



# Heart Failure: Keys to Success

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# Getting the Most Out of Your Heart Failure Guidebook

This guidebook is yours to keep. It has everything you need to help you manage your heart failure.

## When Should I Use it?

### Before Your First Follow-Up Appointment

- Read about low sodium diet, watching for symptoms, and daily weights.
- Write down your questions for your care team.

### Long Term

- This book is a tool to help you prevent fluid buildup the best you can and stay out of the hospital.
- Use it when you need a reminder.

## Reminder

Bring your weight calendar and any questions with you to appointments. Your team is here to help.

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## What is heart failure?

Heart failure means your heart is not pumping as much blood as your body needs. It is also called congestive heart failure (CHF).



This does not mean your heart has stopped, but it is not working as well as it should. Over time, fluid can build up in your lungs and other parts of your body. This can cause trouble breathing, feeling very tired, and swelling in your legs, feet, and belly.

## What are some symptoms of heart failure?

- Shortness of breath
- Swelling (legs, ankles, feet, and belly)
- Sudden weight gain
- Extreme tiredness (fatigue) and weakness
- Harder to be active or exercise
- Ongoing cough or wheezing, especially when you lie down
- Very fast (rapid) or irregular heartbeat

## Common medicines for heart failure

Your healthcare provider may give you medicine to help treat heart failure and make you feel better. Understanding how these medicines work can help you see why it is important to take them as prescribed.

**Call your healthcare provider right away** if you have problems or side effects from your medicine. Do not stop taking your medicine without talking to your healthcare provider first.

**You will have blood tests often to check how your kidneys are working and to check your potassium levels while taking these medicines.**

Medicine type	Medicine name	How it works	Possible side effects
Diuretics	<ul style="list-style-type: none"> <li>• furosemide (Lasix)</li> <li>• torsemide (Demadex)</li> <li>• bumetanide (Bumex)</li> <li>• metolazone (Zaroxolyn)</li> </ul>	<ul style="list-style-type: none"> <li>• Also called a water pill</li> <li>• Helps the kidneys make more urine</li> <li>• Helps lower heart failure symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Muscle cramps</li> <li>• Weakness</li> <li>• Feeling dizzy</li> <li>• Change to electrolytes</li> </ul>
Angiotension converting enzyme (ACE) inhibitors	<ul style="list-style-type: none"> <li>• lisinopril (Zestril or Prinivil)</li> <li>• enalapril (Vasotec)</li> <li>• ramipril (Altace)</li> </ul>	<ul style="list-style-type: none"> <li>• Helps blood flow</li> <li>• Makes blood vessels relax and lowers blood pressure, helping your heart pump more blood without working extra hard</li> </ul>	<ul style="list-style-type: none"> <li>• Dry cough</li> <li>• Feeling lightheaded or dizzy</li> <li>• Rare event called Angioedema -Get help right away if your tongue, lips, or face swell</li> </ul>
Angiotension II receptor blockers (ARBs)	<ul style="list-style-type: none"> <li>• losartan (Cozaar)</li> <li>• valsartan (Diovan)</li> <li>• olmesartan (Benicar)</li> <li>• irbesartan (Avapro)</li> </ul>	<ul style="list-style-type: none"> <li>• Works like ACE inhibitors</li> <li>• Given to people who cannot take ACE inhibitors</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling lightheaded or dizzy</li> </ul>
Angiotension receptor neprilysin inhibitor (ARNi)	<ul style="list-style-type: none"> <li>• sacubitril and valsartan (Entresto)</li> </ul>	<ul style="list-style-type: none"> <li>• Used in place of ACE and ARB</li> <li>• This is a combination pill that has two medicines in one</li> <li>• It helps lower strain on the heart and lower sodium levels in the body</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling lightheaded or dizzy</li> </ul>
Beta-blockers	<ul style="list-style-type: none"> <li>• carvedilol (Coreg)</li> <li>• metoprolol succinate (Toprol XL)</li> <li>• bisoprolol (Zebeta)</li> </ul>	<ul style="list-style-type: none"> <li>• Lowers how hard your heart needs to work</li> <li>• Slows your heart rate</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling tired, weak, or dizzy when first started (this usually gets better over time)</li> </ul>
Aldosterone antagonists	<ul style="list-style-type: none"> <li>• spironolactone (Aldactone)</li> <li>• eplerenone (Inspra)</li> </ul>	<ul style="list-style-type: none"> <li>• Helps your body get rid of extra fluid</li> <li>• Keeps your heart from changing in size and shape</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling lightheaded or dizzy</li> <li>• Dry mouth</li> <li>• Muscle cramps or spasms</li> <li>• Swelling and tenderness of the breasts (men and women)</li> <li>• High potassium</li> </ul>
Digoxin	<ul style="list-style-type: none"> <li>• Digitek</li> <li>• Lanoxin</li> <li>• Digitalis</li> </ul>	<ul style="list-style-type: none"> <li>• Helps make the heart muscles stronger</li> <li>• Lets the heart beat stronger</li> </ul>	<ul style="list-style-type: none"> <li>• Nausea or vomiting</li> <li>• Vision changes (seeing blue or yellow rings around lights)</li> <li>• Feeling dizzy</li> <li>• Irregular heartbeat</li> </ul>
Vasodilators	<ul style="list-style-type: none"> <li>• isosorbide dinitrate and hydralazine (Bidil)</li> </ul>	<ul style="list-style-type: none"> <li>• Helps blood vessels relax and makes it easier for the heart to work</li> <li>• Has helped many people feel better</li> <li>• Some studies show it may be especially helpful for African American individuals</li> </ul>	<ul style="list-style-type: none"> <li>• Headaches</li> <li>• Feeling dizzy</li> </ul>
SGLT2 inhibitors	<ul style="list-style-type: none"> <li>• dapagliflozin (Farxiga)</li> <li>• empagliflozin (Jardiance)</li> </ul>	<ul style="list-style-type: none"> <li>• Helps the kidneys make more urine</li> <li>• Helps make heart failure symptoms feel better</li> </ul>	<ul style="list-style-type: none"> <li>• Yeast infections in the genital area</li> <li>• Urinary tract infections</li> </ul>

## Nutrition do's and don'ts of heart failure care

Do's	Don'ts
<p><b>Do</b> limit sodium to 1,500 to 2,300 milligrams (mg) of sodium per day.</p>	<p><b>Don't</b> forget to aim for 500 mg sodium per meal and keep daily snacks and beverages under 500 mg of sodium.</p>
<p><b>Do</b> read labels, always check the serving size.</p>	<p><b>Don't</b> eat food and drinks if you don't know how much sodium is in them.</p>
<p><b>Do</b> choose foods that are <b>140 mg of sodium</b> per serving or less, this is a “low-sodium” food.</p>	<p><b>Don't</b> choose foods over 300 mg sodium per serving.</p>
<p><b>Do</b> use herbs, spices, citrus, or vinaigrettes to flavor foods and remove the salt shaker from the table.</p>	<p><b>Don't</b> cook with salt or sea salt. 1 teaspoon (tsp) of salt has 2,300 mg of sodium.</p>
<p><b>Do</b> eat fresh or frozen fruits and vegetables.</p>	<p><b>Don't</b> eat canned fruits or vegetables.</p>
<p><b>Do</b> eat lean meats baked, steamed, broiled, or grilled.</p>	<p><b>Don't</b> eat processed meats such as lunch meat, hot dogs, canned meats, bacon, sausage, or pepperoni.</p>
<p><b>Do</b> use oil and vinegar on salads.</p>	<p><b>Don't</b> use bottled dressings.</p>
<p><b>Do</b> eat out but make healthy choices like baked proteins, steamed vegetables, whole grains, and clear sauces.</p>	<p><b>Don't</b> eat foods like Mexican, Chinese, fast food, or anything fried.</p>
<p><b>Do</b> measure your liquids if you need to limit fluids.</p>	<p><b>Don't</b> forget that anything that is liquid at room temperature must be counted as a liquid.</p>
<p><b>Do</b> snack on fresh fruits, vegetables, and unsalted nuts instead of salty snack foods like chips or salted nuts.</p>	<p><b>Don't</b> eat chips, pretzels, crackers, and breads with salted tops.</p>
<p><b>Do</b> eat meals that you make yourself following a low-sodium recipe.</p>	<p><b>Don't</b> eat box mixes of prepared and seasoned rice, pasta, or bread stuffing.</p>
<p><b>Do</b> eat soups that you make yourself using low-sodium ingredients.</p>	<p><b>Don't</b> eat regular canned soups, dehydrated soups, broths, or bouillon.</p>

# Heart failure keys to success

## Every day:

- Weigh yourself every morning
- Take your medicine
- Eat low-salt foods, overall low-salt diet
- Balance activity and rest
- Keep your medical appointments
- Use the Heart Failure Zone tool and weight calendar to keep daily track of your weight and zone color.

WELLSPAN PATIENT INFORMATION



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### Heart Failure Zones

Every Day	<ul style="list-style-type: none"> <li>♥ Weigh yourself every morning</li> <li>♥ Take your medicine</li> <li>♥ Check for swelling</li> <li>♥ Eat low-salt foods</li> <li>♥ Balance activity and rest</li> <li>♥ Keep your medical appointments</li> <li>♥ Find the zone you are in</li> </ul>	 <p style="font-size: 8px; margin-top: 5px;">American Heart Association Interactive Heart Failure Workbook</p>
Green Zone "All Clear"	<p><b>You have:</b></p> <ul style="list-style-type: none"> <li>♥ No shortness of breath</li> <li>♥ No weight gain</li> <li>♥ No swelling of feet, ankles, legs or belly</li> <li>♥ No problems doing your daily activities</li> <li>♥ No chest pain or heaviness</li> </ul>	<p>What to do:</p> <p style="text-align: center;">Excellent</p> <p style="text-align: center;">Keep up the good work</p>
Yellow Zone "Stop and Call"	<p><b>You have:</b></p> <ul style="list-style-type: none"> <li>♥ Weight gain of:                             <ul style="list-style-type: none"> <li>- 2 pounds in 1 day</li> <li>- 5 pounds in 1 week</li> </ul> </li> <li>♥ More shortness of breath</li> <li>♥ More swelling in your feet, ankles, legs, or belly</li> <li>♥ More tired, low energy</li> <li>♥ Dry, hacky cough</li> <li>♥ Dizziness</li> <li>♥ Hard to breath lying down or need to sleep sitting in a chair</li> </ul>	<p>What to do:</p> <p style="text-align: center;">Call your doctor:</p> <hr style="border: 0.5px solid #000; margin: 5px 0;"/> <p style="text-align: center;">Phone number:</p> <hr style="border: 0.5px solid #000; margin: 5px 0;"/>
Red Zone "Emergency"	<p><b>You have:</b></p> <ul style="list-style-type: none"> <li>♥ Struggling to breathe, even after rest</li> <li>♥ Chest pain or tightness that does not go away with rest</li> <li>♥ Confusion or cannot think clearly</li> <li>♥ Extreme fatigue or tiredness                             <ul style="list-style-type: none"> <li>- You have a hard time doing your daily tasks.</li> </ul> </li> </ul>	<p>What to do:</p> <p style="text-align: center; font-weight: bold;">Call 911 right away</p>

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**Call your healthcare provider** if you have any symptoms in the yellow zone:

- Weight gain of:
  - 2 pounds in 1 day
  - 5 pounds in 1 week
- More shortness of breath
- More swelling in your feet, ankles, legs, or belly
- More tired, low energy
- Dry, hacky cough
- Dizziness
- Hard to breath lying down or need to sleep sitting in a chair



**Additional online resources for you to explore:**

1. <http://healthwise.net/wellspan> – WellSpan Health Library - Search “Heart Failure”



2. [www.heart.org](http://www.heart.org) – Search health topics for “Heart Failure”



3. <https://www.heart.org/en/health-topics/heart-failure/living-with-heart-failure-and-managing-advanced-hf/living-with-hf-guide?Page=1> – Healthier Living with Heart Failure Guide



[WellSpan.org](http://WellSpan.org)