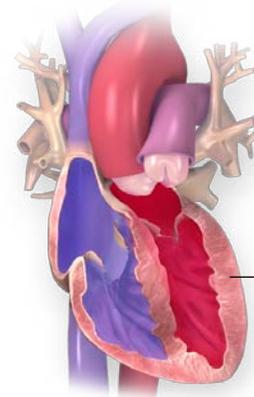




What is Heart Failure?

If you have heart failure, you're not alone. About 5.7 million Americans are living with it today. In fact, it's one of the most common reasons people age 65 and older go into the hospital. It can take years for heart failure to develop. Heart failure is called congestive heart failure when fluid builds up in various parts of the body. So if you don't yet have it but are at risk for it, you should make lifestyle changes now to prevent it!

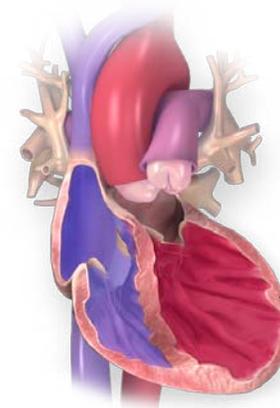
Heart failure symptoms usually develop over time as your heart becomes weaker and less able to pump the blood that your body needs. Heart failure usually results in an enlarged heart (left ventricle).



The Normal Heart

has strong muscular walls which contract to pump blood out to all parts of the body.

Heart muscle pumps blood out of the left ventricle.



Heart Failure

is a condition that causes the muscle in the heart wall to slowly weaken and enlarge, preventing the heart from pumping enough blood.

Weakened muscle prevents left ventricle from pumping enough blood.

Does your heart stop?

When you have heart failure, it doesn't mean that your heart has stopped beating. It means that your heart isn't pumping blood as it should. The heart keeps working, but the body's need for blood and oxygen isn't being met.

Heart failure can get worse if it's not treated. It's very important to do what your doctor tells you to do. When you make healthy changes, you can feel a lot better and enjoy life much more!

What can happen?

- Your heart does not pump enough blood.
- Blood backs up in your veins.
- Fluid builds up in your body, causing swelling in your feet, ankles and legs. This is called "edema."
- Fluid builds up in your lungs. This is called "pulmonary edema."
- Your body does not get enough blood, food and oxygen.

What are the signs of heart failure?

- Shortness of breath, especially when lying down
- Tired, run-down feeling
- Coughing or wheezing, especially when you exercise or lie down
- Swelling in feet, ankles and legs
- Weight gain from fluid buildup
- Confusion or can't think clearly

What are the causes?

The most common cause of heart failure is coronary artery disease (CAD). CAD occurs when arteries that supply blood to the heart muscle become narrowed by buildups of fatty deposits called plaque.

Other common risk factors that lead to heart failure are:

- Past heart attack has done some damage to the heart muscle
- Heart defects present since birth

(continued)



- High blood pressure
- Heart valve disease
- Diseases of the heart muscle
- Infection of the heart and/or heart valves
- Abnormal heart rhythm (arrhythmias)
- Being overweight
- Diabetes
- Thyroid problems
- Alcohol or drug abuse
- Certain types of chemotherapy

How is it treated?

- Your doctor may give you medicine to strengthen your heart and water pills to help your body get rid of excess fluids.
- Your doctor will recommend a low-sodium (salt) diet.
- You may be provided oxygen for use at home.
- Your doctor may recommend certain lifestyle changes.
- Surgery or cardiac devices may be needed, in some cases.

What can I do to manage my heart failure?

- Follow your doctor's advice.
- Quit smoking, if you smoke.
- Take your medicines exactly as prescribed.
- Weigh daily to check for weight gain caused by increased fluid.
- Track your daily fluid intake.
- Monitor your blood pressure daily.
- Lose or maintain your weight based on your doctor's recommendations.
- Avoid or limit alcohol and caffeine.
- Eat a heart-healthy diet that's low in sodium, saturated fat and *trans* fat.
- Eat less salt and salty foods.
- Be physically active.
- Get adequate rest.

HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

How much salt may I eat?

How much weight gain is too much?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.

Medicine Chart



Name: _____ Date: _____

NAME OF MEDICINE	COLOR	WHAT'S IT FOR?	DOSE	HOW OFTEN AND WHAT TIME	PRESCRIBING DOCTOR	PHARMACY PHONE NUMBER	SPECIAL INSTRUCTIONS	REFILL DATE
Example: <i>Lisinopril (ace inhibitor)</i>	<i>pink</i>	<i>heart failure</i>	<i>1 pill (5 mg)</i>	<i>once a day</i>	<i>Dr. Jones</i>	<i>650-555-1234</i>	<i>take before or after meal</i>	<i>9/1/16</i>

Allergies to Medicines: _____



www.RiseAboveHF.org

©2017 American Heart Association, Inc. All rights reserved.
Unauthorized use prohibited.

Nationally supported by:



Reading Food Labels to Look for Sodium



Easy-to-read food labels can help you find foods low in sodium. This will help you keep track of the number of grams (g) or milligrams (mg) you consume each day. According to Food and Drug Administration regulations, no manufacturer can say that their product is “low-sodium” unless they can prove that claim. Learning to read food labels is a good first step in a sensible eating plan.

Nutrition Facts

Serving Size 1 slice (47g)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg*	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**The American Heart Association recommends that all Americans should reduce the amount of sodium in their diet to less than 1500 mg a day. Ask your healthcare provider for guidance on your sodium intake.*

If the Label Says:	One Serving of the Product Has:
Sodium-free, salt-free or no sodium	Less than 5 mg of sodium and no sodium chloride in ingredients
Very low sodium	35 mg or less of sodium
No added salt or unsalted	No salt added to the product during processing (this is not a sodium-free product)
Low sodium	140 mg or less of sodium
Reduced or less sodium	At least 25 percent less sodium than the regular product
Light in sodium	50 percent less sodium than the regular product

Always compare the sodium content for several similar products and choose the food or beverage with the lowest amount of sodium.



www.RiseAboveHF.org

©2017 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.

Nationally supported by:





What to Look for at the Grocery Store



CATEGORY	FOOD CHOICES	
Fruits	<ul style="list-style-type: none"> • Fresh, canned or frozen (unsweetened or packed in juice) 	
Vegetables	<ul style="list-style-type: none"> • Fresh or frozen (avoid sauce or flavor pouches, which may add salt and saturated fat) 	<ul style="list-style-type: none"> • Canned is OK if low sodium or unsalted (rinse to remove excess sodium)
Meats, poultry, fish	<ul style="list-style-type: none"> • Fresh or frozen fish (not breaded) • Canned tuna and salmon (unsalted or rinsed) 	<ul style="list-style-type: none"> • Chicken or turkey, both with the skin removed • Lean cuts of beef, veal, pork or lamb (trim away all fat)
Meat substitutes	<ul style="list-style-type: none"> • Dried beans, peas, lentils • Unsalted or low-sodium Tofu (soybean curd) • Unsalted peanut butter 	<ul style="list-style-type: none"> • Nuts or seeds (unsalted, dry-roasted), such as sunflower seeds, peanuts, almonds and walnuts
Drinks (follow your healthcare team's instructions on limiting fluid intake)	<ul style="list-style-type: none"> • Water and sparkling water • 100% fruit juices, fresh, frozen or canned (with no added sugars) 	<ul style="list-style-type: none"> • Canned low-sodium or no-salt-added tomato and vegetable juice • Tea and coffee in moderation • Soy or almond milk
Dairy choices	<ul style="list-style-type: none"> • Liquid or dry milk or milk substitutes (1%, low-fat, fat-free or non-fat) • Low-fat, low-sodium cottage cheese 	<ul style="list-style-type: none"> • Low-fat, low-sodium cheese • Low-fat yogurt
Fats, oils (Use these in small amounts)	<ul style="list-style-type: none"> • Unsaturated nontropical vegetable oils such as canola, olive, corn, cottonseed, peanut, safflower, soybean and sunflower 	<ul style="list-style-type: none"> • Unsalted margarine with liquid vegetable oil as first ingredient
Breads, cereals, grains, starches	<ul style="list-style-type: none"> • Whole-grain pasta • Brown rice • Starchy vegetables such as corn, potatoes, green peas, etc. (not canned unless salt-free, no added salt, or low-sodium) • Whole-grain bread and rolls • Melba toast • Matzo crackers • Whole-grain pita bread 	<ul style="list-style-type: none"> • Taco shell, corn tortilla (no <i>trans</i> fat, unsalted/low-sodium) • Cooked cereals, such as corn grits, farina (regular), oatmeal, oat bran, cream of rice, cream of wheat • Puffed rice or wheat, shredded wheat or any cereal with 100–140 mg of sodium • Wheat germ (in small amounts) • Unsalted, air-popped popcorn



What to Look for at the Grocery Store (Continued)

<p>Cooking ingredients, seasonings</p>	<ul style="list-style-type: none"> • Corn starch, tapioca • Cornmeal (not self-rising because some have high sodium content) • Fresh or dried herbs, salt-free herb seasonings • Whole grain flour (not self-rising) • Fresh fruits and vegetables such as lemons, limes, onions, celery, etc. • Fresh garlic or ginger 	<ul style="list-style-type: none"> • Chili pepper sauce (no added salt or low-sodium) • Low-sodium baking powder • Onion or garlic powder (avoid onion salt and garlic salt) • Tomato paste (no added salt), unsalted tomatoes, unsalted tomato sauce • Vinegar • Water chestnuts (no added salt) • Yeast
<p>Sweets*</p>	<ul style="list-style-type: none"> • Carob powder, cocoa powder • Flavored sugar-free gelatins • Fruits • Frozen 100% juice bars, fruit ice, sorbet, sherbet with no added sugars 	<ul style="list-style-type: none"> • Jelly, jam, preserves, apple butter made with 100% fruit • Whole grain graham and animal crackers, fig bars, ginger snaps

*Limit sweets/added sugars from food and beverages: for the average woman—no more than 100 calories/day; for the average man—no more than 150 calories/day.



Eating Out for People With Heart Failure

If you have heart failure and are planning an evening out at a restaurant, keep these suggestions in mind:

1. Plan ahead. Try to select a restaurant where food is cooked to order, rather than a fast food or buffet-style chain, where the food is made ahead of time. Many restaurants will honor requests for low-salt (sodium), low-saturated fat, and low-*trans* fat versions of certain dishes.

2. Get to know the owner and servers. This will make it easier to ask questions.

3. Watch out for before-the-meal “extras.” These include cocktails, appetizers, and bread. These are often a source of extra calories and sodium.

4. Read the menu carefully. Before ordering, ask how dishes are prepared. Look for foods described with these words and phrases (which usually indicate a healthier dish):

- Baked
- Garden fresh
- In its own juice
- Roasted
- Broiled
- Grilled
- Poached
- Steamed

In general, try to steer clear of dishes described with these terms (which usually indicate less-healthy preparation):

- Au gratin
- Escalloped
- In cream sauce
- Rich
- Buttered
- Fried
- In gravy
- With bacon or sausage
- Buttery
- Hash
- Pan-fried
- Pan-roasted
- Casserole
- Hollandaise
- Pan-roasted
- Creamed
- In butter sauce
- Pot pie
- Crispy
- In cheese sauce
- Prime

Ask for more details about how food is prepared and cooked. For example, a food that looks acceptable because it’s baked or grilled might include a high-saturated fat sauce or salty seasoning. It’s OK to ask the waiter or waitress for help.

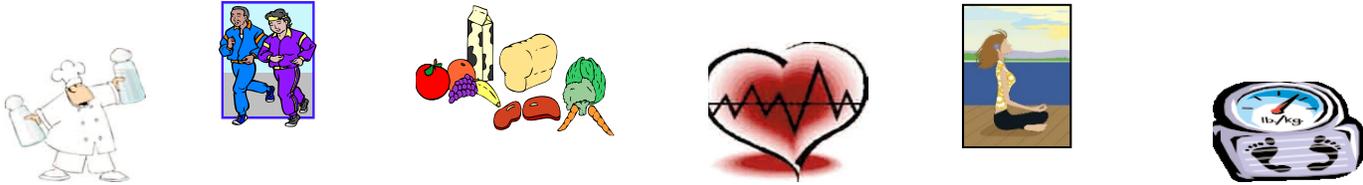
5. Choose healthy ethnic foods. People with heart failure don’t have to cut out world cuisines, such as Chinese, Japanese, Thai, Indian, Middle Eastern, Italian, French, Greek or Mexican. Just try to choose dishes that are low in sodium and saturated and *trans* fats. Ask the server for help.

6. Ask for salad dressings, sauces and gravies to be served on the side. That makes it easier to control how much is added to the food.

7. Ask about healthy substitutions. For example, if a dish comes with French fries or onion rings, ask for a baked potato or unsalted vegetables instead. Choose desserts carefully. Fresh fruit, sugar-free fruit ice, sherbet and gelatin, and angel food cake are good alternatives to high-calorie desserts. Use milk in coffee instead of cream or half-and-half.



Self-Management Goal



Daily weights * Low salt diet * Take all medication as directed *Use Symptom Tracker

My goal is to work on: <i>Example: Exercise</i>	
I will do this by (what): <i>Example: walking</i>	
I will do this for (how much): <i>Example: 20 minutes</i>	
I will do this (when): <i>Example: in the evening</i>	
I will do this on (how often): <i>Example: M, W, F (3 days a week)</i>	
Barriers to my goal:	

Listed below are things you can do to help yourself maintain you best health while managing your heart failure and are good ideas to pick goals from!

- | | |
|--|--|
| <ul style="list-style-type: none"> • Take medications as directed • Weigh yourself daily • Monitor swelling • Monitor breathing • Complete symptom tracker daily • Follow low sodium (salt) diet: 2 gram = 650 mg per meal • Read nutrition labels • Limit fluids if recommended by your physician | <ul style="list-style-type: none"> • Keep all physician appointments • Attend cardiac rehab if ordered by your physician • Reduce stress • Quit smoking – 1-800-QUIT-NOW • Stay current with vaccines • Learn more about heart failure |
|--|--|