

Your Self-Care Guide



What To Do About Heart Failure



Table of Contents

<i>Title</i>	<i>Page(s)</i>
Cover.....	1
Table of Contents	2
The Short Story on Heart Failure.....	3
Lighten the Load.....	7
Widen the Road.....	11
Strengthen the Horse.....	15
How Heart Failure Medicine Works	19
How to “Watch What You Eat”	23
Fast Food Advisor	24
Log Book.....	26
“If This Happens...”	36
What You Need in an Emergency	37
How To Limit Drinks	38
How to Take Your BP Step X Step	39
How to Stop Smoking.....	43
Dodge & Distract Plan	47

Tools You May Need



Scale



*Measuring
Bottle*



*Blood Pressure
Monitor*



Pill Organizer

The Short Story on Heart Failure



How a Heart Fails

Heart *Failure* sounds terrible, but really it's the same sort of "failure" you've seen before: You fail a test, lose a game, fall off a horse. After you fall, you get right back up again...



...but from now on you take better care of the horse. The *horse* is your heart. Your heart is a workhorse, pumping blood.

Lighten the Load

You've heard the human body is mostly water. It's true. The heart pumps this water with the blood. *Blood and water* is the load your heart horse moves around the body.



What happens when your heart pump isn't working? Your body fills up with water.

Your shoes, socks, belt or rings get too tight or you gain several pounds in a week or less.

If this happens, your heart is overloaded.



To make the job easier for the horse, **Lighten The Load.** Get rid of extra water. Your job is to not eat salty food. Salt holds water in instead of letting it pump around *and out*.

The doctor may give you pills that send you to the bathroom more often.





Widen the Road

The horse moves that load of blood and water through arteries and veins. Arteries and veins are like roads going all the way out to your hands and feet and all around your body.

If the road is wide and open, it's easy.

But age makes the roads tight.
Stress and smoking make them narrow.



What's more, eating animal fat clogs the road. When roads are tight, narrow and clogged, it's hard work for the heart to pump blood and water through.

You know the horse is working harder when you see your blood pressure go up. The higher the numbers, the harder your heart is working.



To make the job easier for the heart, **Widen The Road.** The doctor may give you pills to relax arteries and open them up.

Your job is to avoid smoking and eat less animal fat. Use margarine in tubs. Cut the skin and fat off meats.



Strengthen the Horse

Your heart has been pumping away every second, every day, every year, your whole life. Heart Failure is when your heart says, "Hey! This is just too much work."



When the heart doesn't pump hard enough, you fill up with water until you can't breathe. Then the ambulance comes.

The hospital drains the water and gives the horse a kick. You go home again with a working heart, but it's weak.



If you don't want to go back to the hospital, **Strengthen the Horse**. The doctor may give you pills to make the heart beat stronger.

Finally, like every muscle, your heart gets stronger with exercise. So get moving!

- Make a walking plan.
- Lift arms and legs while you're sitting.



The Big Picture

Lighten the Load means flush out extra water.



Widen the Road means open up arteries and veins.



Strengthen the Horse means build up the heart muscle.



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Lighten the Load

- 1 Avoid Extra Sodium**
- 2 Limit Drinks**
- 3 Take Water Pills**

1 Avoid Extra Sodium



Animals have natural body water that is salty. That means meat, chicken and fish have sodium in them already.

Prepared food also has natural sodium. That means food like whole grain bread and cereal have sodium already.



The right amount of sodium for one day is in one half teaspoon of salt, slightly rounded. But that's not to shake on your plate. *That whole half teaspoon is already inside your food.*

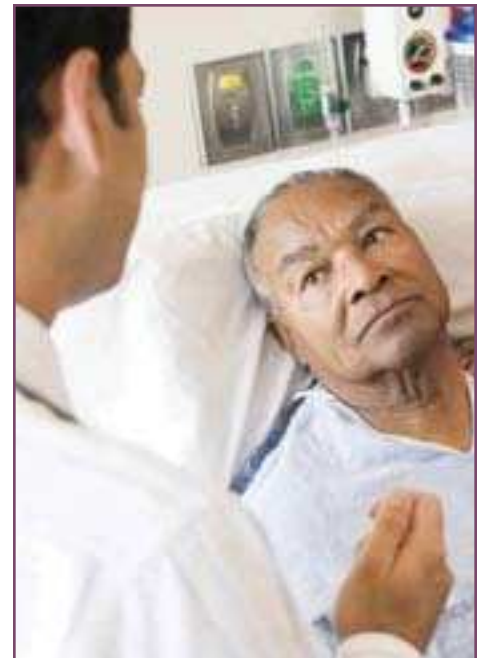
Anything more than natural sodium is *extra*.



So don't add salt to your food. Not when you're *cooking*. Not when you're *eating*. Put shakers out of reach and out of sight.



Don't eat food with too much sodium. Nearly all food in packages has extra sodium. Avoiding extra sodium is hard.



Too many people give up and wind up back in the hospital. If you don't want to go back, do everything on the next two pages.

Read Labels

When you choose what to eat, look for the *Nutrition Facts* label on the package. Find the line that says **sodium**. Check the number.

If it's more than 300, that's probably too much. You can find a better one.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%

Mini-Meatball		
Per about 6	Trans Fat 0g	Dietary F
110	Cholest 5mg	2% Sugars 1
45	Sodium 650mg	27% Protein 4

Heart Smart		
Roasted Red Pepper & Garlic		
Total Fat 1.5g	2	Sodium 300mg
Sat. Fat 0g	0%	Potassium 410mg
Trans Fat 0g		Total Carb. 13g
Polyunsat. Fat 0.5g	Fiber 3g	1

ALL-PURPOSE SEASONING	
Less Sodium	
NATURALLY BREWED Soy Sauce	
15 FL OZ (444mL)	
OVER 300 YEARS OF EXCELLENCE	
Total Fat 0g	0%
Sodium 575 mg	24%
Total Carb. 0g	0%
Protein 2g	

Compare brands: The same food may be high sodium in one brand and low in another.

Always check labels. Food can **claim** to be "low sodium" when it's not low enough.



Clear the House

Search for salty food at home. Throw it out—*It's not worth going to the hospital.* Hint: Chinese food can be the worst for sodium.



Try new spices and flavors.

Check the *How to Watch What You Eat*, for ideas. Use the AdVisor to limit the salt in Fast Food.



Ask the doctor if you can use a salt substitute with potassium. Look for it with the spices at the store.



Survive a Night Out

With friends, say “No, thanks” to salty snacks like cheese and crackers. Laugh and talk—don’t munch—to be part of the party!



At a restaurant find meat or fish on the menu that is broiled, baked or grilled, not fried. Tell the waiter, “Please ask the chef not to add salt.”



Sauces and dressing have extra sodium. Ask for lemon slices or vinegar and oil for your salad.

2 Limit Drinks



Caffeine makes the heart beat faster, but not stronger. That’s extra stress on the heart. So drink less coffee, tea and cola.



Some doctors say to drink less of everything. If your doctor gives you a limit, use the *How to Limit Drinks* guide. Copy the Drink Cards on the back.

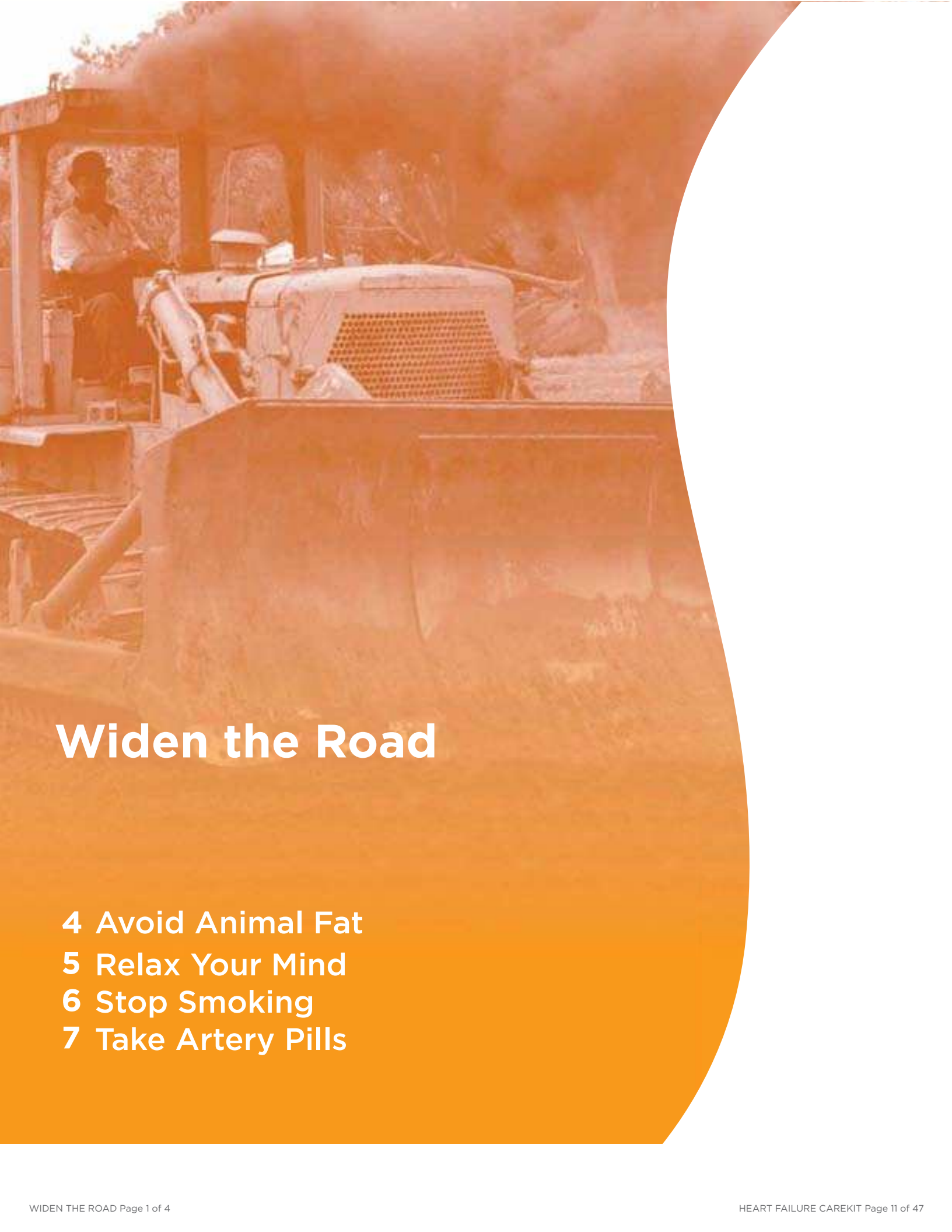


Remember to count soup, the milk on your cereal and any food that melts—gelatin, ice cream, sherbet. *All these are “drinks.”* Check with your doctor if alcohol is OK.

3 Take Water Pills



Going to the bathroom gets rid of the load of extra water. A *diuretic* is a “water pill.” It sends you to the bathroom often.



Widen the Road

- 4 Avoid Animal Fat
- 5 Relax Your Mind
- 6 Stop Smoking
- 7 Take Artery Pills

4 Avoid Animal Fat



Animal fat passes from your food into the arteries. The fat clogs the way. The heart pushes hard to get blood and water through.



One thing pushing another is *pressure*. Blood pressure measures how hard the heart is pushing blood.



The harder the heart has to push, the higher the numbers on a blood pressure monitor. So if the numbers rise, fat may be building up.



Use vegetable fat: oils and soft margarine in tubs. Avoid eating animal fat so you don't clog up the arteries even more.



Want to clean out animal fat already in your blood? Look for foods with **fiber**. Fiber cleans out animal fat.

Fiber also keeps you regular!

Use the *How to Watch What You Eat*, for good choices at home and the AdVisor for good choices on the go.

5 Relax Your Mind



When you feel tense, your arteries get tight, too. Tight arteries make it hard for the heart to pump blood through. So do your heart a favor: When you're stressed or sleepless, relax your mind.



Lonely? *Invite someone over.*

Sad? *Watch a funny video.*

Made a mistake? *Admit it and move on.*

Sorry for yourself? *Thank 3 people for their help.*

Muscles tight? *Do these exercises:*

Breathe



- Sit in a comfortable chair. Close our eyes.
- Breathe in while you count to 5 and raise your shoulders up and back.
- Breathe out while you count to 10 and slowly lower your shoulders.
- Repeat 5 times.

Stretch



- Lift your legs, ankles touching.
- Draw circles in the air with your toes moving out and around. Repeat 5 times.
- Switch directions.
- Repeat 5 times.

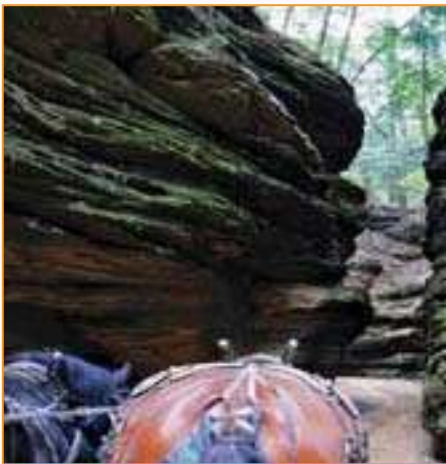


- Roll your head down and around in a circle to the left.
- Repeat to the right.



- Lace your fingers.
- Reach to the ceiling, palms down.
- Turn palms up. Reach higher.
- Lean right while you count to 10.
- Lean left for ten counts.

6 Stop Smoking



Smoking makes arteries tighten up. Then the heart has to push hard to get blood and water through the narrow space.



The harder the heart has to push, the more risk that it will tire out. That's when you go back to the hospital.



Staying out of the hospital is all about making it easy for your heart to pump. Smoking makes it hard.



Quitting won't be easy. The good news is 2 out of 3 people who try, succeed.



Even better news is that you can flush the nicotine out of your body in just four days.



So take heart and get started with *How to Stop Smoking* in this folder.

7 Take Artery Pills



Your heart horse pumps blood and water through arteries and veins. Arteries and veins are the road where blood and water travel. Over time, arteries and veins get stiff.

ACE Inhibitors and *ARBs* slow down this aging process that makes arteries stiff. Dilate means "to open." A *vasodilator* opens veins and arteries. Nitrates open them very fast in case of an emergency.

A blue-tinted photograph of a person riding a horse in an outdoor arena. The rider is wearing a dark shirt and a cap, and the horse is in motion. The image is partially covered by a large white curved shape on the right side.

Strengthen the Horse

8 Get Moving

9 Take Heart Pills

8 Get Moving



Each step pounds your foot on the ground. The impact pushes blood and water in your feet back up your legs. Calf muscles squeeze it higher.



Step, squeeze; step, squeeze. Step and squeeze is pumping. Walking is a **backup pump**. It takes a load off the heart because it helps move blood and water up.



Pick a regular time to walk every day. Keep these five things in one place. You can “grab and go:” no delay, every day.

Walking Plan

Week	Walk Slow	Walk Fast	Turn Back	Walk Fast	Walk Slow	Total Time
1	1 minute	1 minute		1 minute	1 minute	4 minutes
2	1	2		2	1	6 minutes
3	2	2		2	2	8 minutes
4	2	3		3	2	10 minutes
5	3	3		3	3	12 minutes
6	3	4		4	3	14 minutes

If you're like most people, you haven't walked much lately. Use this chart to get started again.

If you can walk more than this already, increase the total minutes to how far you can walk until you feel a little out of breath.

9 Take Heart Pills

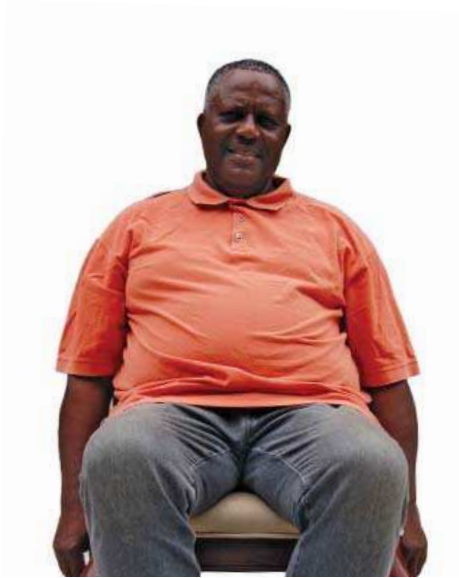


The heart is a muscle. Muscles need to be strong. A strong heart pumps blood farther. *Digitalis* makes the heart pump harder.

Stress makes *adrenalin* in your body. Adrenalin makes the heart beat faster, but not stronger. *Beta Blockers* block adrenalin. Beta Blockers keep your heart beating steady and strong even when you are stressed.

Chair Exercises

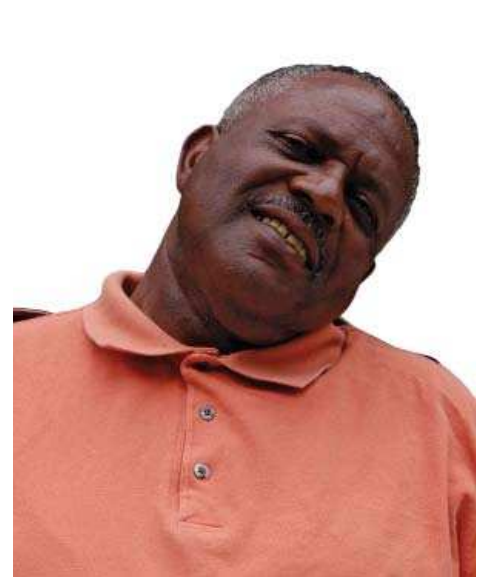
Repeat each move five times. You'll notice how much stronger you feel in just a few weeks.



- Sit up straight.
- Put your arms at your side.
- Shake them down.
- Let your shoulders drop.



- Look as far as you can over your left shoulder.
- Look as far as you can over your right shoulder.
- Look forward.



- Slowly let your head fall to the left.
- Slowly let your head fall to the right.
- Press your shoulders back.
- Tilt your chin to your chest.



- Hold your arms out, palms down.
- Circle 5 times to the front.
- Circle 5 times to the back.
- Turn palms up.
- Circle front and back again.
- Shake your arms down to relax the shoulders.



- Lift your shoulders up and drop them down.
- Roll your arms and shoulders back, chest out, palms facing forward.

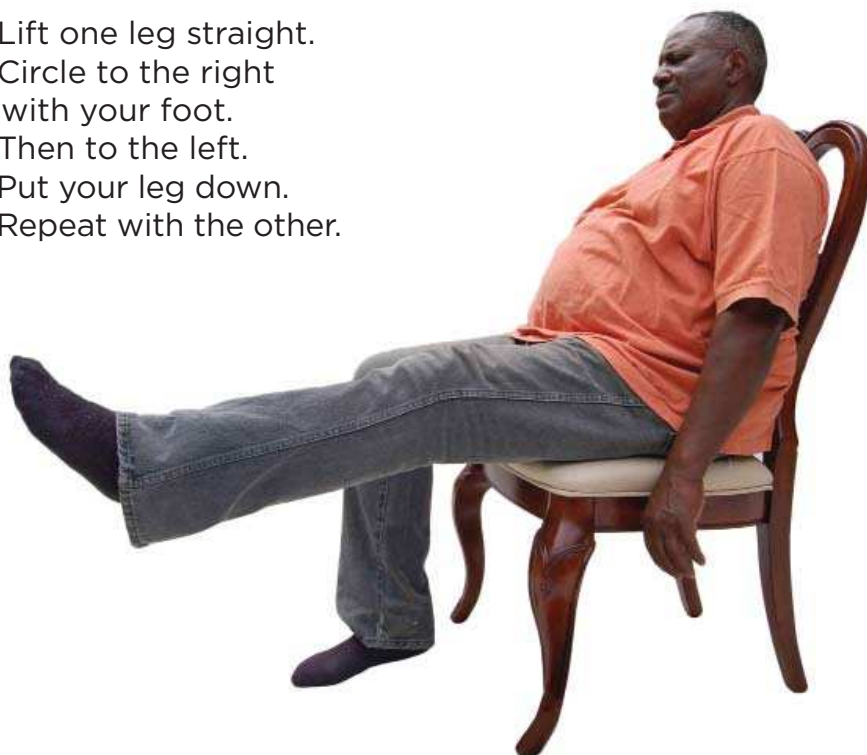


- Roll to shoulders forward—palms back.
- Let your chest sink in.



- Feet flat, knees together.
- Lift your toes, then touch back down.

- Lift one leg straight.
- Circle to the right with your foot.
- Then to the left.
- Put your leg down.
- Repeat with the other.



Sample Chart

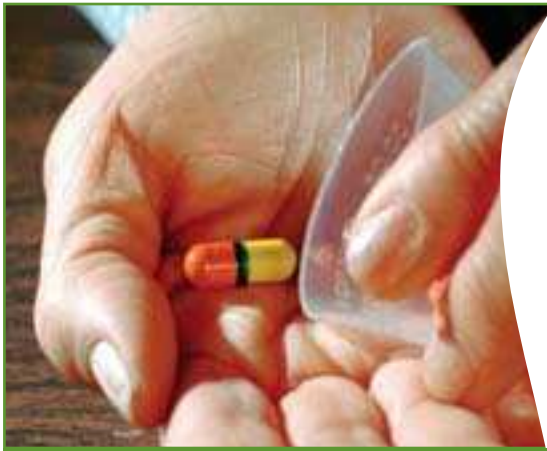
If Results go up, Action will bring them down.

Start Date

08 / 17

	Mon	Tues
Results		
Morning Weight	212	211
Blood Pressure	130 / 84	128 / 84
Pulse	80	75
Swelling?		
Short of Breath?		
Actions		
Sodium		
Walking	6 mins	
Chair Exercises		2 times
Smokes	9	5

Write in the Log Book how many minutes you walk and how many times you repeat the Chair Exercises. You will see from week to week how you're getting stronger!



How Heart Medicine Works

What are all these pills?

For each of the three goals--Lighten the Load, Widen the Road, and Strengthen the Horse--there are pills to help. They can't fix your heart, but you will feel better as long as you keep taking them. If you stop, the load on the heart will get heavier, the road will close up and the heart may fail again.



Get Organized

- 1 Gather all your pill bottles.
- 2 Find the name on the label. Then find the name inside this page to see how this pill works.
- 3 Find the Emergency Card in the Kit. Write the pill names inside the card.



- 4 Fill the Pill Organizer once a week. Take the day's strip when you go out, for a fighting chance to remember!

Handle Side Effects

All medicine has side effects. *There is no such thing as a pill without side effects.* Some are serious. Some are annoying. Some go away in a while. You just have to know what to do.

If this happens...

Your face or throat swells and you gasp for air.
You have chest, arm, shoulder or jaw pain

Your skin itches or burns or you're wheezing. Your eyes or mouth swell up.

You're dizzy, drowsy, feel faint, confused or forgetful. Your head aches. Your vision is blurry. There's ringing in your ears or hearing loss. Your heart beats extra fast or too slow. Vomiting. Constipation or diarrhea. Stomach pain or gas. Blood sugar goes up (if you have diabetes)

Your mouth is dry. You feel extra weak or tired. Muscle or joint pain. Cramps. If you hurt yourself, you bleed or bruise more than usual. A cholesterol test is too high. You get a rash, sweat more than usual, or flush red in the face. You can't perform in bed.

Do this...

Go to the ER or call 911.

Stop taking it and call the doctor. You may be allergic.

Let the doctor know. You may need a different size pill, or a different kind of pill.

Each of the three goals has several kinds of pills.

A different pill may have fewer side effects for you.

Widen the Road



Over time, arteries and veins get stiff. As we age, body chemicals travel to arteries and veins and make them stiff.

ACE Inhibitors and *ARBs* stand in the way of these chemicals. You could say these pills slow down the aging process.

They keep arteries and veins from getting narrower. You want them **wider**.

Do you have one of these **ARBs**?

<i>Generic</i>	<i>Brands</i>
candesartan	Atacand [®]
eprosartan	Teveten [®]
irbesartan	Avapro [®]
losartan	Cozaar [®]
olmesartan	Benicar [®]
telmisartan	Micardis [®]
valsartan	Diovan [®]

Lighten the Load



Going to the bathroom gets rid of extra water. Getting rid of water makes the load **lighter** for the heart.

A *diuretic* sends you to the bathroom often.

Do you have one of these **diuretics**?

<i>Generic</i>	<i>Brands</i>
amiloride	Midamor [®]
bumetanide	Bumex [®]
chlorothiazide	Diuril [®]
chlorthalidone	Hygroton [®] , Thalitone [®]
eplerenone	Inspra [®]
furosemide	Lasix [®]
hydro-chlorothiazide	Aldactazide [®]
	Amiloride/HCTZ [®]
	Atacand HCT [®]
	Avalide [®]
	Benicar HCT [®]
	Dyazide [®]
	Hyzaar [®]
	Inderide [®]
	Lopressor HCT [®]
	Maxzide [®]
	Methyldopa/HCTZ [®]
	Micardis HCT [®]
indapamide	Microzide [®]
	Tekturna HCT [®]
	Teveten HCT [®] , Ziac [®]
	Lozol [®]
	Zaroxolyn [®]
metolazone	
spironolactone	Aldactone [®]
torsemide	Demadex [®]
triamterene	Dyrenium [®]

Strengthen the Heart



If the heart pumps harder, blood moves farther. *Digitalis* makes each heartbeat **stronger**. Are you taking **digitalis**?

Generic	Brands
digoxin	Lanoxin®
digitoxin	Crystodigin®

Stress makes *adrenalin* in your body. Adrenalin makes a heart beat fast. Fast does not mean strong. On any pump, if you push fast, the lever does not go all the way down. You don't get a deep, powerful push.

So *Beta Blockers* block adrenalin. Beta Blockers keep your heart beating slow and strong even under stress.

Do you have a **Beta Blocker**?

Generic	Brands
acebutolol	Sectral®
atenolol	Tenormin®
betaxolol HCl	Kerlone®
bisoprolol fumarate	Zebeta®
carvedilol	Coreg®
esmolol	Brevibloc®
labetalol HCl	Trandate®
metoprolol succinate	Toprol XL®
metoprolol tartrate	Lopressor®
nadolol	Corgard®
nebivolol	Bystolic®
penbutolol sulfate	Levatol®
pindolol	Visken®
propranolol HCl	Inderal, Innopran XL®
sotalol	Betapace®
timolol maleate	Blocadren®

Do you have an **ACE Inhibitor**?

Generic	Brands
benazepril	Lotensin®
captopril	Capoten®
enalapril maleate	Vasotec®
fosinopril	Monopril®
lisinopril	Prinivil®, Zestril®
moexipril HCl	Univasc®
perindopril Erbumine	Aceon®
quinapril HCl	Accupril®
ramipril	Altace®
trandolapril	Mavik®

Dilate means "open." A *vasodilator* opens veins and arteries wide for the blood and water to flow through.

Do you have a **vasodilator**?

Generic	Brands
hydralazine	Apresoline®
isosorbide dinitrate	Isordil®
minoxidil	Loniten®
nesiritide	Natrecor®
nitrates/ nitroglycerin	Nitro-Bid®, Nitro-Dur®, Nitrolingual Spray®, Nitrostat®

Combination Drugs

Getting rid of water is the top job in controlling heart failure. So most people have a *diuretic*. Most everyone has another pill to do one of the other jobs, open arteries or strengthen the heart.

But it's harder to take two pills than one pill. So the doctor may give you a prescription that combines them.

Are you taking any **Combination Drugs**?

Diuretic and ACE Inhibitors

Generic	Brands
benazepril/HCTZ	Lotensin HCT®
captopril/HCTZ	Capozide®
enalapril maleate/HCTZ	Vaseretic®
fosinopril/HCTZ	Monopril HCT®
lisinopril/HCTZ	Prinizide® Zestoretic®
moexipril HCl/HCTZ	Uniretic®
quinapril HCl/HCTZ	Accuretic®

Diuretic and ARBs

Generic	Brands
candesartan/HCTZ	Atacand HCT®
eprosartan/HCTZ	Teveten HCT®
irbesartan/HCTZ	Avalide®
losartan/HCTZ	Hyzaar®
olmesartan/HCTZ	Benicar HCT®
telmisartan/HCTZ	Micardis HCT®
valsartan/HCTZ	Diovan HCT®

Diuretic and Beta Blockers

Generic	Brands
atenolol/ chlorthalidone	Tenoretic®
bisoprolol/ fumarate/HCTZ	Ziac®
metoprolol tartrate/HCTZ	Lopressor HCT®
nadolol/ bendroflumethiazide	Corzide®
propranolol/HCTZ	Inderide®



How to "Watch What You Eat"

Eat Less



Sugar and Syrup



"Whites"



- Fat from Animals
- Red Meat, Egg Yolks



Salt in Shakers or Packages

Eat More



Sugar Free and Fresh



"Browns"



- Fat from Plants
- Lean Pork, Chicken, Fish, Egg Whites



Salt Free or "Low Sodium"

Go for the Green, the Reds & the Purples

the more color, the more nutrients.



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Fast Food Advisor

When you can't avoid Fast Food, these choices won't get you too far off track. To eat no more salt for the rest of the day would be a good idea.

Tips

HOLD sauces, mayo, guacamole, sour cream, whipped cream.

AVOID fried, crispy, breaded items.

TOSS half the bun, breaded coating.

USE mustard, salsas, fat-free, low-fat.

PILE ON lettuce and veggies.

DRINK water or diet soda with no caffeine.

McDonald's



Caesar Salad
with Grilled Chicken
No Croutons or Dressing
Vanilla Ice Cream Cone
Reduced Fat

Hamburger & Side Salad
Southwest Dressing

BURGER KING



Whopper Jr. No Mayo
Apple Fries Caramel Dip

6 Piece Chicken Tenders
Ketchup Dressing Sauce
Side Salad Light Italian
Dressing, No Croutons

PANDA EXPRESS



Broccoli Beef No Rice
Fortune Cookie

String Bean Chicken
No Rice
Mixed Veggies Entree
Fortune Cookie

KFC



Grilled Chicken Breast
Mashed Potatoes No Dairy
Corn 5-Inch No Butter

Grilled Chicken Caesar
Salad Romaine, Ranch
Dressing, No Croutons

STARBUCKS



Fruit and Cheese Plate
Cappuccino Any Size

Croissant Chocolate or Butter
Skinny Latte with Flavour, Tall

Caramel Macchiato or
Frappuccino Light Tea
Mini Doughnut

Wendy's



Chicken Grill Caesar Salad
Caesar Dressing, No Croutons

Jr. Hamburger
Side Salad Caesar Dressing

Pizza Hut



1 Slice Large Pan Pizza
Cheese, Pepperoni, Mushroom,
Sausage or Veggie Toppings

SUBWAY



6" Sub
9 Grain Wheat
Chicken Breast or Roast Beef
Cheddar Cheese, Lettuce,
Tomato, Onion and Pickle
No Ketchup or Mayo

TACO BELL



2 Crunchy
Taco Supreme
2 Fresco Crunchy Tacos
Gordita Any Kind

Chipotle



Salad Bowl
Chicken, Steak or Pasa Vegetar
Black Beans, Green Chile Salsa
No Tomato or Queso Salsa,
No Sour Cream or Guacamole
No Dressing or Cheese



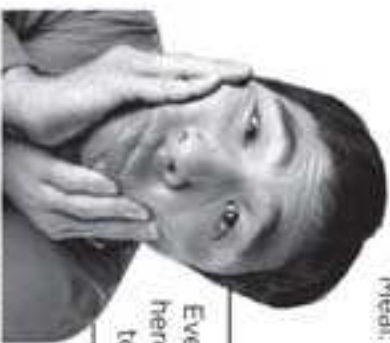
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Just to Remind You Why You Don't Want Fast Food

To stay out of the hospital, eat no more than these totals in a whole day:

Sat Fat 15 about 5 a meal
Sodium 1500* about 500* a meal
Carbs 150 about 50 a meal

*Sodium limits are higher if you don't have heart disease. Daily: 2300
Meal: about 700



Everything here is way too high!

Portion of specific comparison herein does not imply endorsement or sponsorship by Construction Services, Inc., nor does mention of such companies imply that they endorse this guide.

	Sat Fat	Sodium	Carbs
Burger King			
Whopper	11	1020	51
Grilled Chicken Sandwich	4	1220	51
Grilled Chicken Garden Salad Light Italian Dressing	5	1230	14
Medium French Fry	5	820	61
Chicken Burrito Pinto Beans, Salsa, Cheese and Sour Cream	17.5	1574	75
Steak Burrito Black Beans, Salsa	5	1898	71
Chips and Guacamole	5	740	83
Chipotle			
Cheeseburger	6	750	33
McChicken	3	830	40
Southwest Salad Grilled Chicken and Southwest Dressing	4	1300	41
Medium French Fry	2.5	270	48
McDonald's			
Spicy Crispy Breast	5	1250	12
Potato Wedges	2.5	740	33
Biscuit	6	530	23
Chicken Potstickers (3) with Potstickers Sauce	10	1290	69
Chow Mein	2	1060	61
Fried Rice	4	900	85
Steamed Rice	0	0	93
KFC			
Chicken Potstickers (3)	10	1290	69
Chow Mein	2	1060	61
Fried Rice	4	900	85
Steamed Rice	0	0	93
Panda Express			
Chicken Potstickers (3)	10	1290	69
Chow Mein	2	1060	61
Fried Rice	4	900	85
Steamed Rice	0	0	93

	Sat Fat	Sodium	Carbs
Pizza Hut			
6" Personal Pan/Cheese	20	2280	108
2 Slices Medium Cheese	9	1140	42
Starbucks			
Apple Bran Muffin	2.5	520	64
Lowfat Raspberry Muffin	1.5	500	65
Pumpkin Scone	9	280	78
White Chocolate Mocha Non-Fat, No Whip	3.5	190	47
Subway			
Cookie, Chocolate Chip	6	150	30
6" Meatball Marinara	11	1590	63
6" Sweet Onion Teriyaki	1	780	26
Burrito Supreme Chicken	5	1370	50
Chicken Quesadilla	12	1420	40
Crunchwrap Supreme	7	1400	68
Taco Bell			
Cheeseburger	8	940	43
Chicken Caesar Salad Caesar Dressing, Croutons	4	1015	18
Medium French Fry	4	380	56
32 oz. Coke	0	132	108
32 oz. Pepsi	0	80	112
32 oz. Fanta Orange	0	140	140
32 oz. Sprite	0	188	104
Wendy's			
Chicken Caesar Salad Caesar Dressing, Croutons	4	1015	18
Medium French Fry	4	380	56
32 oz. Coke	0	132	108
32 oz. Pepsi	0	80	112
32 oz. Fanta Orange	0	140	140
32 oz. Sprite	0	188	104
Drinks			
32 oz. Coke	0	132	108
32 oz. Pepsi	0	80	112
32 oz. Fanta Orange	0	140	140
32 oz. Sprite	0	188	104



Log Book

Log Book Working with the Doctor

Show this Log Book to the doctor on each office visit.

Section 1: **Questions**

Update the plan

Section 2: **Lists**

Show what you take

Section 3: **Test Results**

Understand what they mean

Section 4: **Tracking Charts**

Report how you're doing

If this book is lost, please return to:

Section 1

Questions to Ask the Doctor

The Load: How heavy is OK?

Date: _____

How often should I weigh?						
How much can I gain in one day before I call? in one week before I call? <i>For many people it's 3 pounds a day and 5 a week. Write your two numbers on the Magnet Board.</i>						
How much sodium is okay in a day? <i>1500mg (~1/2 teaspoon) is right for most people.</i>						
Is a salt substitute with potassium okay? <i>It usually doesn't go with Beta Blockers.</i>						
How many ounces (oz.) can I drink in a day?						
Is alcohol okay? How much? <i>Usually it's 1 drink for women and 2 for men.</i>						

The Road: How hard is my heart pushing?

How often should I take my blood pressure?						
When should I take it? <i>Many people try it at different times of the day.</i>						
What should my blood pressure be? <i>Most people want 120/80 or less.</i>						
What should my pulse be? <i>Most people want less than 80.</i>						

The Strong Heart: What exercise is good?

I'd like to start a walking plan. Is that okay?						
How many minutes should I walk?						
How many times a week?						
I'd like to do chair exercises. Is that okay?						
Any limits on sex?						

Section 2 Lists to Show the Doctor

Show the doctor the **Meds List** on the Emergency Card from your wallet.



If you don't always take the pills, tell the doctor. There might be a fix.

Problem	Fix
"I don't like taking so many pills."	Maybe the doctor could prescribe a Combination Drug.
"My pills are too expensive."	Most companies have a program to help. A nurse can tell you where to call.

"What should I be concerned about?"

Example: If I'm on a Beta Blocker I shouldn't use a salt substitute.

"What *shouldn't* I be concerned about?"

Example: If I have a dry cough, it's probably a side effect of an ACE Inhibitor.

The Three Groups of Heart Failure Pills:

- Diuretics
- ACE Inhibitors / ARBs / Vasodilators
- Beta Blockers

If you don't have one of each, tell the doctor.

Vitamins, Juices, Herbs, Oils and Teas I Take

Name	How I Use It and When

List of shots I may need to take:

Name	Date I got one
Flu Shot <i>I need one every year.</i>	___ / ___
Pneumonia Shot	___ / ___
Varicella (Shingles) Shot #1	___ / ___
Varicella (Shingles) Shot #2	___ / ___
Other?	___ / ___

Where can I get them? _____

Section 3 Test Results

How Heavy is The Load?

Kidney Test “Chemistry”	A score in this range means kidneys are flushing OK.
Sodium	134 - 149
Serum Potassium	3.5 - 5.2
Chloride	95 - 100
Carbon Dioxide	23 - 30
Blood Urea Nitrogen <i>BUN</i>	7 - 20
Creatinine	0.6 - 1.4
Magnesium	1.8 - 3.0

Hemoglobin A1C	Less than 7 means your blood is not heavy with sugar.
----------------	---

Get results for every test the doctor orders. Keep them in the folder so you can see progress or write them below.

Results Date:	Results Date:	Results Date:	Results Date:

--	--	--	--

How Narrow is The Road?

Fat Test “Lipids”	These scores mean arteries aren’t clogged.
Total Cholesterol	less than 200
HDL (Good)	Women: more than 50 Men: more than 40
LDL (Bad)	less than 100
Triglycerides	less than 150

Results Date:	Results Date:	Results Date:	Results Date:

How Strong is The Heart?

Ejection Fraction	More than 50 means it’s strong enough.
B-Type Natriuretic Peptid “BNP”	Strong hearts have less than 80.

Results Date:	Results Date:	Results Date:	Results Date:

Section 4 Tracking Charts to See How I'm Doing

Tracking Charts show *at a glance* how and what you're doing. A Chart has two parts, **Results** and **Actions**.

Results tell how you're doing:

Actions are what you do to earn better and better Results:

Tracking Chart		Start Date: ____/____/____						
If Results go up, Actions will bring them down.		Call the Doctor if I gain ____ pounds in a Day ____ pounds in a Week						
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Results	Morning Weight							
	Blood Pressure							
	Pulse							
	# of Extra Pillows							
	Swelling?							
	Short of Breath?							
Actions	Sodium							
	Walking							
	Chair Exercises							
	Smokes							

The next pages show how to track Results and Actions on a chart. Your first Tracking Chart is on Page 15.

How to Track Results

Result #1: Morning Weight

You wrote how many pounds you can gain on Page 2 in this book. Write those two numbers at the top of your first Tracking Chart, Page 15.

Call the Doctor if I gain 3 pounds in a Day
5 pounds in a Week

Put the scale on a hard floor (not a rug). Have a pen nearby. As soon as you get up, use the toilet. Take off any clothes. Step on the scale. Write the number in today's box.

Morning Weight	212	
----------------	-----	--



Compare the Numbers

- Check each day's weight against the day before. *Did the number go up more than the doctor said was OK for one day?*
- Now check today against each of the last six days. *Did it go up more than the doctor said was OK for one week?*

If today's weight went up more than the limit for a day or a week, call the doctor.

Result #2: Blood Pressure and Pulse

Look in the Kit for the Monitor and the guide, *How to Take Your Blood Pressure Step by Step*.

If your Kit doesn't have a monitor, your provider probably thinks you don't need one. If you want to track your blood pressure, buy a monitor at the drug store or call 1-877-CAREKIT (1-877-227-3548) to order.

Follow the *Step-by-Step* and write today's Blood Pressure and Pulse on the Tracking Chart.



Blood Pressure	130/84	128/84
Pulse	80	75

Result #3: Extra Pillows

If you needed more than one pillow to sleep last night write the number of extra pillows.



# of Extra Pillows	2	
--------------------	---	--

Result #4: Swelling

Swelling is an Early Warning Signal. It means water is staying in your body instead of pumping around and out. Check these trouble spots each night:

Fingers Do your rings feel tight?

Stomach Did you have to loosen your belt today? *Right after a big meal doesn't count!*

Legs Take off your socks. Can you see the sock pattern "stamped" on your legs?

Feet Have you switched to slippers because your shoes are too tight? Have you cut your shoes, socks or slippers open?

If you answer yes to any of these questions, put a X in today's box for swelling.



Swelling?	X	
-----------	---	--

Result #5: Being Short of Breath

Did you have to stop and work on just breathing today? Did you pant or gasp? If you did, put a X in the box.

If you see more Xs in Swelling and Short of Breath, Pressure and Weight will probably go up soon. It's time to get busy with Actions.



Short of Breath?	X	
------------------	---	--

How to Track Actions

Action #1: Sodium

Make a X in this box if you slipped and ate salty food. Some of the worst salty foods:

- Snack crackers, chips or pretzels
- Chinese food
- Salad dressing, pickles

If you make a mark, watch your Results the next day. You'll probably see swelling, higher pressure and more weight. To get back to normal eat far less sodium this day. Knowing what happens should help you pass the next time you're tempted to eat salty food.



Sodium	X	
--------	---	--



Action #2: Walk

How many minutes did you walk today? Write the number in the box. The more you walk, the better Results you should see.

Walking	6 mins	
---------	--------	--

Action #3: Chair Exercises

Check the Folder for how to do these arm and leg lifts. How many times did you repeat each one? Five times, like it says on the guide? Write a 5 in the box. The stronger you are, the better you can pump and breathe.



Chair Exercises	2 times	
-----------------	---------	--

Action #4: Smokes

Write how many smokes you had today. Try to use fewer every day. If you smoke more instead, expect to see the Results numbers get worse. If you want to stay out of the hospital, find The How to Stop Smoking using the 4-Day Flush in the Folder. It's time to quit.



Smokes?	9	
---------	---	--

Turn the page to see a complete sample Tracking Chart. Then start your own.

Sample Chart

Is this person heading in the right direction?

Start Date

08 / 17

Call the Doctor if I gain 3 pounds in a Day
5 pounds in a Week

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Results	Morning Weight	212	211	210	212	213	215
	Blood Pressure	130/84	128/84	126/86	128/84	130/86	130/84
	Pulse	80	75	74	81	82	80
	# of Extra Pillows					1	2
	Swelling?				X	X	X
	Short of Breath?					X	X
Actions	Sodium		X	X		X	
	Walking	6 mins	8 mins		6 mins		4 mins
	Chair Exercises		2 times		3 times	2 times	
	Smokes	9	5	6	5	5	5

Answer: NO - Blood Pressure came down, but is going up again. Swelling and Breathing are getting worse.

The person slipped on sodium and is exercising less. Weight went up 5 pounds in a week.
Call the Doctor!

Tracking Chart

If Results go up, Actions will bring them down.

Start Date

___ / ___

Call the Doctor if I gain ___ pounds in a Day
___ pounds in a Week

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Results	Morning Weight						
	Blood Pressure						
	Pulse						
	# of Extra Pillows						
	Swelling?						
	Short of Breath?						
Actions	Sodium						
	Walking						
	Chair Exercises						
	Smokes						

Tracking Chart

If Results go up, Actions will bring them down.

Start Date

___ / ___

Call the Doctor if I gain ___ pounds in a Day
___ pounds in a Week

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Results	Morning Weight							
	Blood Pressure							
	Pulse							
	# of Extra Pillows							
	Swelling?							
	Short of Breath?							
Actions	Sodium							
	Walking							
	Chair Exercises							
	Smokes							

Tracking Chart

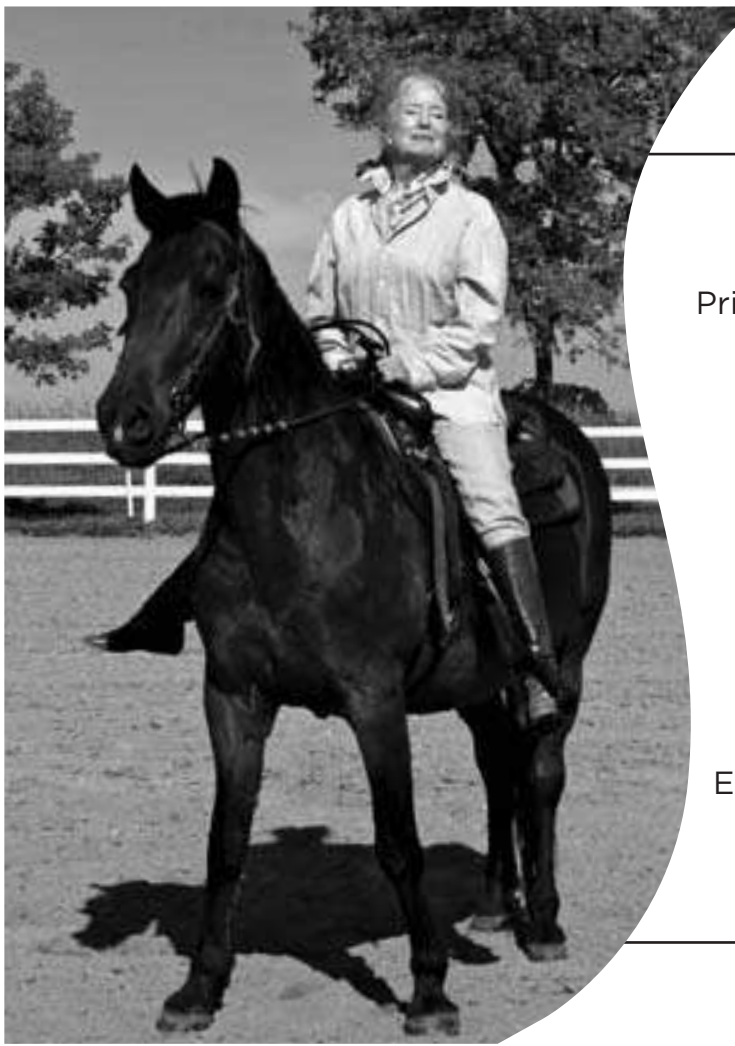
If Results go up, Actions will bring them down.

Start Date

___ / ___

Call the Doctor if I gain ___ pounds in a Day
___ pounds in a Week

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Results	Morning Weight							
	Blood Pressure							
	Pulse							
	# of Extra Pillows							
	Swelling?							
	Short of Breath?							
Actions	Sodium							
	Walking							
	Chair Exercises							
	Smokes							



Telephone Numbers

Primary Care Doctor _____

Heart Doctor _____

Nurse _____

Pharmacy _____

Home Helper _____

Hospital _____

Emergency Contact _____

References

All this information reflects the clinical guidelines and standards from the following national and international professional medical organizations:

The American Heart Association

www.americanheart.org

2009 Focused Update: ACCF/AHA Guidelines for the Management of Heart Failure in Adults

The American College of Cardiology

www.acc.org

The American Association of Heart Failure Nurses

www.fightheartfailure.com

Center for Medicare and Medicaid Services

Measures for Heart Failure

www.cms.hhs.gov

Heart Failure Society of America

www.abouthf.org

The British Heart Foundation

www.bhf.org.uk

Health Canada/Santé Canada

www.hc-sc.gc.ca

National Guidelines Clearinghouse

www.guideline.gov

National Heart Lung and Blood Institute

www.nhlbi.nih.gov

USDA Food & Nutrition Information Center

www.nal.usda.gov/fnic

The US Food and Drug Administration

Official Drug Package Inserts

www.fda.gov

The Cleveland Clinic Guide to Heart Failure

June 2009

Mayo Clinic Special Report: Heart Failure

June 2007

Johns Hopkins Medical Alerts: Heart Health

March 2009



CUT ON DOTTED LINE

What You Need in an Emergency



CUT ON DOTTED LINE

CUT ON DOTTED LINE



CUT ON DOTTED LINE

CUT ON DOTTED LINE



Emergency Contacts

Meds List

Dose

When

Name

Number

Doctor

Specialty

Number

Doctor

Specialty

Number

Doctor

Specialty

Number

FOLD HERE

Emergency Card

If I can't tell you what's wrong,
it's probably my **heart condition**.

Please call **911** or
my emergency number.

_____ - _____ - _____



Allergies: _____

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CUT ON DOTTED LINE

How to Limit Drinks



If the doctor says your limit is 64 oz. (8 cups), fill the Measuring Bottle each meal. Fill it once more. Save some for taking pills at night. If you can drink less, good!



If your doctor says your limit is less than 64 oz. (8 cups): Pour each drink into the Measuring Bottle. Find how high it reaches.

SUN	MON	TUE	WED
1/6	1/6	4	
1/6	1/2		
8	1/2		
1/2	4		
4			
Daily Limit: <u>56 oz.</u>			

Write that number on this weeks Drink Card. Add the number of ounces or cups you drink until you reach your daily limit. Chew gum or suck candy during the day.

Drink Cards

Before you write, copy these cards so you'll have blank ones later.

SUN	MON	TUE	WED	THU	FRI	SAT
Daily Limit: <u>56 oz.</u>		Date ____ / ____				

SUN	MON	TUE	WED	THU	FRI	SAT
Daily Limit: _____		Date ____ / ____				

SUN	MON	TUE	WED	THU	FRI	SAT
Daily Limit: _____		Date ____ / ____				

SUN	MON	TUE	WED	THU	FRI	SAT
Daily Limit: _____		Date ____ / ____				

How to Take Your Blood Pressure *Step by Step*

The first time you use the Monitor and any time the *Replace Batteries* light comes on:


- Lay the Monitor face down.
- Press down on the tab. Lift off the cover.
- Put in AA batteries. Match the + and - on the batteries to the marks inside the case.
- To snap the cover back on, match the hooks. Push the cover down until it snaps.

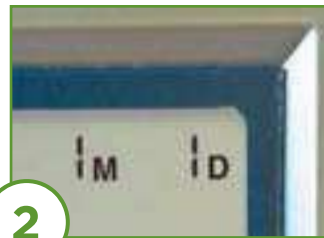




Set Date

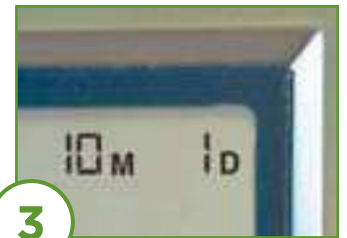
A time of day and date appear at the top of the screen. If they are not correct, follow these 3 steps:





Press and release both buttons at once: 
The Month blinks.



To change the number, press 
When the number is right, press 



Now the Day blinks. Press  to change it. Press  when it's right.

Set Time

Repeat Steps 2-3 to set the hour and minutes.

The Monitor uses a 24-hour clock. If it's now afternoon or night, add 12 to the time on your watch. Use that number to set the hour.

When you finish, the monitor stops blinking.



Example:

It's 3:00 PM right now.
Add 12. It's 15:00 for the Monitor



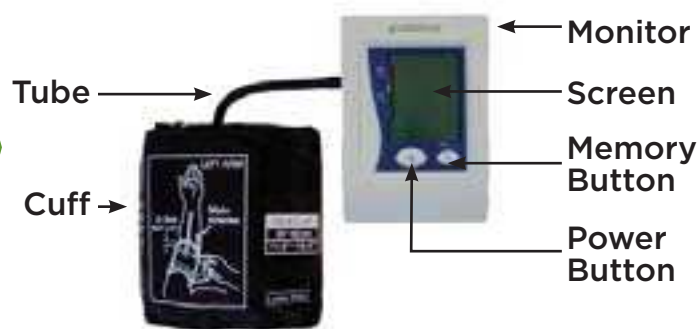
Get Ready

Have the Log Book and a pen or pencil.

Relax for 30 minutes if you just:

- Had a smoke
- Drank alcohol or caffeine
- Exercised
- Had a bath or shower
- Ate anything
- Took medicine

Know the names of the parts of the Monitor.



Put on the Cuff

Bare your arm. Take your clothes off if pushing the sleeve up makes it tight on your arm. Put both feet flat on the floor.

The heart is on the left side of the chest. So check your pressure on the left arm—unless the doctor says to use the right.



1. Open the cuff so the metal bar can slide. Turn it so you can read the words.
2. Slip your arm through the cuff. Pull it up until the red band is one inch above the bend at your elbow.
3. Turn the cuff so the tube runs over the bend at your elbow, down to your palm.
4. Reach over your arm to grab the flap. Pull it until the cuff is snug.



While you pull, keep the bottom red edge an inch above your elbow and the tube straight down your arm. Note the letters "OK" on the cuff inside your arm.

5. Stick the flap to the cuff. Check the fit:

Does the arrow by the word INDEX point to OK? If not, you need a different size cuff. Call 1-877-CAREKIT to order one.

Can you squeeze two fingers (no more, no less) under the red band? If not, pull and stick the cuff again.



Put the Machine to Work

1. Push the tube into the hole in the Monitor.
2. Sit up straight, so the cuff is level with your heart.
3. Steady your arm:
 - Elbow on the table.
 - Palm up.
 - Relax.

4. Press the *Power* button.



- Numbers appear, then turn to zero.
- The cuff squeezes, but not too tight.
- More numbers appear, changing as the cuff gets tighter.
- The cuff goes loose again.

Any time the cuff makes you nervous, press the **Power** button. The Monitor will stop.



The Numbers



Now you have three numbers on the screen.

Top - How hard the heart pushes on each beat.
A good number is 120 or less.

Middle - How hard the blood flows between beats.
A good number is 80 or less.

Bottom - How many beats in one minute.
A good pulse is 69 or less.

If you want to take another reading, wait 15 minutes.
The pressure in your arm needs to go back to normal.

Track Your Score



Open the Log Book to this week.
Find the line for *Blood Pressure*.
Write the:

- Top number before the slash
- Middle number after the slash

Find the line for *Pulse*.
Write the Bottom number here.

Blood Pressure	155 / 95
Pulse	88

See the Trend

When you have at least three readings, look for the **trend**.

Ask yourself:

- Are the numbers getting closer to 120/80 or farther away?
- Are numbers getting more regular or are they jumping high and low?

Blood Pressure	155 / 95	153 / 94	152 / 94
Pulse	88	87	85

If the numbers are going down and getting more regular it's probably because you're doing a good job relaxing and avoiding salt and fat.

Memory

From time to time you may want to check a score from the past.



Press and release the Memory Button. 

The screen quickly shows how many past readings are inside. *M03 means there are three scores.*



Then it shows the last reading you took, *M01*.



Press the Memory Button again for the score before that, *M02*. Each *press* shows the score before.

It's good to have a Monitor memory, but seeing one score at a time doesn't show you the **trend**. The trend is what matters. *Keeping your own Log Book puts you in control.*

How to Stop Smoking

The Four-Day Flush Using Simple Foods

Smoking puts **Nicotine** in your body. Nicotine is a drug. You are addicted to a drug.

To get the nicotine out, follow the **4-Day Flush** plan. You'll be 90% nicotine-free at the end.

Don't wait till the pack is done or "life settles down." There's never a perfect time to stop smoking.



The Four-Day Flush Plan

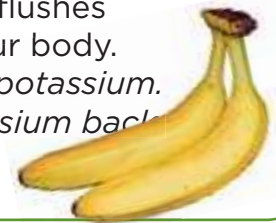
Drink Cranberry Juice

At least 1 cup a day
*Make sure it's sugar-free.
Cranberry juice grabs
the nicotine and flushes
it out of your body.*



Eat A Banana

Cranberry juice also flushes potassium out of your body.
*But the heart needs potassium.
A banana puts potassium back.*



Don't Eat Starch

Starch turns into **sugar**.
*Instead, eat 100%
whole grain bread,
cereal and pasta.*



Don't Eat Sugar

Sugar turns into **fat**.
*Instead, eat treats
like sugar-free gelatin
and frozen yogurt.*



Don't Eat Fat

Fat hangs on to the nicotine.
*Instead, eat lean meat
and fish, with veggies.*



DAY 1

- Go Shopping
- Follow the Flush Plan
- Exercise

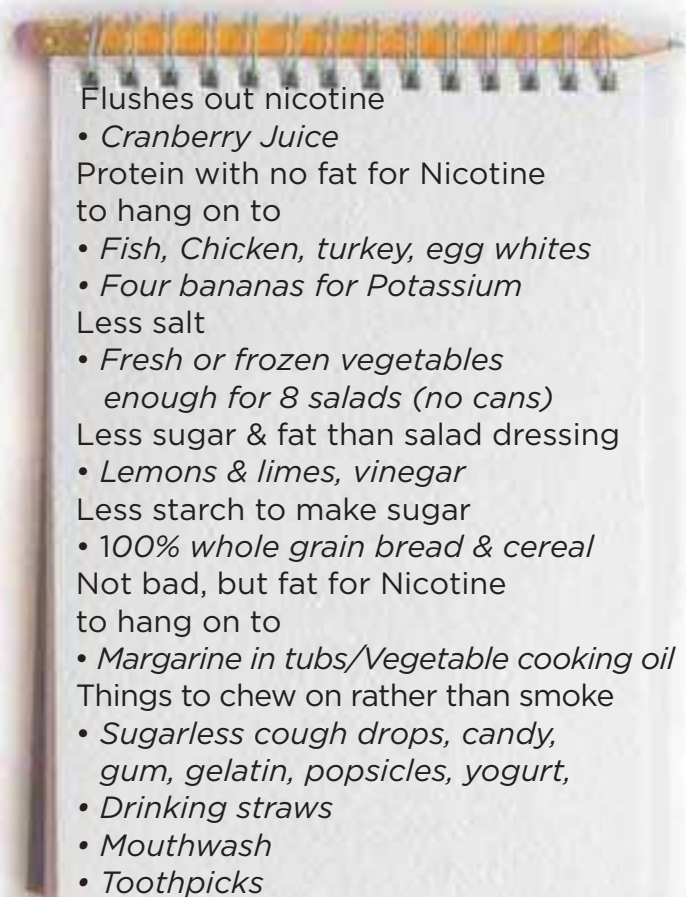
In 20 Minutes:

Your blood pressure goes down.

In 12 Hours:

Carbon monoxide levels in your body drop; you have more oxygen in your lungs.

Shopping List



DAY 2

- Follow the Flush Plan
- Exercise
- Work through Withdrawal

In 48 Hours:

Your chance of having a heart attack drops.

Work Through Withdrawal

What You Feel	Why You Feel It	What You Can Do
Angry, Anxious	You're giving something up!	Relax. Do things that make you happy!
Coughing, Dry Mouth	Dirt in your lungs is coming up.	Use mouthwash. Suck cough drops. Sip some water. Chew gum.
Hungry, Weight Gain	Food tastes better and burns off slower.	Eat slowly. Take small bites and chew more.
Sluggish	Nicotine gave you energy.	Eat lean meat and exercise for more energy.
Confused	You need more oxygen.	Take deep breaths often.

DAY 3

- Follow the Flush Plan
- Exercise
- Work through Withdrawal
- Outwit the Cravings

In 72 Hours:

Your airways and arteries relax and open up. It's easier for the heart to pump. It's easier to breathe. You have more energy.

Outwit the Cravings

A sudden urge to smoke only lasts *three minutes* or less. Figure out what triggers your craving. Then either:

- Dodge the trigger or
- Distract yourself until the urge goes away.

Print 2 of the ***Dodge or Distract Plan*** to get you started.

DAY 4

- Follow the Flush Plan
- Exercise
- Work through Withdrawal
- Outwit the Cravings

In 4 Days:

90% of the nicotine is gone.
Anxiety peaks, then fades. You're clean.

Get It All Together

Today's the day for all 4 tasks all day long.

- Work through the feelings with the **Withdrawal Chart**.
- Figure out your triggers and how to dodge them on **Dodge or Distract Plan**.

If your first idea doesn't work, no problem. First ideas often don't. Try something else!

Remember **if you break down and smoke**, you have to start the 4-Day Flush over again.

Exercise

Why?

Exercise increases circulation so the nicotine gets flushed quicker. It relaxes and distracts from smoking.

To Start:

- Breathe deep and stretch.
- Walk for a few minutes, as long as you can.



Each day go a little farther.

The Four-Day Flush is over. *What Now?*

Start to Eat Fruit

Do it only if you're feeling strong enough to not smoke. If you're unsure stick with the Meal Plan a few more days.



Make a *Ciggy Bank*

Save the money you would have spent on smokes. Use it for a special new purchase.



Instead, think:

The urge only lasts three minutes or less. I can resist that long!

Keep up the Dodge & Distract Plan

Add familiar places or events that make you want to smoke and what to do instead.

Stay Alert

You are a smoke-a-holic. No matter how long you've been smoke-free, don't think you can safely take a puff.

One puff and you want another.
One cigarette becomes two, two becomes a pack and then you're hooked again.

The Long-Term High keeps getting better:

In 2-3 Weeks

- Your breath smells normal again.
- Blood is flowing easier.
- Lungs hold more air.
- Sex is better.

Within 9 Months

- All coughing and wheezing are gone.
- Your nose isn't stuffed up.

Long-Term

In 1 Year:

Your risk of a heart attack is cut in half.

In 5 Years:

Your risk of a stroke goes down so far it's as if you never smoked.

Dodge or Distract Plan

[illegible]

"If This Happens....."

Call the Doctor if you...

- feel faint and dizzy
- have chest pains
- have a hard time breathing
- gain _____ pounds in a day
- gain _____ pounds in a week

Heart Alert:

If your shoes, socks, belt or rings are too tight, your water level is rising.

To keep the water moving and stay out of the hospital:

- 1 **Take all pills** on time
- 2 **Eat no** extra salt
- 3 **Walk** to help the heart pump

If there is less than two week's supply of pills, call the pharmacy for a refill.

Doctor:

____ - ____ - ____

Pharmacy:

____ - ____ - ____

Questions?

I've wondered if...

Something I've noticed...

It's probably nothing, but...

One of my friends said...

Is it true that...

Next Appointment: