

HEART♥FAILURE

The **5-M** Method to Successful Living

Patient & Family Education



HEART FAILURE



Recently your doctor has informed you that you have heart failure. Though it may be shocking and frightening to hear that your heart has grown weaker, there is no need for you to feel that your life need be less rewarding as a result. Successful living with heart disease is possible, but it means that you accept your state of health and that you actively manage it every day.

This booklet is your first step to living successfully with heart failure (HF). Here you will learn the “**5-M Method for Successful Living with Heart Failure.**”

The 5-M’s cover the critical areas of your life that you need to attend to every day. They are:

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MESSAGE	1
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MOVEMENT	15
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In addition, at the end of this booklet you will find the **HF Personal Tool Kit**. The HF Personal Tool Kit contains helpful charts, a glossary of terms, printed resources and Web sites to help you learn to live successfully with HF.

If you truly understand the nature of HF — the Message — you will find it easier to work with the other areas affected by your condition (medicine, meals, movement and moods).

So that's where you will begin — with the first M — **Message.**





You begin the first steps to living successfully with heart failure (HF) by understanding your condition and how to manage it.

What is Heart Failure?

Though it may sound frightening at first, the term “heart failure” simply means that the heart has grown weak or enlarged. It does not mean the heart has stopped working or failed.

Heart failure happens when the heart muscle becomes weakened or enlarged. The weak heart does not pump as strongly as before or provide as much blood as the body needs. Fluid backs up in the lungs, stomach, legs, ankles and feet. This backup may make you feel short of breath, bloated or swollen in your stomach, legs, ankles or feet.

You may experience more fatigue. Activities such as climbing stairs, raking leaves or walking the dog may now cause you to be short of breath or get dizzy or lightheaded.

What are the signs and symptoms of HF?

With HF you may have one or all of these symptoms:

- Unexpected and rapid weight gain (2-3 lbs. in 24 hrs. or 3-5 lbs. in a week)
- Weakness or fatigue
- Dizziness or faintness
- Swollen stomach, legs, ankles and feet (shoes and socks may feel tight)
- Dry cough when lying flat
- Unexpected shortness of breath. For instance, when you:
 - Are lying flat
 - Wake in the middle of the night
 - Perform routine activities
- Chest pain

These symptoms may be mild or severe, depending on how weak the heart is and the underlying cause.





You begin the first steps to living successfully with heart failure (HF) by understanding your condition and how to manage it.

How do I manage my HF?

Managing HF is a partnership between you and your healthcare clinician. Greatest success will come from:

- Checking your weight daily
- Reporting any sudden weight gain (2-3 lbs. in 24 hrs. or 3-5 lbs. in a week)
- Taking **MEDICINE** as directed
- Planning **MEALS** to avoid sodium
- Balancing **MOVEMENT**/activity with rest
- Living and learning from changing **MOODS**
- Monitoring signs and symptoms, and reporting them to your doctor
- Seeing your healthcare clinician regularly
- Seeking support from your family, friends and community resources

Following these guidelines regularly will help you breathe easier, feel more comfortable, and enjoy more energy in all your activities.

What kind of medical tests do they do for HF?

The most common HF tests are:

- **Blood tests** — testing for electrolytes and kidney function
- **Echocardiogram** (or Echo) — a pain-free test that uses ultrasound to show a moving picture of the heart in action and tells what amount of blood the heart can pump with each beat
- **Electrocardiogram** (EKG or ECG) — a pain-free test that records the electrical activity of the heart
- **Chest X-ray** — a pain-free test that produces a picture of the heart and lungs

These are the most common tests for HF; however, your healthcare clinician may order other tests depending on your condition.

You will find a glossary of terms in the HF Personal Tool Kit at the back of this booklet.





You need to take your heart medicine as ordered by your physician. It helps keep the heart functioning properly and minimizes the symptoms.

What medicines will help my HF?

Heart medicine is intended to improve and control HF but not cure it. Different HF patients have different medical needs. Your physician will prescribe the right medicine to help your HF.

Some common heart medicines are:

- **Vasodilators/ACE Inhibitors/ARBs**

These drugs reduce blood pressure by helping the blood vessels relax and the blood to flow easier.

- **Digoxin**

Digoxin helps the heart pump stronger and more regularly.

- **Beta-blockers**

Beta-blockers help slow the heart rate. This improves pumping action and lowers blood pressure.

- **Diuretics**

Diuretics rid the body of excess water or swelling from the lungs, stomach, legs, ankles and feet. (Diuretics may cause a potassium loss, so food high in potassium or a potassium supplement may be recommended.)





You need to take your heart medicine as ordered by your physician. It helps keep the heart functioning properly and minimizes the symptoms.

Are there side effects to HF medicines?

Yes, there could be side effects experienced with HF medicine. Some possible effects are:

- Swelling of the face and/or tongue
- Difficulty breathing

(If you experience either of the above side effects, seek medical attention immediately!)

- Lightheadedness, dizziness, fainting
- Skin rash or hives
- Headache
- Nausea, vomiting, diarrhea
- Dry cough lasting more than one month
- Weakness

What should I do if I experience any side effects?

If you experience any side effects, contact your doctor. Write your doctor's telephone number here.

DOCTOR'S PHONE NUMBER:





You need to take your heart medicine as ordered by your physician. It helps keep the heart functioning properly and minimizes the symptoms.

I am taking several medications.

How can I remember all the names and times?



Taking your HF medicine regularly is very important. To make it easier, do the following:

- **Know what medicine you are taking and what it does.** Ask your healthcare clinician to give you a description of your medicine. Example: I am taking Coreg (carvezilol), a beta-blocker, to slow my heart down and lower my blood pressure.
- **Have a routine for taking your medicine.** Work with your healthcare clinician to set up a comfortable schedule and always follow dosage and frequency instructions.
- **Make a list of your different medicines.** Include each medicine's name, purpose, dosage and how many times a day you have been instructed to take it. Put a copy of the list in your wallet or purse. Don't forget to update the list if your medicine changes.
- **Never take more medicine than prescribed.** Always speak with your healthcare clinician before changing the dosage or frequency of your medicine. Then follow his or her instructions for best results.
- **Never stop taking your medicine without instruction.** Some medicines must be tapered off and not ended abruptly. Always ask your healthcare clinician.
- **Ask before taking over-the-counter medicines, herbal remedies or vitamins.** Some medicines and remedies, even vitamins, may weaken or conflict with your HF medicine. Check with your healthcare clinician before taking any of these.
- **Remember your medicine when you travel.** For greatest success with medicine, you must take the right dose at the right time. Your routine changes when you travel, so it is especially important to remember to stick to your schedule while away from home.





You need to take your heart medicine as ordered by your physician. It helps keep the heart functioning properly and minimizes the symptoms.



- **Make a chart to help you remember all the information about your medicines.** Your chart could look like the one below. Have your healthcare clinician help you fill in the spaces.

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Medicine Dosage and Time Chart

Doctor's Phone: _____

Pharmacy Phone: _____

Name of Medicine	Purpose of Medicine	Dosage	At this time of day			
			Breakfast	Lunch	Dinner	Bedtime

You will find a sample chart in the HF Personal Tool Kit at the back of this booklet.

Reminders:

1. Always take medicine at the same time every day, even if you feel better.
2. Never take any non-prescribed medication or remedy, even over-the-counter medicine, without first checking with your healthcare clinician.
3. Consider reordering your medicine when you are down to a one-week supply.
4. Change your medicine chart whenever a medicine, dosage or frequency changes.





You need to take your heart medicine as ordered by your physician. It helps keep the heart functioning properly and minimizes the symptoms.

Medicine can be expensive. What if I can't afford it?

Tell your healthcare clinician if you are unable to pay for medicine. Be sure to:

1. Ask if there may be less expensive medicine that works just as well.
2. Ask if there are community, state or federal financial resources available.





You need to limit sodium intake to 2,000 mg or less each day to live successfully with HF.

Why do I need to avoid salt?

The foods you eat and the salt you use contain sodium. Sodium is the element that causes your body to hold on to fluid. This extra fluid causes your heart to work harder to pump the extra fluid. It can also cause fluid to back up into your lungs, stomach, legs, ankles and feet. This fluid backup may cause you to feel short of breath and uncomfortable.

How much is 2000 milligrams of sodium?

2,000 milligrams of sodium equals about one teaspoon of salt. It also is the amount of sodium you would eat if you had a typical meal at a fast food restaurant.

The following guide gives you an idea of the amount of sodium in different types of food.

Where's the Sodium?



FOOD GROUPS	SODIUM, milligrams (mg)
Breads, Cereals Cooked cereal, rice, pasta, unsalted Ready to eat cereal Bread	trace per 1/2 cup 100–350 per oz. 110–175 per slice
Fruits Fruits, fresh Fruits frozen, canned —	trace per 1/2 cup read food label
Vegetables Vegetables, fresh Vegetables, canned — cooked with or without salt Vegetables, canned, or frozen with sauce Tomato juice, canned Tomato soup, canned — with milk Vegetable soup, canned	trace per 1/2 cup read food label less than 70 per 1/2 cup 140–160 per 1/2 cup 660 per 3/4 cup 932 per cup 810 per cup





You need to limit sodium intake to 2,000 mg or less each day to live successfully with HF.



Where's the Sodium? (continued)

FOOD GROUPS	SODIUM, milligrams (mg)
Meat, Chicken, Fish Fresh meat, chicken, fish Tuna, canned, water pack Bologna Ham, lean, roasted	less than 90 per 3 oz. 300 per 3 oz. 580 per 2 oz. 1,025 per 3 oz.
Milk, Yogurt, Cheese Milk Yogurt Natural cheeses, such as Cheddar or Swiss Process cheese, such as American or Swiss Egg, medium (whole)	120 per cup 170 per 8 oz. 110–275 per 1-1/2 oz. 790 per 2 oz. 69
Other Salad Dressing Catsup, steak sauce Soy sauce Salt Dill pickle Potato chips, salted Corn chips, salted Peanuts, roasted in oil, salted	80–220 per tbsp. 180–230 per tbsp. 1,020 per tbsp. 2,000 per tsp. 930 per 1 medium 135 per oz. 235 per oz. 120 per oz.

How do I limit my sodium?

Here are some ideas for limiting your sodium intake:

- Remove the salt shaker from the table
- Purchase only low sodium food and drinks
- Use a sodium guide when preparing to eat, especially at restaurants
- Read food labels on packaged goods when grocery shopping





You need to limit sodium intake to 2,000 mg or less each day to live successfully with HF.

What will the food label on packaged goods tell me?

Food labels contain information vital to good health. They inform you about:

- Serving size
- Calories
- Amount of fat
- Amount of cholesterol
- Amount of sodium
- Amount of carbohydrates
- Amount of protein



Learning to read food labels will help you choose items with the lowest sodium content per serving size.

Here is an example of a food label:

Nutrition Facts		
Serving Size	1 cup (228 g)	
Servings per container	2	
Amount Per Serving		
Calories	260	Calories from Fat 120
% Daily Value*		
Total Fat	13g	20%
Saturated Fat	5g	25%
Cholesterol	30mg	10%
Sodium	660mg	28%
Total Carbohydrate	31g	10%
Dietary Fiber	0g	0%
Sugars	5g	
Protein	5g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower, depending on your calorie needs.		
Calories per gram:		
Fat	9	Carbohydrate 4 Protein 4

The sodium content is listed on the food label **per serving size**.

Decreasing the total amount of sodium you consume to 2,000 mg (2 grams) or less each day is one of the most important ways to manage heart failure.





You need to limit sodium intake to 2,000 mg or less each day to live successfully with HF.

How do I limit my sodium when eating at a restaurant?



It is a challenge to limit sodium intake when eating at restaurants, especially fast food restaurants. But here are a few ideas you can start to use:

- **Never add salt to your food**
- **Read the entire menu.** Restaurants sometimes offer low-sodium or sodium-free alternatives.
- **Ask the waitperson.** He or she may know of the low-sodium or sodium-free offerings, or he or she may ask for your food to be prepared without salt.
- **Call the restaurant first** and ask if they have low-sodium alternatives on their menu.
- **Use a sodium guide.** Many fast food restaurants publish the nutritional values of their products, but you will probably have to ask for it.

How do I limit my salt when cooking?

Here are some easy things to do when cooking:

- **Stop automatically adding salt** to cooking water when preparing any food
- **Use less salt than a recipe calls for** or eliminate it entirely
- **Decrease the use of prepared foods** like soups, instant cereals, lunchmeats and frozen entrees
- **Use herbs, spices and other fresh ingredients as seasoning** for meat, fish and vegetables





You need to limit sodium intake to 2,000 mg or less each day to live successfully with HF.

How do I plan my meals?



Planning meals requires that you note the amount of sodium in the foods you want to eat. Then limit either the quantity of food or the type of food to stay within the goal of 2,000 mg of sodium or less each day.

Hint: Choose foods with lower amounts of salt for breakfast to allow for more food choices at other meals.

Here is a sodium intake chart. This type of chart helps you measure your total intake of sodium every day for a week.

1. Calculate the amount of sodium you eat daily during each time period.
2. Add the amounts in each time period for your total daily intake.

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Not Michigan

Sodium Intake Chart

Ideal Sodium Intake is 2,000 mg/day or less

Day	6:00 a.m. – 2:00 p.m.	2:00 p.m. – 10:00 p.m.	10:00 p.m. – 6:00 a.m.	Total Sodium Intake (mg/day)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

You will find a larger version of this chart in the HF Personal Tool Kit at the back of this booklet.





You need to limit sodium intake to 2,000 mg or less each day to live successfully with HF.

Which types of food are acceptable and which aren't?

The following chart will give you an idea of what foods you should favor and what you should avoid.



FOOD DO'S	FOOD DON'TS
<p>Dairy Milk (1%, skim or powdered) Low fat or skim milk Ricotta, Mozzarella or Swiss cheese</p>	<p>Dairy Buttermilk, malted milk Canned milk Commercially prepared buttermilk Egg substitute Regular hard & processed cheese Cheese spreads and sauces Snack dips made from instant soup mix</p>
<p>Meat, Poultry, Fish Chicken or turkey Lean cuts of beef, veal or lamb Canned tuna and salmon (unsalted or rinsed) Fish, fresh or frozen (unbreaded) Beef tongue</p>	<p>Meat, Poultry, Fish Canned meats Canned fish (sardines, unrinsed tuna, and salmon) Cured meats (dried beef, bacon or corned beef) All types of sausages (beef, pork, chicken, turkey, Polish, hot dogs, knockwurst, bratwurst, etc.) Sandwich meats Any cured, koshered or canned meat, fish, poultry</p>
<p>Breads, Cereals, Grains Potatoes, rice or pasta cooked without salt Enriched breads and rolls Unsalted cooked cereal Most dry cereals Unsalted crackers and breadsticks</p>	<p>Breads, Cereals, Grains Commercially prepared potato, rice, pasta or stuffing mix Commercially prepared mixes (pancake, waffle, muffin, cornbread) Salted nuts</p>
<p>Vegetables Fresh, frozen or low-sodium canned</p>	<p>Vegetables Regular canned or pickled vegetables Sauerkraut</p>





You need to limit sodium intake to 2,000 mg or less each day to live successfully with HF.



FOOD DO'S	FOOD DON'TS
<p>Fruit Fresh or frozen (no sauce or plastic pouches) Canned (unsalted/low-sodium)</p>	<p>Fruit</p>
<p>Drinks Fruit juices, fresh and frozen canned (low-sodium) Instant breakfast drink Lemonade Tea, coffee</p>	<p>Drinks Tomato and vegetable juice Sports/athletic drinks (Gatorade)</p>
<p>Fats, Oils Mayonnaise Butter or margarine (unsalted) Canola, olive, corn, cottonseed, peanut, safflower, soybean and sunflower oil</p>	<p>Fats, Oils Salted butter or margarine Peanut butter Salted nuts</p>
	<p>Snacks Chips</p>
	<p>Sweets Instant pudding and cake mixes Store-bought pies, cakes, muffins</p>
<p>Seasoning You can use pepper, herbs, spices, vinegar, lemon juice, hot pepper and mustard</p>	<p>Seasoning Any seasoning made with salt such as garlic salt or onion salt, meat tender- izers, MSG, regular barbecue or soy sauce, canned gravy and mixes, regular condiments, and olives</p>

Check with your doctor about using a salt substitute.





You need to remain active to live successfully with HF. Not only is movement necessary for healthy living — so is rest.

Why can't I get by on a night's sleep anymore?

Why do I get so tired?

Living successfully with HF means learning to enjoy both activity and rest. Quieter activities and more frequent rest periods may be necessary for optimal heart function and to manage symptoms.

With HF, the heart is not as efficient as it used to be, so it needs more help to do its work. You help your heart by resting more often to let the body eliminate the fatigue that builds up while you are active. Balancing your activity with rest will help you:

- Feel better
- Sleep better
- Minimize your symptoms (shortness of breath, dizziness, fatigue, even chest pain)
- Accomplish more

Is balancing activity with rest something I can plan in advance?

Yes. Your planning should include several things:

- **Identify restricted activities, if any.**

Your doctor may have told you to avoid certain kinds of activities, like driving, climbing stairs, etc. So think ahead about what you want to do and plan around those kinds of activities.

- **Organize the day into activity periods and rest periods.**

By alternating activity with rest, you will get more done while feeling better doing it.

- **Monitor your symptoms during the day.**

Learn to improve your awareness of your body. Make a habit of paying attention to your breathing, your heart rate, the feeling in your lungs, stomach, legs, ankles and feet.





You need to remain active to live successfully with HF. Not only is movement necessary for healthy living — so is rest.

How do I balance activity and rest?



Activity and Rest Chart

ACTIVITIES	REST
<ul style="list-style-type: none"> • Choose lighter activities, such as walking, shopping, less active hobbies (sewing, bird watching, model building, movies, book discussion groups, Internet surfing, card-playing, etc.). • Pace activity and rest during the day, resting frequently to avoid getting tired. • Don't lift heavy objects or strain to reach things. • Avoid temperature extremes. Being too cold or hot places extra stress on the heart. • Adjust your routine to avoid inclement weather. • Stand and sit down slowly to avoid lightheadedness. 	<ul style="list-style-type: none"> • Rest before you get tired. • Rest for 15 to 20 minutes after activity. • Rest one hour after meals. • Rest if you are tired or experiencing pain. • When resting, put your feet up to help reduce swelling of the legs, ankles and feet. • As you begin to feel stronger, lengthen your activity periods and shorten your rest periods.

You will find a sample chart in the HF Personal Tool Kit at the back of this booklet.





You need to remain active to live successfully with HF. Not only is movement necessary for healthy living — so is rest.

What is the best plan to balance activity and rest?



1. Identify activity restrictions, if any.
2. Organize the day into many periods of activity and rest.
3. Monitor your symptoms.

When to call your doctor

Doctor's Phone _____

STOP and **REST** if your physical activity brings on any of these symptoms:

- Shortness of breath
- Palpitations or the heart is racing
- Extreme tiredness and fatigue
- Lightheadedness or dizziness
- Sudden weight gain — 2-3 lbs. in 24 hrs. or 3-5 lbs. in a week

When to call 911

If you have chest pain:

STOP ACTIVITY.

Take angina medicine as directed.

If pain does not go away or you have extreme shortness of breath, this is a medical emergency.

Call 911.





You need to accept HF as a permanent part of your life and do all you can to live fully.

How am I ever going to deal with heart failure?

Living with HF is not only a physical adaptation but also an emotional adjustment. Everyone experiences a wide range of normal emotions when they are told they have HF.

**What is the normal range of emotion?
How do other people feel when they hear they have HF?**

People report a wide range of emotions when they are told they have HF. Your emotions will change over time, and sometimes you may not be able to control them. If, instead of trying to control them, you identify and work with your emotions, you will take a giant step to accept living with HF.

You may experience different emotions:

- **Loss** – feeling that you will never perform as you once did. *“My life will never be the same.”*
- **Denial** – prevents you from admitting or accepting that something is wrong. *“That’s ridiculous. I feel fine. That can’t be happening to me.”*
- **Anger** – frustration that you cannot have it your way. *“You don’t know what you’re talking about. You don’t know a thing about me.”*
- **Sadness** – feeling that you are missing something you need. *“I miss playing golf with all my friends.”*
- **Fear** – feeling afraid of failure, loss or pain. *“I am afraid to move. I keep thinking something awful may happen.”*
- **Guilt** – feeling that in some way you are responsible for causing your condition. *“I knew my diet was bad. How could I have continued the way I did?”*
- **Acceptance** – when you have experienced and worked through the other emotions. *“That was then and this is now. I have to think about the future. I can change my habits and live my life the best I can.”*





You need to accept HF as a permanent part of your life and do all you can to live fully.

How do I work through these emotions and accept HF?

You may prefer to keep your feelings to yourself, but it is very difficult to work through these feelings alone. It can be helpful to talk about your concerns and feelings with others. Share how you feel about HF with trusted family and friends. This is a hard period of adjustment. They will understand and want to help. If you have difficulties sharing your moods with family or friends, you should speak with your healthcare clinician.

If you feel overwhelming sadness or despair, or feel that the challenges of HF are too much, and these feelings extend more than two weeks, you could be experiencing depression and you should contact your healthcare clinician.

Are there HF support groups?



Yes. There are many support groups for those with HF and their families. Support groups offer members the opportunity to:

- Share their own feelings and experiences about living with HF
- Hear the other people's experience about life with HF
- Hear about current HF research findings
- Receive articles from the general press about HF
- Listen to experts and guest speakers on HF

Speak with your doctor, nurse or primary care physician to get information about local HF support groups or contact:

- The American Heart Association (phone 1-800-242-8721 or on the Internet at www.americanheart.org)
- Ask your care provider for your hospital's Web site address





You need to accept HF as a permanent part of your life and do all you can to live fully.

What should I do on a daily basis to manage my HF condition?

There are several things to do daily to manage HF. The following chart identifies those tasks and provides an excellent HF history for your healthcare clinician.

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Not Here

Daily Management Chart

Day	Date	Weight	Sodium Intake	Symptoms/Daily Activities	Special Needs (i.e., blood sugar)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Instructions:

1. Write in the date.
2. Weigh yourself when you get up in the morning and enter your weight.
3. Record your sodium intake for the day.
4. Write down any symptoms you experienced during the day.
5. Describe your activities, including rest periods, during the day.
6. Comment or record individual needs (i.e., blood sugar).

Also:

- If you gain 2-3 lbs. in 24 hrs. or 3-5 lbs. in a week, call your healthcare clinician.
- Bring copies of this chart to your appointments with your healthcare clinician.

You will find a copy of this chart in the HF Personal Tool Kit at the back of this booklet.

1. Write in the date.
2. Weigh yourself when you get up in the morning and enter your weight.
3. Record your diet and sodium intake for the day.
4. Write down any symptoms you experienced and describe your activities, including rest periods, during the day.
5. Write down any other information suggested by your healthcare clinician.

ALSO:

- If you gain 2-3 lbs. in 24 hrs. or 3-5 lbs. in a week, call your healthcare clinician.
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HEART FAILURE

PERSONAL TOOL KIT

INCLUDED:

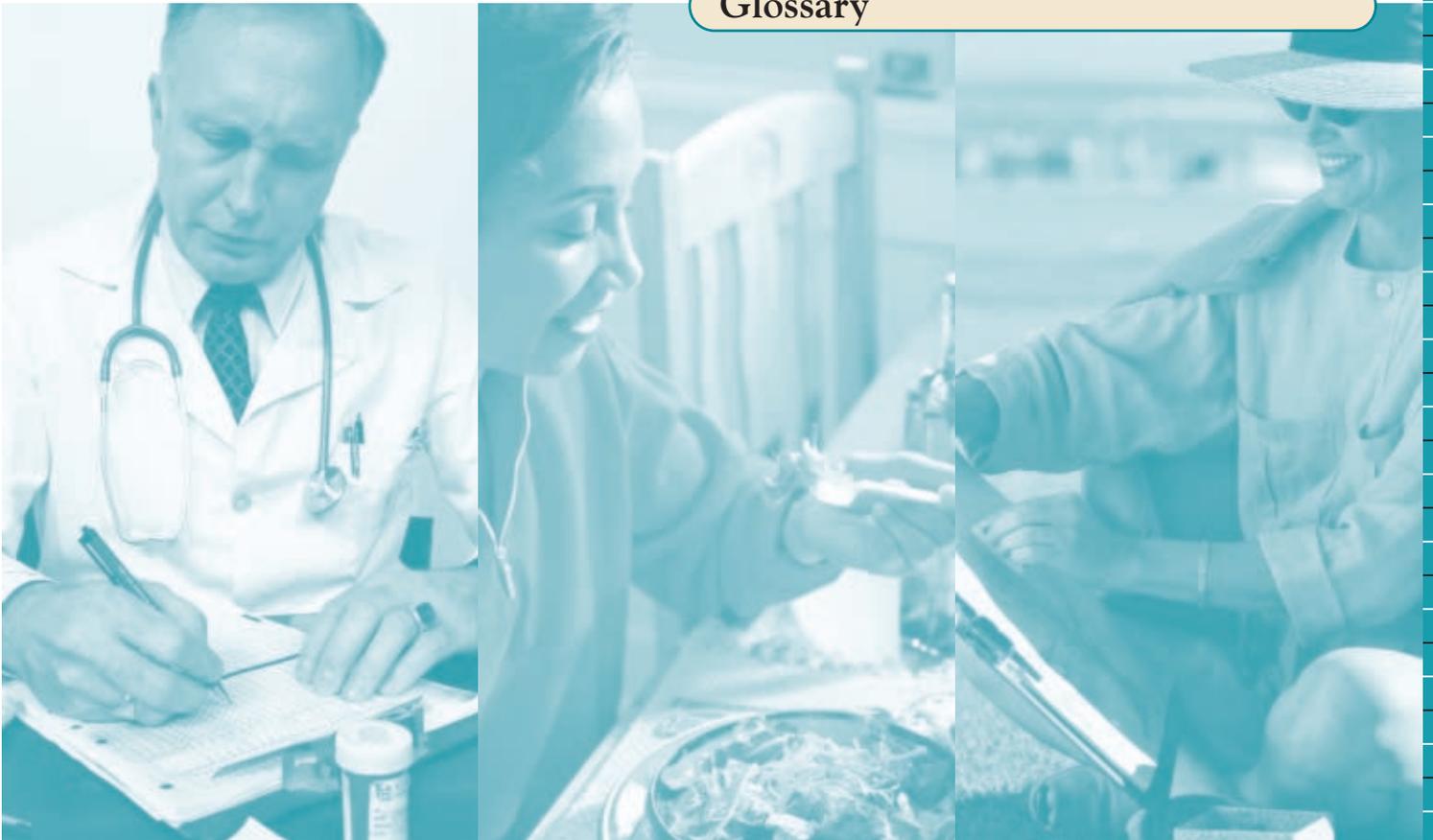
Medicine Dosage and Time Chart

Sodium Intake Chart

Activity and Rest Chart

Daily Management Chart

Glossary



Sodium Intake Chart

Ideal Sodium Intake is 2,000 mg/day or less				
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Activity and Rest Chart

Activities	Rest
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When to Call the Doctor	When to Call 911
<p>Doctor's Phone _____</p> <p>STOP and REST if your physical activity brings on any of these symptoms:</p> <ul style="list-style-type: none"> • Shortness of breath • Palpitations or the heart is racing • Extreme tiredness and fatigue • Lightheadedness or dizziness • Sudden weight gain — 2-3 lbs. in 24 hrs. or 3-5 lbs. in a week 	<p>If you have chest pain:</p> <p>STOP ACTIVITY.</p> <p>Take angina medicine as directed.</p> <p>If pain does not go away or you have extreme shortness of breath, this is a medical emergency.</p> <p>Call 911.</p>

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6. Comment or record individual needs (i.e., blood sugar).

Also:

- If you gain 2-3 lbs. in 24 hrs. or 3-5 lbs. in a week, call your healthcare clinician.
- Bring copies of this chart to your appointments with your healthcare clinician.

HF Personal Tool Kit Glossary of Terms

ACE Inhibitors	Medicine that reduces blood pressure by allowing the blood to flow easier.
Blood Pressure	The pressure exerted by circulating blood on the walls of the arteries, veins and chambers of the heart.
Beta-blocker	Medicine that slows the heart rate, improves the pumping action and lowers the blood pressure.
Calorie	A unit of measurement used to describe the amount of body energy produced by food breakdown.
Carbohydrate	Any groups of organic compounds, the most important being sugar and starch.
Chest-X-ray	A diagnostic procedure which produces a photographic image of the chest.
Cholesterol	A fat-soluble steroid found in animal fats, oils and egg yolks. It is produced by the liver and is widely distributed throughout the body.
Depression	A mood disturbance characterized by feelings of sadness, despair and discouragement.
Diuretic	A drug which increases the formation of urine.
Echocardiogram	A diagnostic procedure which shows the structure and motion of the heart.
Electrocardiogram (EKG) or (ECG)	A wavelike graphic record produced by an electric current which is generated by the heartbeat.
Electrolyte	An element in the body, which turns into ions and is able to conduct electrical current.



HF Personal Tool Kit Glossary of Terms (continued)

Fat	A substance composed of lipids or fatty acids and found in the body.
Gram (g)	A unit of mass in the metric system equal to 1/1000 of a kilogram.
Healthcare Clinician	A professional who provides care to the patient (i.e., physician, nurse, physician assistant, dietician, therapist)
Kidney Function	The process by which the kidneys produce and eliminate urine.
Milligram (mg)	A metric unit of weight equal to 1/1000 of a gram.
Palpitation	A pounding or racing of the heart caused by normal emotional responses or certain heart conditions.
Potassium (K)	A chemical in the body that helps to regulate muscle contraction and heart rhythm.
Protein	A compound in the body that serves as building material for muscles, blood, skin, hair, nails and internal organs.
Over-the Counter Medicine	Medicine purchased without a prescription.
Saturated Fat	Fats of animal origin occurring in the body that contribute to high cholesterol levels.
Sodium or Salt	One of the most important elements in the body involved with water balance and the contraction of muscles.
Support Group	A common group that gives emotional support.
Vasodilators	Medications that open up or dilate blood vessels.



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