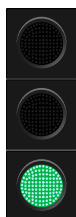


Warning Signals for Congestive Heart Failure

Green Light - Good Signs - All is Well!



- ✓ No shortness of breath
- ✓ No weight gain
- ✓ No swelling (legs, ankles and/or feet)
- ✓ No decrease in your ability to maintain normal activity level

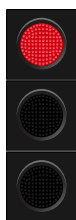
Yellow Light - Caution Signs - Time to Act!



Call your doctor if you have:

- ✓ Weight gain (2-3 lbs. in one day)
- ✓ Coughing
- ✓ Swelling of legs, ankles and/or feet
- ✓ Shortness of breath
- ✓ CHEST PAIN

Red Light - DANGER Signs - STOP!



- ✓ Unrelieved shortness of breath
- ✓ Unrelieved CHEST PAIN¹
- ✓ Wheezing or chest tightness at rest?

CALL YOUR DOCTOR RIGHT AWAY!!



What is Congestive Heart Failure?

The Heart

The job of the heart is to pump blood to all parts of the body.

The heart pump is made up of a special muscle that works around the clock and must last a lifetime.

The heart pump sends blood filled with oxygen and food to all parts of the body.

The body uses the oxygen and food out of the blood and sends it back to the heart pump.

Heart Failure

Heart Failure is when the heart is not able to pump blood to the rest of the body at a normal rate.

A failing heart pumps less blood with every heart beat.

When the heart has trouble pumping blood it causes fluid to back up into the lungs and other parts of the body.

When fluid collects in the lungs it is called congestion.

Circle true or false:

If I have heart failure, my heart pump is not working at a normal rate. **T** **F**

Fluid collection in the lungs is called congestion. **T** **F**



What Causes Heart Failure?

Heart Failure can happen at any age but is more common in older people.

Heart Failure is a weakening of the heart muscle.

Cause	Result
Age	As the heart ages, it gets weaker.
Heart valve disease	Valves that don't work the right way make the heart work harder, and over time, weaken the heart.
Coronary artery disease	Fat clogs the arteries that feed the heart with oxygen and food, and over time, weakens the heart.
Heart attack	Damage to the heart muscle makes the heart pump work harder, and over time, weakens the heart.
Infection	Infections around the heart muscle weaken the heart.
Diseases and other causes	Diabetes, cancer drugs, thyroid disease, alcohol abuse, smoking and drug use weaken the heart.

Circle true or false:

If I have heart failure it may be from my diabetes.

T **F**

Heart failure means my heart muscle is weakened.

T **F**



Congestive Heart Failure Symptoms

Heart failure is when the heart is not able to pump blood to the rest of the body at a normal rate.

When the heart has trouble pumping blood, it causes fluid to back up into the lungs and other parts of the body.

There are several levels of heart failure:

- ♥ mild
- ♥ moderate
- ♥ severe
- ♥ very severe

At each level, your symptoms may be different. Changes in your body cause the symptoms.

Body Changes	Symptoms
Fluid buildup in the body	Weight gain; swelling in the stomach, legs, feet and hands; chest congestion
Lower food and oxygen in the blood	Feeling tired; shortness of breath; unable to walk distances or up stairs; dizziness
Fluid in the lungs	Shortness of breath; cough; congestion; fever; difficulty lying flat and sleeping

Circle true or false:

Difficulty lying flat when I sleep is a symptom of heart failure? **T** **F**

Swelling in my feet is a sign of heart failure? **T** **F**



MEDICINES and Congestive Heart Failure

Medicines change the way your body functions.

Medicines used to treat heart failure work to reduce the strain on the heart.

Medicines used for heart failure work by helping your body:

- Get rid of fluid
- Lower blood pressure
- Slow the heart rate
- Make the heart pump contract efficiently

Medicines a doctor will prescribe for heart failure are different for all patients.

What can you do?

- Take medicines as directed
- Know what your medicines are used for
- Know the side effects of your medicines
- Call you doctor with any questions or side effects

Circle True or False:

Lowering blood pressure helps your heart to work better. **T** **F**

Always take your medications as ordered by your doctor. **T** **F**

Call your doctor if you experience any side effects listed in the table. **T** **F**



Diet DOs & DON'Ts for Congestive Heart Failure Patients

DOs	DON'Ts
Do read labels.	Don't eat food and drinks that you don't know the sodium content.
Do use herbs and spices to flavor foods such as garlic, lemon and lime.	Don't cook with salt. Sea salt is the same as salt. One teaspoon of salt = 2400 milligrams of sodium.
Do eat fresh fruits and vegetables.	Don't eat canned or frozen fruits and vegetables.
Do eat lean meats broiled or grilled.	Don't eat processed meats such as, lunch meat, canned or deli meats.
Do use oil and vinegar on salads.	Don't use bottled dressings.
Do eat out but make healthy choices – baked fish, steamed vegetables, clear sauces.	Don't eat Mexican, Chinese or fried foods.
Do measure your liquids if you are on a low fluid diet.	Don't forget that anything that is liquid at room temperature must be counted.
Do eat breads and crackers that are not salted.	Don't eat chips, pretzels crackers and breads with salted tops.
Do eat foods you make yourself.	Don't eat box mixes of prepared potato, rice, pasta or bread stuffing.
Do eat soups you make yourself.	Don't eat regular canned or dehydrated soups, broths or bouillon.



Nutrition Facts

Reading labels will help you follow your diet plan.

Serving Size 1 cup (228g) Servings Per Container 2		Start here	
Amount Per Serving			
Calories 250	Calories from Fat 110	Check calories	
% Daily Value*		Quick guide to % DV	
Total Fat 12g	18%	5% or less is low 20% or more is high	
Saturated Fat 3g	15%		
<i>Trans</i> Fat 3g			
Cholesterol 30mg	10%		
Sodium 470mg	20%	Limit these	
Potassium 700mg	20%		
Total Carbohydrate 31g			
Dietary Fiber 0g	0%	Get enough of these	
Sugars 5g			
Protein 5g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	20%		
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.			Footnote
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



3 Steps to Track Your Weight Daily

1. When you wake up in the morning, first use the bathroom.
2. Then weigh yourself.
3. Then write it down here.

My Best Weight _____

My Warning Weight _____

Date							
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