

Living with Heart Failure



As an academic medical center with a nationally ranked cardiovascular program, the UH Harrington Heart & Vascular Institute at University Hospitals Case Medical Center offers a comprehensive program that successfully tailors highly specialized and advanced medical and surgical therapies to the unique needs of patients with advanced heart disease and heart failure.

Our Advanced Heart Failure & Transplant Center features specialists with extensive experience and training in therapies for the most challenging cardiovascular conditions, particularly for “no option” patients, including heart transplantation and the use of mechanical circulatory assist devices (heart pumps), as well as the latest investigational strategies available only in select centers across the country.

Patients presenting with idiopathic cardiomyopathy, diastolic dysfunction, heart failure from valvular disease, rare cardiomyopathies (hypertrophic, restrictive) and inherited disorders, pulmonary hypertension, congenital heart disease (adult) and other severe conditions require aggressive medical and surgical options.

In close consultation with your primary care physician, we can provide:

- Angioplasty and stenting
- Transmyocardial laser revascularization
- High-risk mitral valve repair
- Coronary artery bypass
- “Redo” heart surgery
- Aorta and aortic-valve replacement
- Heart transplantation
- Mechanical circulatory assist devices for patients who are not considered candidates for transplantation
- Investigational options available only in select centers across the country

We offer advanced diagnostic testing, including:

- Echocardiography
- Cardiac catheterization
- Stress testing
- Cardiopulmonary exercise testing
- Nuclear cardiology
- Magnetic resonance imaging (MRI)
- Cardiac computerized tomography (CT)
- CT coronary angiography
- Calcium scoring
- Viability testing
- Positron emission testing (PET) scan
- Optical intracoronary imaging (OCT)

Patients may also be eligible for leading-edge therapies under trial at University Hospitals Case Medical Center. We are the first institution in Northeast Ohio to implant the Jarvik 2000 and Impella investigational heart pumps, and we can provide temperature modulation therapy and laser technology as a way to deliver cardiovascular stem cells to the heart in relevant cases.

To schedule an appointment, please call toll free [1-866-UH4-CARE \(1-866-844-2273\)](tel:1-866-UH4-CARE).

Heart Failure Clinics

UH Case Medical Center

11100 Euclid Avenue
Cleveland, OH 44106

UH Twinsburg Health Center

8819 Commons Boulevard
Twinsburg, OH 44087

UH Chagrin Highlands Health Center

3909 Orange Place
Orange Village, OH 44122

UH Westlake Health Center

960 Clague Road
Westlake, OH 44145

UH Concord Health Center

7500 Auburn Road
Concord Township, OH 44077

Among the nation's leading academic medical centers, University Hospitals Case Medical Center is the primary affiliate of Case Western Reserve University School of Medicine, a nationally recognized leader in medical research and education.

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How the Heart Works

- The heart is divided into four chambers or sections called the right and left atrium and the right and left ventricle.
- These chambers are separated by valves. Valves allow the blood to move from chamber to chamber without backing up.
- The right upper and lower chambers supply blood to the lungs.
- The left upper and lower chambers supply oxygen-rich blood to the tissues in the body.
- With each heartbeat, a normal left ventricle pumps out or “ejects” 55 – 60 percent of the blood it receives. This is known as the “ejection fraction.”

What is Heart Failure?

- Heart failure is a condition in which the heart muscle has become weaker than normal.
- This condition may also be referred to as congestive heart failure (CHF).
- Heart failure usually occurs gradually over a period of time.
- In heart failure, the heart is unable to pump enough blood and oxygen to meet the body’s needs. The heart pumps less blood with each beat, so the “ejection fraction” goes down.
- When this happens, blood that should be pumped out of the heart backs up in the lungs and other parts of the body. This is why many people with heart failure have shortness of breath or swelling in the extremities.
- As the heart strains to do its work, the heart muscle fibers stretch and the chambers of the heart enlarge. This further weakens the heart’s ability to perform.
- Because the tissues are receiving less blood and oxygen, they are unable to perform their functions properly. Activities such as walking, climbing stairs and carrying objects become more difficult.



Causes of Heart Failure

- Hypertension (high blood pressure)
- Coronary artery disease
- Defective heart valves
- Viral illness
- Illicit drugs such as cocaine
- Alcohol abuse
- Idiopathic (unknown cause)

Heart failure is generally not curable, but it can be treated effectively and most people will feel better once therapy is started. Correcting problems such as high blood pressure, blocked arteries and diseased valves will help. Therapy is aimed at helping the heart to work more efficiently and with less effort. A combination of medication, diet and exercise can be an effective course of treatment.

Be Your Own Advocate

In most cases, heart failure is a chronic condition. There is no easy cure. However, there are several ways that you can take an active role in your health.

- Stopping drugs, alcohol or cigarettes may help to stop the progression of the disease.
- It is important that you feel comfortable enough with your health care team to discuss any questions or concerns that you may have.
- Never hesitate to notify your health care team if you are unclear on any aspect of your health care plan or feel that something just isn't quite right with how you feel.

Symptoms of Heart Failure

- The following symptoms are commonly associated with heart failure:
 - Shortness of breath (may be all the time, with exertion or at night when lying down)
 - Exercise intolerance
 - Difficulty lying flat without extra pillows
 - Increasing fatigue
 - Swelling in legs
 - Rapid weight gain
 - Abdominal distention and bloating
 - Decreased appetite
- Most of these symptoms are caused by excess fluid build-up. In heart failure, the body has difficulty ridding itself of salt and water.
- The fluid builds up in the tissues of the body in the legs, abdomen and lungs.
- The heart has to work harder to pump this extra fluid and this causes more fatigue.

It is important to communicate any new or increasing symptoms to your physician. Many times these symptoms can be treated with simple medications and diet adjustments before developing into a more serious situation.

Managing Your Medication

There are many medications used to help treat heart failure. Some drugs can help decrease progression of heart failure, while other drugs help decrease symptoms. You should understand what medications you are taking and why.

- Forgetting medications is one of the most common reasons heart failure patients may be hospitalized. Take your medicines exactly as they are ordered. If you are having problems following the medication schedule, or if you think you are having side effects, be sure to tell your doctor or nurse.
- Bring your medications or a copy of your medication list with you to each visit.
- Call the doctor's office if you are running low on your medications. Refills can be called in to your pharmacy.
- If you use mail order, be sure to order early so you do not run out of medications.
- Be sure to tell your doctor or nurse if you are having problems paying for your medications. They may be able to direct you to places where you can get help.

Helpful Hints

- Know the names of your medications.
- Know what your medications are used for.
- Know the dosage of each medication and how often you should take it.
- Take your medications as prescribed by your doctor.
- Never change or stop taking your medications without talking to your doctor.
- Keep a list of your medications at home and in your wallet.
- Take your medicine bottles or a copy of your medication list to physician visits.
- Take your medications with another daily activity you do at the same time of day, such as brushing your teeth.
- Know what to do if you miss a dose.
- Never take someone else's medications.
- Don't take over-the-counter medications without checking first with your doctor or nurse.
- Notify your doctor or nurse of any changes that have been made with your medications.



Know Your Prescriptions

Medication	Also Called	How It Works	Possible Side Effects
ACE Inhibitors	Benazepril Captopril Enalapril Fosinopril Lisinopril Quinapril Ramipril	<ul style="list-style-type: none"> Relaxes blood vessels Makes it easier for the heart to pump Helps heart muscle work better Can lower blood pressure Alleviates symptoms and helps keep patients out of the hospital 	Persistent cough, kidney problems, weakness or dizziness, skin rashes, an altered sense of taste, high potassium levels
Beta Blockers	Atenolol* Bisoprolol Carvedilol Metoprolol XL	<ul style="list-style-type: none"> Blocks the body's response to certain substances that can damage the heart Helps heart muscle work better Can lower blood pressure and heart rate Alleviates symptoms and helps keep patients out of the hospital 	Less tolerance for physical activity, low blood pressure, worsening of asthma symptoms
Spironolactone	Aldactone Novo-Spiroton	<ul style="list-style-type: none"> Blocks sodium and water reabsorption Helps prevent further damage to the heart At low doses (12.5 – 50 mg) is not used as a water pill 	Lethargy, drowsiness, fatigue, diarrhea, cramps, high potassium, low sodium
Cardioglycoside	Digoxin	<ul style="list-style-type: none"> Helps the heart pump Increases the heart's strength Alleviates symptoms and helps keep patients out of the hospital 	Loss of appetite, a bad taste in the mouth, nausea or vomiting, impaired kidney function, headaches, skipped heartbeats, rapid breathing
Diuretics	Bumetanide Furosemide Hydrochloro-thiazide Torsemide	<ul style="list-style-type: none"> "Water pill" Gets rid of excess water in the legs, feet and lungs Alleviates symptoms 	Fatigue, low blood pressure, poor kidney function, low potassium levels
Angiotensin II Receptor Antagonists	Candesartan Irbesartan Losartan Valsartan	<ul style="list-style-type: none"> Opens up vessels of the heart Makes it easier for the heart to pump Helps heart muscle work better Can lower blood pressure Alleviates symptoms 	No significant effects observed, but the drugs are still under investigation
Vasodilators	Hydralazine/ Nitrates: <ul style="list-style-type: none"> Isosorbide Dinitrate (isordil) Isosorbide mononitrate (Imdur) Nitroglycerin patch 	<ul style="list-style-type: none"> Opens up vessels of the heart Makes it easier for the heart to pump Helps heart muscle work better Can lower blood pressure Alleviates symptoms and helps keep patients out of the hospital 	Fainting or dizziness, headaches, flushing, heart palpitations, nasal congestion
Calcium Channel Blockers	Amlodipine Diltiazem* Felodipine* Verapamil*	<ul style="list-style-type: none"> Helps heart muscle work better Can lower blood pressure Alleviates symptoms 	Headaches, facial flushing, dizziness, ankle swelling
Blood Thinners	Aspirin Clopidogrel Ticlopidine Warfarin	<ul style="list-style-type: none"> Thins out blood Decreases chance of having a heart attack or stroke <p><i>Your blood will need to be monitored monthly</i></p>	Increased risk of bleeding, easy bruising
Anti-Arrhythmic	Amiodarone Dofetilide Sotalol	<ul style="list-style-type: none"> Helps your heart pump better Helps keep heart in a regular rhythm 	Dizziness, numbness, tingling in arms, facial flushing, headache, nausea, shortness of breath
Potassium Chloride, Magnesium Chloride	K-Dur Slow-Mag	<ul style="list-style-type: none"> May be affected by your other medications May need a supplement 	High potassium, high magnesium, nausea, vomiting, abdominal pain, diarrhea

*These medications should be avoided if you have heart failure from poor heart pumping function. Discuss this with your doctor.

Nutrition

- Lower sodium (salt) in your diet to help lower edema (swelling).
- Consume adequate potassium – eat fruits and vegetables daily.
- Prevent gastric distress – try small meals with snacks and avoid foods that cause distress.
- In the acute phase of heart failure, restrict caffeine intake (coffee, black tea, soda).
- Eat a well-balanced diet to ensure you get all the vitamins and minerals you need.

Sodium Restriction

You should restrict your total daily sodium (salt) intake according to your treatment plan. This also helps prevent your body from retaining fluid.

- Leave the salt shaker off the table and do not cook with salt. Try experimenting with spices and fresh lemon. Look for salt-free seasoning blends in your grocery store spice section.

1 teaspoon salt = 2,000 mg sodium

1 teaspoon baking soda = 821 mg sodium

1 teaspoon baking powder = 339 mg sodium

1 teaspoon MSG = 492 mg sodium

- Purchase fresh and frozen vegetables or canned vegetables without salt. If you have regular canned vegetables that you would like to use, rinse the vegetables and cook in a large amount of water to remove some of the salt.



Helpful Hints

- Bake, broil, boil, steam, roast or poach foods without salt. Add vegetables and herbs for seasoning.
- Do not buy convenience foods such as skillet dinners, deli foods, cold cuts, hot dogs or canned soups. They are all high in salt.
- When you eat out, order baked, broiled, steamed or poached foods without breading, butter or sauces. Also ask that no salt be added. Go easy on the salad dressing. Most are high in salt. Ask for oil and vinegar for your salad or lemon wedges.
- Stay away from fast food. Most are high in salt.
- Avoid drinks high in salt, such as tomato or vegetable juice.
- Cook from scratch whenever possible.

Did you know?

1 cup of canned green beans = 340 mg sodium

1 cup of cooked, fresh or frozen green beans = 5 mg sodium

½ cup of Rice-a-Roni rice pilaf = 1,220 mg sodium

½ cup of cooked plain rice = 2 mg sodium

Good Foods



Milk, Milk Products:

Limit milk to 16 ounces a day

Whole, low fat, skim milk; chocolate, cocoa; yogurt; eggnog; milk shake; 8 oz. milk substitute

Cheese:

Limit to ½ cup or 1 ounce a day

Dry curd cottage cheese; low fat or skim milk ricotta; farmer cheese; part-skim mozzarella

Vegetables:

2 or more servings a day

Fresh or frozen vegetables without sauces; low-sodium canned vegetables and juices; white or sweet potatoes

Fruit:

2 or more servings a day

Canned, fresh or frozen fruit; fruit juice

Bread, Cereal, Pasta:

6 to 11 servings a day

Bread (all types); rolls; salt-free crackers; pasta, rice and noodles cooked without salt; cooked cereal without salt; dry low-sodium cereals

Meats, Poultry, Fish, etc.:

6 ounces a day

Fresh or fresh-frozen meats, fish, poultry or game meat; low-sodium canned tuna, sardines or salmon; eggs; tofu; dried peas and beans; low-sodium peanut butter

Fats:

Unsalted butter or margarine; unsalted salad dressings; vegetable oil; shortening; mayonnaise; light or fat-free sour cream

Sweets and Desserts:

Sweets and desserts made without salt; desserts made with milk should follow milk allowance; frozen juice bars; fruit ice; sorbet; sherbet; jelly, jam or preserves; plain cookies; animal crackers; ginger snaps

Beverages:

Most beverages are acceptable, although limit caffeine as necessary according to your treatment plan. If you have a water softener, obtain water for drinking and cooking before it is processed.

Soups:

Low-sodium canned or dehydrated soups; homemade soups with meat, fresh or frozen vegetables and/or allowed milk, cooked without salt

Seasonings:

Salt substitute (with physician's approval); pepper, herbs, spices, flavorings, vinegar, lemon and lime juice; salt-free seasoning mixes; low-sodium baking powder

Condiments:

Low-sodium ketchup, chili sauce, mustard; pickles or Tabasco sauce

Snack Items:

Unsalted nuts, seeds; pretzels, popcorn or potato chips



Fluid Restriction

Limit your total fluid intake to two quarts (64 ounces or eight cups) per day to help keep your body from retaining fluid. This includes fluids taken with medication. Some examples of fluids and foods that count as part of your fluid total:

Water, juice, tea, soda, coffee, ice cubes, soup, milk, yogurt, pudding, ice cream, gelatin, juices in fruits (one orange or half grapefruit counts as 4 ounces of fluid)

To help you measure:

1 cup = 8 oz = 240 cc

4 cups = 32 oz = 1 qt = 1,000 cc = 1 liter

8 cups = 64 oz = 2 qts = 2,000 cc = 2 liters

1 ml = 1 cc

1 oz = 30 cc

What can I do when I get thirsty?

Being thirsty is very common. This does not mean that your body needs more fluid. You have to be careful not to replace the fluid that diuretics have helped your body get rid of.

- Use ice chips or just rinse your mouth.
- Freeze juice in an ice cube tray.
- Use a lemon wedge, hard candies, chewing gum, frozen grapes or strawberries.

Many people find it helpful to fill a pitcher with 64 ounces of water in the morning. Each time you drink any fluid, pour that amount out of the pitcher. When the pitcher is empty, you have used up all of the fluids you should have for the day. Also, remember to save some fluids to take with your medication.

Milk, Milk Products:

Buttermilk (can make salt-free buttermilk by adding 1 tablespoon lemon juice to 1 cup of milk, let sit until thick)

Cheese:

Regular cheeses and cheese spreads

Vegetables:

Regular canned vegetables; vegetable juices; sauerkraut; pickled vegetables; prepared foods that use brine; frozen vegetables in sauce

Fruit:

None – naturally low in sodium

Bread, Cereal, Pasta:

Bread and rolls with salted tops; quick breads; instant hot cereal; dry cereal with added salt; regular crackers

Meats, Poultry, Fish, etc.:

Meat, fish or poultry that is smoked, cured, salted or canned – bacon, chipped beef, corned beef, cold cuts, ham, hot dogs and sausage; regular canned tuna or salmon; pickled eggs; regular peanut butter

Fats:

Regular butter or margarine; regular salad dressings

Sweets and Desserts:

Prepared mixes; store-bought pies, cakes and muffins; baked goods made with baking powder or soda

Beverages:

Commercially softened water; beverages and foods made with commercially softened water; sports drinks; canned tomato or vegetable juice (unless salt-free)

Soups:

Regular bouillon, broth or consommé; regular canned or dried soups

Seasonings:

Garlic, celery, onion, rock, kosher or other seasoned salt; sodium compounds such as MSG

Condiments:

Regular ketchup, chili sauce, mustard; pickles, relishes, olives; horseradish; gravy and sauce mixes; barbecue sauce; soy and teriyaki sauces; Worcestershire and steak sauce

Snack Items:

Salted nuts, seeds; pretzels, popcorn, potato chips; all regular commercially prepared convenience foods

Reading Food Labels

The nutrition facts label lists sodium in milligrams (mg). When reading labels, try to choose foods that contain less than 300 mg of sodium. Frozen entrees should contain less than 600 mg of sodium.

The following is a sample nutrition facts label. Always check to see how many servings are in the box or can. If you eat a portion greater than the serving size listed, you will have consumed a greater amount of sodium than what is listed on the label.

Nutrition Facts

Serving Size 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving

Amount Per Serving		Calories from Fat 30	
Calories 90		% Daily Value*	
Total Fat 3 g		5%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 300mg		13%	
Total Carbohydrate 13g		4%	
Dietary Fiber 3g		12%	
Sugars 3g			
Protein 3g			
Vitamin A 80%		Vitamin C 60%	
Calcium 4%		Iron 4%	

*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
Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Food Label Definitions for Sodium

Terms	Sodium per Serving
Sodium (salt) free	Less than 5 mg
Very low sodium	35 mg or less
Low sodium	140 mg or less
Reduced sodium	At least 75 percent reduction of sodium
Unsalted	No salt added during processing

Taking Your Daily Weight

- It is very important that you weigh yourself each morning. Weigh yourself wearing approximately the same amount of clothing each time.
- Keep track of your weight on a chart.
- Follow the rule of "3s." Call your doctor or nurse if you gain three pounds in three days. This could mean that you are retaining fluid.



Exercise

Exercise helps to condition your heart muscle and gives you more energy to perform activities throughout the day. Be sure to check with your doctor before beginning an exercise program. Notify your doctor or nurse of dizziness, difficulty breathing, heart palpitations or extreme fatigue that occur with exercise. Do not exercise immediately after a heavy meal. Avoid extreme temperatures. Do not exercise if you are already excessively fatigued or feeling poorly.

- Aerobic exercise is the best type of exercise for heart failure patients. Examples include walking, biking, swimming or dancing.
- Cardiac rehabilitation is a safe and effective way to exercise. An individualized exercise program is based on the results of an exercise test and is modified to fit each patient's needs. Cardiac rehabilitation programs must be ordered by your doctor and are not always covered by health insurance.
- Sexual activity is certainly a form of exercise. Despite your illness, you may continue to enjoy sexual activity with a few extra considerations. Try to be well-rested. Set aside a block of time. Be sure that the room temperature is comfortable. Avoid heavy meals and alcohol. Abstain if you are otherwise not feeling well. Discuss any anxieties that you may have with your partner. Be aware that some medications and heart failure in general may affect your sexual desire and performance. If this is the case, you should speak to your doctor.

Helpful Hints

Do

- Wear comfortable clothes and soft sole shoes with laces or sneakers.
- Start slowly. Gradually build up to 30 minutes of activity, three or four times per week (or whatever your doctor recommends). If you are unable to exercise for 30 minutes straight, try two 15-minute sessions to meet your goal.
- Exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday and Friday from noon to 12:30 p.m. However, don't skip your exercise if you can't make the scheduled time.
- Exercise with a friend.

Don't

- Don't get discouraged if you have to stop due to decompensation of your heart failure. Gradually start again and work up to your old pace.
- Don't do exercises that require holding your breath, bearing down or sudden bursts of energy.
- Don't engage in any activity that causes chest pain, severe shortness of breath, dizziness or light-headedness. If these happen, stop what you are doing right away.
- Don't exercise right after meals or in extreme temperatures.

Living Better

Managing Stress

Emotional stress and anxiety make the heart work harder, which can make symptoms worse. Patients and their caregivers should work together to keep stress under control.

- Learn to accept things you can't change.
- Learn to say no. Do not promise too much.
- Give yourself enough time to get things done.
- Don't use smoking, drinking, overeating, drugs or caffeine to cope with stress. These will actually make things worse.
- Join a support group – for people with heart disease, for women, for men, for retired persons or another group with which you identify.
- Consider a mental health professional or clergy to help you manage stress.

Avoiding Colds and Flu

- Get a yearly influenza vaccine. Ask your doctor about the pneumococcal vaccine (to guard against the most common form of bacterial pneumonia).
- As much as possible, avoid anyone who has a cold or the flu. Stay out of crowds during the height of flu season. If you are around someone who has a cold or flu, be sure to wash your hands.

Smoking Cessation

Smokers who have heart failure can eliminate a major source of stress on the heart by quitting. Each puff of nicotine temporarily increases the heart rate and blood pressure. Patients who quit smoking are more likely to alleviate heart failure symptoms.

- Keep busy doing things that make it hard to smoke, like working in the yard, washing dishes and being more active.
- Find a substitute to reach for instead of a cigarette. Try a hard candy.
- Make it known to family and friends that you need to quit smoking and could really use their support. If your husband, wife, son or daughter smokes, ask them to quit with you.
- Ask your doctor about smoking cessation programs. Also discuss using medications that can help you quit smoking.

Other Ways to Improve Heart Function

- Lose weight if you are too heavy. The heart does not have to beat as hard to send blood to all parts of a slimmer, healthier body.
- Avoid hard exercise and lifting heavy objects to prevent sudden pumping demands on your heart. Your doctor may ask that you take daily walks or join a cardiac rehabilitation program. Over time this may strengthen your heart muscle.
- Wear clothing that permits good blood flow in the legs. Garters and hose with tight tops may slow blood flow to your legs and cause clots.
- Avoid temperature extremes. The body works harder to keep body temperature normal when you are too hot or too cold.
- Talk with your doctor about how much alcohol (if any) is acceptable for you. Since alcohol weakens the heart, heart failure may improve if you stop drinking.

Planning for the Future

- Advances have been made in medications to control symptoms and improve quality of life. Certain patients who qualify may be helped with cardiac transplant, cardiac assist devices or investigational drug studies, which are ongoing.
- A legal document called an Advance Directive can guide your family and health care team in medical emergencies if you are unable to make known your wishes. An Advance Directive can include:
 - A living will
 - A medical durable power of attorney (someone you appoint to make medical decisions)
 - Cardiopulmonary (CPR) instructions
 - Discussions with your family on your feelings about organ donation
- Remember to take time to enjoy your life. Stay close to family and friends who will give you support and encouragement.



Treatment Plan

- **Diet:**
 - _____ grams of sodium per day
 - _____ cups of fluid per day (_____ oz.)
- **Activity:**
 - _____
 - _____
 - _____
- **Avoid alcohol**
- **Weigh yourself each day** at the same time, on the same scale, wearing approximately the same amount of clothing. If you gain three pounds in three days, call your doctor.
- **Avoid extreme temperatures.**
- **Avoid heavy lifting.**
- **Symptoms:**

Call your doctor or nurse if you have new onset or increase in any of these:

 - Chest pain/pressure
 - Shortness of breath
 - Dizziness/fainting
 - Constant cough
 - Three-pound weight gain in three days
 - Swelling of feet and/or hands
 - Pain in abdomen or bloating
 - Bleeding or bruising easily

Sample Journal

Date	Weight	Fluid Intake	Leg Swelling	Shortness of Breath
	<ul style="list-style-type: none"> • Same time and scale • Hard surface, level floor • Call your doctor if weight gain of three pounds in three days 	<ul style="list-style-type: none"> • Eight cups fluid per 24 hours • Include fruits and gelatin 	<ul style="list-style-type: none"> • Note in morning • If increased swelling in morning, elevate legs • If not relieved, call your doctor 	<ul style="list-style-type: none"> • Note breathing at rest • Call your doctor if increase in resting shortness of breath

Important Telephone Numbers

Name	Telephone
Primary Care Physician	
Cardiologist	
Other Specialist	
Clinic Nurse	
Home Care Nurse	
Hospital	
Pharmacy	
Nurse Care Manager	
Emergency Contact	
Equipment Company	

Call 911 for chest pain unrelieved by nitroglycerin, extreme shortness of breath or loss of consciousness