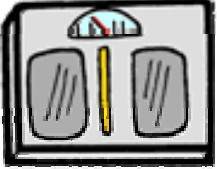





St. Paul Heart Clinic Heart Failure Program






Things To Do Each Day

ACTIVITY	WEIGHT	MEDICATIONS	DIET	LIFE STYLE CHANGES
<p>Get regular activity and exercise.</p> <ul style="list-style-type: none"> • “Activity” means anything physical that you do: work, play sexual activity, a regular exercise program, etc. • “Exercise” means a regular program of walking, biking, swimming, etc. • Exercise does not have to be strenuous to be valuable. • Pace yourself. Listen to your body and rest when you are tired. • Follow the instructions of your doctor and use COMMON SENSE. • If you become short of breath, dizzy/light-headed, etc., stop what you are doing and rest until you feel better. • Please check with your heart failure provider before starting any type of weight lifting (isometric exercises). 	<p>Weigh yourself daily first thing in the morning after urinating and before eating or drinking anything.</p> <ul style="list-style-type: none"> • Write the weight on the calendar.  <p>Report to your doctor a weight gain of:</p> <ul style="list-style-type: none"> • 2-3 lbs. each day for 2 days in a row. -OR- • 5 lbs. gain or loss in one week. • Note any associated signs and symptoms (see back side for WHEN TO CALL US) with weight gain. 	<p>Take your medications as prescribed each day.</p> <ol style="list-style-type: none"> 1. ACE Inhibitors (Capoten, Lisinopril, Prinivil, Vasotec, Zestril): A class of medications that relax the blood vessels. 2. ARB (Diovan, Cozaar, Avapro, Atacand): A class of medications that relax the blood vessels. 3. Beta Blockers (Coreg, Toprol XL): A class of medications that partially block the effect of adrenaline on your heart. 4. Diuretics (Bumex, Torsemide, Furosemide, Zaroxolyn): Water pills that help to remove excess fluid and salt from the body. 5. Digoxin (Lanoxin): Strengthens each heartbeat allowing more blood to be pumped. 6. Spironolactone or Inspra: Blocks harmful chemicals that can actually worsen the heart’s pumping ability and is a mild diuretic. 	<p>Eat a low salt diet with only 2000 mg of sodium per day.</p> <ul style="list-style-type: none"> • Do not use table salt on food or for cooking.  <ul style="list-style-type: none"> • Do not use salt substitute (especially if on Spironolactone or Inspra). • Add flavor to food with herbs, spices or lemon juice. • Read food labels to compare different brands and select the ones that are the lowest in sodium. • Be especially aware of foods with “hidden” salt such as frozen or canned foods, cheeses and processed meals. 	<p>Careful work on your part means that you:</p> <ul style="list-style-type: none"> • Stop smoking. • Lose weight if you are overweight. • Avoid drinking alcohol, or use it sparingly. • Depression is common in heart failure. If you are depressed or overly stressed, ask your healthcare provider for help. • Keep all of your clinic appointments. It is important to monitor your disease and follow your healthcare provider’s care plan. Not all therapies may be appropriate for you. <p>These are the goals of therapy:</p> <ul style="list-style-type: none"> ○ Improve heart pumping function ○ Improve exercise capacity ○ Reduce symptoms ○ Improve your longevity  <p>The success we will have fighting your heart failure will depend on early recognition of your changing symptoms. See the back of this sheet for who to call for worsening symptoms.</p>

Heart Failure Symptom Awareness and Action Plan

Symptom

Action

<p><i>If you have:</i></p> <ul style="list-style-type: none"> • No shortness of breath • No change in ankle swelling • No weight gain • No chest pain • No change in your usual activity level 	<p> <i>Your symptoms are under control.</i></p> <ul style="list-style-type: none"> • Continue taking your medications as ordered • Continue to weigh yourself every day • Follow a low-salt diet • Keep all healthcare appointments
<p><i>If you have any of the following:</i></p> <ul style="list-style-type: none"> • Increased shortness of breath with activity • Weight gain of 2 or more pounds each day for 2 days in a row or more than 5 pounds over or under normal weight in one week • Increased swelling in your ankles or legs • Increased bloating of your stomach • Increasing fatigue 	<p> <i>You may need an adjustment of your medications.</i></p> <p>Call your healthcare provider:</p> <p>Name _____</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>ST. PAUL HEART CLINIC HEART FAILURE PROGRAM Ph: (651) 298-1286</p> <p>After 6pm weekdays and on weekends and holidays, call: (651) 292-0616</p> </div>
<p><i>If you have any of the following:</i></p> <ul style="list-style-type: none"> • Shortness of breath at rest or waking up at night short of breath or coughing • Increased number of pillows or needing to sit upright to sleep • Chest tightness at rest • Dizziness, lightheadedness or feeling faint 	<p> <i>You need to see a healthcare provider soon. Call your provider.</i></p>
<p><i>If you have:</i></p> <ul style="list-style-type: none"> • Worsening chest tightness or chest pain that is not relieved by Nitro • Severe shortness of breath and a cough with pink, frothy sputum • Fainted or passed out 	<p>  <i>Call 9-1-1 immediately</i></p>