

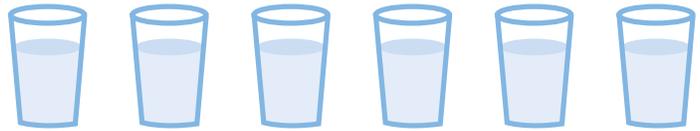


The 7 Steps for Successful Management of Heart Failure

7 DAYS A WEEK WEIGHT MANAGEMENT



6 GLASSES OF FLUID PER DAY



5 TIPS TO STAY HEALTHY



Aim to exercise 5 days / week for 30 minutes



Stay up-to-date on vaccinations



Know the zones



Eat a balanced diet



Keep your health appointments

4 SIGNS & SYMPTOMS



Weight gain, feeling bloated



Increased shortness of breath



Shortness of breath or coughing when lying flat



Swelling of feet, ankles, or legs

3 NO'S TO REDUCE SALT INTAKE



NO Processed foods

NO Added salt at home

NO Added salt when dining out

2 THINGS YOU NEED TO KNOW



- Know what your water pill is
- Know when to take EXTRA or when to HOLD your water pills

Heart Function Clinic
705-739-5604 Ext. 5

*Bring medications and weight log to every appointment

1 YOU ARE NUMBER 1!



Know your medications and when to take them



Know your daily weight and target weight



Know who to contact when symptoms and weight change

Heart Failure Zones

Every day, you should:

- Weigh yourself in the morning before breakfast, write it down and compare your weight to your weight the day before.
- Drink only 6-8 glasses of fluid each day, which is 1500-2000 mL or 48-64 oz.
- Take your medications exactly as prescribed.
- Check yourself daily for swelling in your feet, ankles, legs, and stomach.
- Eat foods that are low in salt or salt-free.
- Balance activity and rest periods.

What zone are you in today?

GREEN Safe Zone

ALL CLEAR – This zone is your goal!

Your symptoms are under control. You have:

- No shortness of breath
- No chest discomfort, pressure, or pain
- No swelling or increase in swelling of your feet, ankles, legs, or stomach
- No weight gain of more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week



YELLOW Caution Zone

CAUTION – This zone is a warning.

Call your Health Care provider (eg. doctor, nurse) if you experience any of the following:

- You gain more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week
- You have been vomiting and/or have diarrhea that lasts more than two days
- You feel more short of breath than usual
- You have increased swelling in your feet, ankles, legs, or stomach
- You have a dry hacking cough
- You feel more tired and don't have the energy to do daily activities
- You feel lightheaded or dizzy, and this is new for you
- You feel uneasy, like something does not feel right
- You find it harder to breathe when you are lying down
- You find it easier to sleep by adding pillows or sitting up in a chair



RVH Heart Function Clinic
(705) 739-5604 Ext. 5

RED Danger Zone

EMERGENCY – This zone means act fast!

Go to the emergency department or call 9-1-1 if you experience any of the following:

- You are struggling to breathe
- Your shortness of breath does not go away while sitting still
- You have a fast heartbeat that does not slow down when you rest
- You have chest pain that does not go away with rest or with medicine
- You are having trouble thinking clearly or are feeling confused
- You have fainted



Heart Failure Daily Weight Tracker

Patient Name: _____

Target (dry) weight: _____

Maximum intake: _____ L / day

Limit sodium to 2000mg / day

Month: _____

Day	Weight	Blood Pressure	Heart Rate	Oxygen Saturation	Comments
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
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16					
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31					

TIPS:

- Weigh yourself every day after you empty your bladder and before breakfast
- Use the same scale
- Wear the same amount of clothing

WHEN TO CALL RVH HEART FUNCTION CLINIC

(705) 739-5604 Ext. 5

- Weight gain of more than 2lbs (1kg) in one day or 5lbs (2.5kg) in one week
- Increased shortness of breath or cough
- Increased swelling of hands, feet/ankles, or stomach bloating

WHAT TO DO WITH HEART FAILURE MEDICATIONS WHEN YOU'RE SICK

- When you are sick, it is easy to become dehydrated from throwing up, diarrhea, and/or a fever.
- If you become dehydrated, your body may be stressed. This can make certain medications cause problems.
- This means some medications should be **PAUSED** when you are sick to prevent side effects.
- These medications can be **STARTED AGAIN** when you have recovered from being sick.



If you have been vomiting, having diarrhea, or a fever and are worried that you are dehydrated because you are unable to eat, drink, or “keep anything down” for more than 24 hours, you should **PAUSE** the following medication(s):

Type of Medication

Diuretic (water pill)

Angiotensin-converting-enzyme (ACE) inhibitor

Angiotensin II Receptor Blocker (ARB)

Angiotensin Neprilysin Receptor Blocker (ARNI)

Mineralocorticoid receptor antagonist (MRA)

SGLT2 inhibitors

*Go to the Emergency department if you have abdominal pain, severe vomiting or dizziness

Other diabetes medications

Your Medications

- Furosemide (Lasix)
- Metolazone (Zaroxolyn)

- Enalapril (Vasotec)
- Perindopril (Coversyl)
- Ramipril (Altace)
- Other:

- Candesartan (Atacand)
- Telmisartan (Micardis)
- Valsartan (Diovan)
- Other:

- Sacubitril/Valsartan (Entresto)

- Eplerenone (Inspra)
- Spironolactone (Aldactone)

- Canagliflozin (Invokana)
- Dapagliflozin (Forxiga)
- Empagliflozin (Jardiance)

- Gliclazide (Diamicon)
- Glyburide (Diabeta)
- Metformin (Glumetza)

SIGNS OF DEHYDRATION

- Unusually weak or tired
- Confused
- Thirsty, dry mouth
- Cool, clammy skin
- Less urinating
- New or worsening dizziness or lightheadedness

REMEMBER TO HYDRATE

Keep total daily fluid intake to around 2 litres, limiting caffeinated beverages and replacing fluid loss from throwing up or diarrhea.

WATCH SODIUM INTAKE

Canned soup & packaged foods are convenient but can cause your body to hold onto extra fluid.

KEEP TRACK

Continue to weigh yourself daily and check your blood pressure and heart rate twice a day, especially if you feel lightheaded.



You should **START** these medications again at your usual dose when you are feeling well and your body has recovered from the illness.

For cough and cold products, **DO NOT TAKE** products containing:

- Anti-inflammatories, like ibuprofen (Advil, Motrin) or naproxen (Aleve)
- Acetylsalicylic acid (Aspirin) for pain or fever
- Decongestant tablets or sprays with pseudoephedrine or phenylephrine

You can use acetaminophen (Tylenol) for pain and fever and saline nose spray for nasal congestion.

Contact the **Heart Function Clinic** if you have to stop your medications for more than 2 days.

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Heart Failure Action Plan

Heart Failure Zone	Weight Status	Action Plan
<p>Safe Zone </p> <p>Symptoms are under control. You have NO:</p> <ul style="list-style-type: none"> • Increased shortness of breath • Chest pain • Increased swelling in feet, ankles, legs or stomach <p>Target (dry) weight: _____</p>	<p>Weight Decrease</p> <p>Drop in weight of greater than 3 lbs</p>	<p>Decrease dose of furosemide (Lasix)</p> <p>_____mg / _____ tab(s)</p> <p>_____ daily</p>
	<p>Weight Stable</p> <p>At target (dry) weight or 1-2 lbs above/below target (dry) weight</p>	<p>Take usual dose of furosemide (Lasix)</p> <p>_____mg / _____ tab(s)</p> <p>daily</p> <p>(or no furosemide if a daily dose is not prescribed)</p>
<p>Caution Zone </p> <p>If you have gained weight and are experiencing any of the following symptoms:</p> <ul style="list-style-type: none"> • Feet/ankle/leg swelling • Stomach bloating or abdominal distention • Increased fatigue • Increased shortness of breath with activity • Difficulty breathing lying flat or needing more pillows to sleep 	<p>Weight increase</p> <p>Weight gain of more than 4lbs in 48 hours or gradual steady increase in weight of 5lbs or more in 3 days</p>	<p>Take EXTRA furosemide (Lasix)</p> <p>_____mg / _____ tab(s)</p> <p>_____ daily</p> <p>In addition to your usual dose</p>
<p>Danger Zone </p> <p>If you are experiencing severe symptoms, such as struggling to breathe, shortness of breath at rest, chest pain that does not go away, or are confused or can't think clearly</p>	<p>This is a medical emergency</p>	<p>Call 9-1-1</p> <p>Seek medical attention as soon as possible</p>

Daily Tasks:

- Weigh yourself every day
- Limit salt (sodium) intake to 2000mg per day
- Limit fluid intake to 6-8 glasses (total 1500-2000mL or 48-64oz) per day

Managing Potassium in Your Diet

Patient Name: _____

- Low potassium diet
- High potassium diet

Lower potassium foods*

Higher potassium foods

Fruit (1/2 cup serving)

- Apple and applesauce
- Berries (incl. strawberries)
- Grape
- Cherry
- Fig
- Lychee and longan
- Mandarin orange
- Pear and Asian pear
- Pineapple
- Plum
- Rhubarb
- Watermelon

- Apricot
- Avocado
- Banana
- Cantaloupe
- Honeydew
- Kiwi
- Orange (naval, blood)
- Papaya
- Peach
- Plantain
- Nectarine
- Mango
- All dried fruit
- Dried coconut

Vegetables (1/2 cup serving)

- Bok choy
- Bean sprouts
- Cabbage and kale
- Carrot
- Cauliflower
- Celery
- Corn
- Cucumber
- Green beans
- Green peas
- Lettuce
- Pepper (all colours, raw)
- Snap and snow peas
- Spaghetti squash
- Spinach (raw)
- Tomato (fresh)
(1 plum, 1/2 medium,
1/2 cup cherry)
- Turnip
- Zucchini (raw)

- Beet and beet greens
- Brussel sprout
- Cassava
- Kohlrabi
- Mushrooms
- Parsnip
- Potato
- Rhutabaga
- Spinach (cooked)
- Swiss chard
- Sweet potato
- Squash (acorn, butternut,
hubbard, kabocha, pumpkin)
- Taro
- Tomato (paste, canned,
sauce, juice)
- Zucchini (cooked)
- Yam

Other

- Almond and rice milk
- Low potassium meal replacements
(ask a dietitian for recommendations)
- Salt-free seasonings (e.g. Mrs. Dash)
- Water, tea, coffee

- Limit dairy or soy milk to 1 cup / day
- Meal replacements (Ensure, Boost)
- Salt substitutes (NoSalt, Half Salt)
- Many fruit and vegetable juices
- Coconut milk and coconut water

*If your potassium level is higher than 5 mmol/L...

Eat up to 5 of the lower potassium fruit and vegetables (in total) a day.

Tip: Double boil root vegetables (like potatoes) to lower the amount of potassium.

- Peel the vegetables, then cube or slice
- Place in pot large enough to cover with double the amount of water
- Bring to a boil, then drain the water
- Cover with fresh water and finish cooking
- **When finished: Do not save any of the water - it is full of potassium**

Limiting Salt (Sodium) When You Have Heart Failure

Keep your sodium intake to less than 2000mg each day.

As you gradually reduce the amount of salt you are eating, your taste buds will adjust!

How do I know how much sodium is in food?

Here are some helpful tips when reading the nutrition label:

- Look at the serving size – the amount of sodium listed is per serving (not the whole package).
- Keep track of the total amount of sodium you eat.
Remember: Your maximum recommended daily amount of sodium is no more than 2000mg per day from all sources.
- Keep the sodium content of each meal below 650mg – this helps spread out your sodium intake over the day preventing excessive thirst and/or fluid retention.
- By law, foods labelled ‘low sodium’ must contain 140mg or less per serving.

Other ingredients high in sodium include:

Baking soda, brine, monosodium glutamate (MSG), soy sauce, fish sauce, garlic salt, celery salt, or any ingredient with ‘sodium’ as part of its name.

Nutrition Facts	
Serving Size: 1/2 cup (125ml)	
Amount	% Daily Value
Calories 140	
Total Fat 0.5g	1%
Saturated Fat 0.2g	
Cholesterol 0mg	0%
Sodium 590mg	13%
Total Carbohydrate 28g	6%
Dietary Fiber 5g	20%
Protein 7g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 1%

How to avoid salt (sodium)?

- Eat fresh foods most of the time and prepare home-cooked, low sodium meals.
- Frozen foods are acceptable if they do not have added salt or sodium additives (which are used as preservatives).
- Remove the salt shaker from the table. Don't add salt, flavoured salts or seasonings high in salt to your foods.
One teaspoon of salt contains 2300mg of sodium!
- Season your food with herbs, spices, lemon juice, dry mustard, or garlic. Try one of the many seasoning blends which contain no salt, such as Mrs. Dash.
- Stay away from eating:
 - Processed foods
 - Deli meats
 - Pickled foods
 - Salted snack foods such as potato chips, pretzels, dips, and salted nuts
- Limit the amount of canned foods you eat. Choose products labeled ‘low sodium’. Foods labeled ‘lower’, ‘less’ or ‘reduced in salt or sodium’ may still be high in sodium (including soups and meats).
- Eat out less often.
 - Ask restaurants to provide information on low sodium choices.
 - Restaurant meals and fast foods are always higher in salt than home cooked low sodium meals.

Can I use salt substitutes?

Some salt substitutes use potassium instead of sodium. Check with your doctor or dietitian before using a salt substitute because some people need to limit how much potassium they have each day.