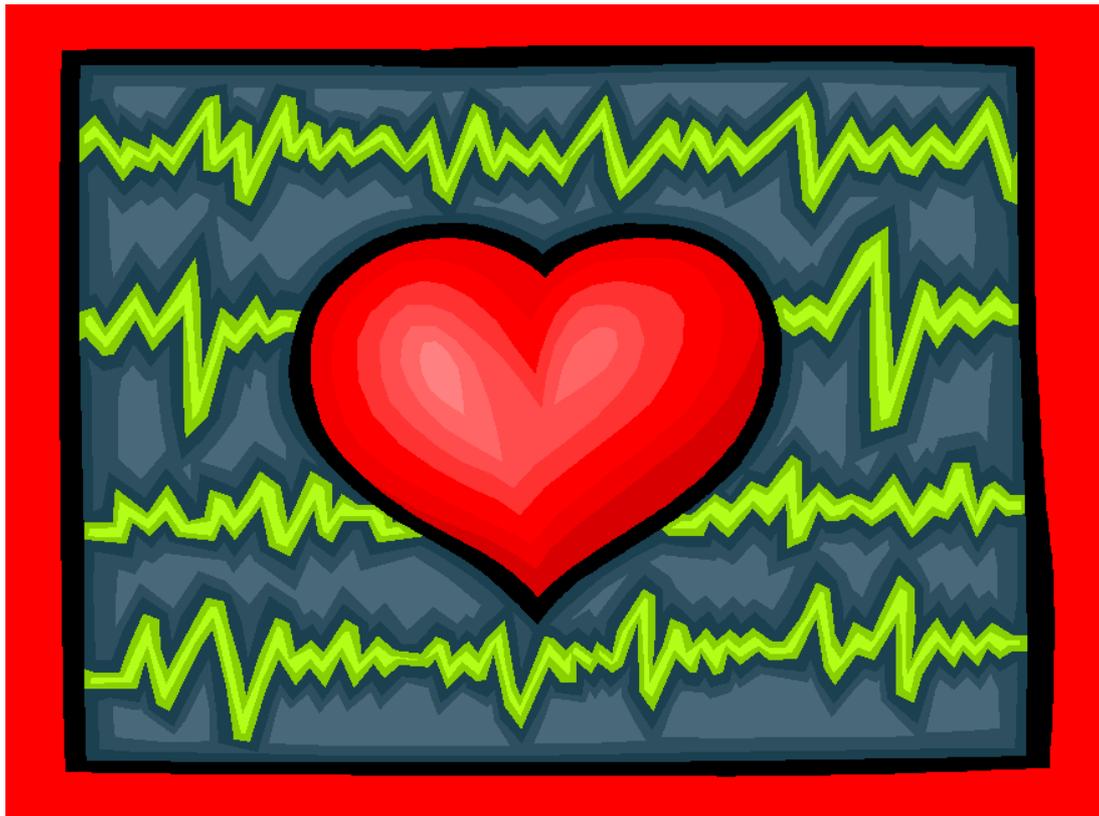


Guidelines for Living with Congestive Heart Failure



Patients name and last 4 _____

Pretest score _____

Post test score _____

Your Congestive Heart Failure Education Team

Nurse _____

Clinical Dietitian _____

Psychologist _____

Pharmacist

Exercise Physiologist _____

A  *Prescription* For
Good Health

Congestive Heart Failure Pretest

1. You should call your physician if you have a 3 lb. weight gain overnight or have increased swelling in your hands and feet.
 1. True
 2. False

2. What should you avoid because it can make your body retain water, which increases the work of your heart?
 1. Sugar
 2. Salt
 3. Jalapeno Peppers
 4. Butter

3. Missing a dose of my medication now and again will not affect the treatment of the disease.
 1. True
 2. False

4. Regarding physical activity, you should avoid heavy lifting and stay away from hard exercises.
 1. True
 2. False

5. Does stress affect your health and CHF?
 1. Yes
 2. No

What does congestive heart failure (CHF) mean?

CHF is a condition that causes your heart to not pump blood effectively enough to meet the needs of your body.

Causes

Many different things may cause CHF, **including:**

- A previous heart attack
- Heart valve disease
- Cardiomyopathy - weakened heart muscle
- High blood pressure
- Viral infection of the heart

Symptoms

Symptoms of CHF **usually** occur gradually and often get worse without treatment. Typical symptoms **include:**

- Shortness of breath
- Fatigue
- Sudden weight gain
- Build-up of fluid, especially in the legs

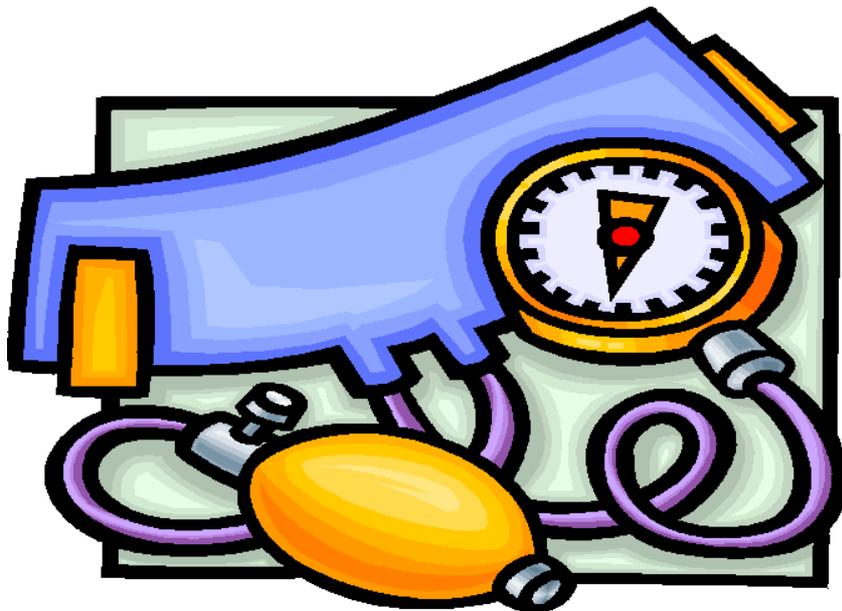
Other symptoms not specific to CHF may include:

- A non-productive cough, especially at night
- Loss of appetite
- Abdominal bloating and discomfort
- Slowed mental responses

Managing CHF usually includes:

- Regular check-ups and routine tests
- Low salt diet
 - Salt causes your body to retain water, which increases the workload of your heart.
- Fluid restriction as advised by your doctor
- Regular exercise as prescribed by your doctor
- Alternate rest periods with activities
- Pace activities to avoid getting too tired
- Avoid high sodium, nonprescription medications:
 - Antacids
 - Cough syrups
 - Laxatives

Ask your doctor or pharmacist for advice on nonprescription Medications.



Taking Care of Yourself

Eat right



Keep your appointments with your doctors

Take medications as prescribed



Low Sodium Diet

Limiting your sodium is a key part of your treatment. In general, you should eat no more than 2 grams or 2000 milligrams of salt every day.

Do not use table salt. Table salt contains mostly sodium. Just one teaspoon of table salt contains about 2 grams of sodium.

Give yourself time to get used to eating a low sodium diet. It takes a while for your taste to adjust to less salt. As you adjust, you may find that foods are more flavorful in a different way.

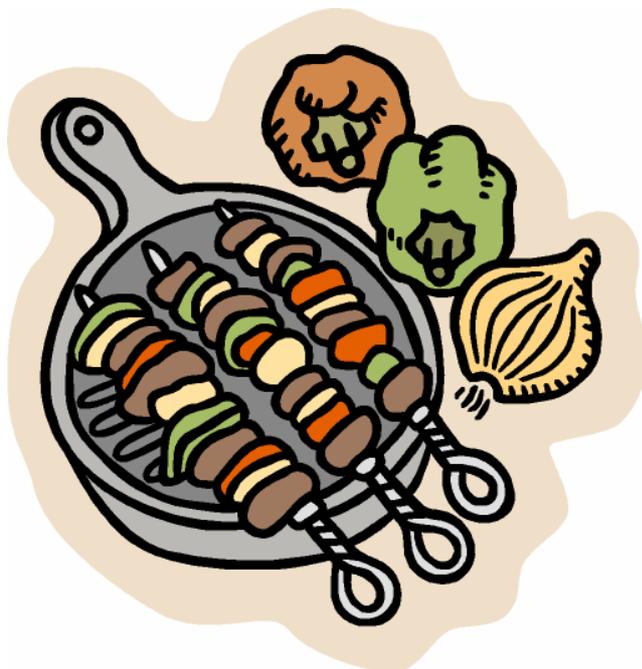
Sodium is also found in many canned, pickled, or prepared foods. As a general rule, follow these suggestions:

- Eat fresh fish, meats, and vegetables.
- Avoid convenience foods like hot dogs, luncheon meats, canned soups, and frozen dinners.
- Do not add salt to your food at the table or in cooking.
- Season with herbs, garlic, onion, and lemon.
- Avoid salts like garlic salt, seasoned salt, and onion salt. Try garlic powder, or fresh onion or garlic.
- Rinse and drain canned vegetables, tuna, or salmon before eating or use products low in sodium.
- Avoid foods that are high in sodium (above 300 mg per serving).
- Eat only small servings of foods moderately high in sodium (see list).
- Read all labels for salt, sodium, or sodium products. Look for labels that say “salt free,” “low salt,” or “low sodium.”
- Be aware of hidden sources of sodium (such as MSG or “Accent®,” sodium benzoate, sodium caseinate, sodium citrate, sodium saccharin).

Reading Labels

First, look at the list of ingredients. The largest quantity is listed first and the smallest amount last. For example, a jar of sweet pickles lists the ingredients as “cucumbers, water, corn syrup, vinegar, peppers, salt, natural and artificial flavors, preservatives, and artificial coloring.” This tells you that cucumber is the main ingredient; water the next highest, and so forth. Avoid products in which sodium is listed in the first few items. Try to buy items labeled low-sodium or no salt added. **Foods with less than 140 mg per serving are considered low sodium.**

Then look at the “nutritional information per serving.” This section lists the amount of calories, protein, carbohydrates, fat, and sodium in one serving. It also tells you how much of the product is one serving. Your normal serving may be smaller or larger than what the package refers to as a serving. For instance, one normal serving of milk is 1 cup. But, if you pour the milk into a tall glass you might have more than 8 oz. (1 cup). If your portion size is double the size listed, remember to double all the nutrition information listed.



| NUTRITION FACTS | | | |
|---|----------------------|-----------|--------|
| Serving Size ½ cup (114g) ← | | | |
| Servings Per Container: 4 → | | | |
| Amount Per Serving | | | |
| Calories 90 | Calories From Fat 30 | | |
| % | | | |
| % Daily Value* | | | |
| Total Fat 3g | | | 5% |
| Saturated Fat 0g | | | 0% |
| Cholesterol 0 mg | | | 0% |
| Sodium 300mg | | | 13% |
| Total Carbohydrate 13g | | | 4% |
| Dietary Fiber 3g | | | 12% |
| Sugars 3g | | | |
| Protein 3g | | | |
| Vitamin A 80% | Vitamin C | 25% | |
| Calcium 4% | 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. | | | |
| | 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 | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 | Carbohydrate 4 | Protein 4 | |

Eat only small servings of these foods that are moderately high in sodium:

- Bottled salad dressing or salad dressing mixes
- Mayonnaise
- Steak sauces
- Catsup, mustard
- Chili sauce
- Dips and party spreads
- Cake, doughnuts, fruit pies, biscuits, muffins
- Egg substitutes
- Pizza
- Buttermilk
- Baking powder
- Baking soda
- Self-rising flour and cornmeal
- Cottage cheese
- Instant pudding
- Some instant and dry cereals



Avoid these high sodium foods:

- Frozen “TV” dinners
- Canned beans and franks
- Pancakes/waffles
- Processed cheese (Velveeta, etc.) and hard cheeses (cheddar, swiss, etc.)
- Packaged snack foods (chips, pretzels, pork skins)
- Soy sauce, teriyaki sauce
- Bouillon cubes
- Canned or packaged soup, broth
- Olives and pickles
- Canned vegetables
- Sauerkraut or vegetables in salty brine
- Frozen vegetables with sauces
- Tomato juice, V-8® Juice
- Celery salt, onion salt, garlic salt, seasoned salts, MSG (Accent®), sea salt, meat tenderizers
- Athletic drinks (Gatorade®, thirst quencher)
- Canned, smoked, or salted meats (like ham, bacon, sausage, corned beef, hot dogs, and SPAM)
- Luncheon or deli meats (such as bologna, salami, luncheon loaf, turkey roll/chicken roll)
- Salted fish
- Softened water
- Hamburger Helper, Tuna Helper, Macaroni & Cheese, and other packaged mixes

Eating Out

Eating out offers new challenges when following a low sodium diet. A sit-down restaurant offers more low sodium options than you will find at a fast-food restaurant. Check the menu and ask questions. Avoid foods that are high in sodium and ask if food can be cooked without added salt.

Avoid foods that are described as:

- Fried
- Creamed
- Au gratin
- Buttery
- Escalloped

Also avoid foods that are prepared with soy sauce or MSG. These are often found in Oriental foods. Ask for steamed vegetables in place of french fries or a fruit salad in place of coleslaw. Order all dressings and sauces on the side.

Biscuits, croissants, and muffins often contain higher amounts of fat and sodium. You may ask your server not to bring bread to the table until you have your meal so you are not tempted. Melba toast and whole-wheat rolls are better choices if they are offered.

Order foods that are:

- Steamed, Broiled, Grilled, Roasted, or Stir-fried

Following these guidelines allows you to enjoy your food when eating out while you take care of your health.



Medications may include:

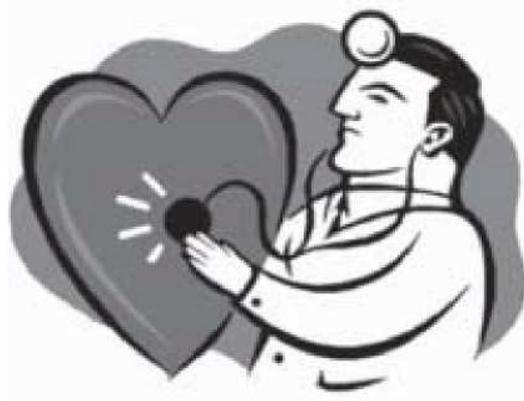
- Angiotensin-converting enzyme (ACE) inhibitor drugs, which reduce the work the heart has to do.
- Diuretics, which increase urination and help get rid of excess fluid in your body. Many of these medications tend to wash potassium out of your system and your doctor will often add potassium supplements.
- Digitalis drugs, which slow your heart rate and improve its pumping ability.

In more severe cases, your doctor may need to add additional medications.



Report the following to your doctor:

- Irregular pulse
- Dizziness or blurred vision
- Shortness of breath
- Swollen ankles
- Five pound weight gain in three days. It is important to weigh yourself daily.



Prevention

- Have regular exams
- Take your medications as prescribed
- Exercise regularly as advised by your doctor
- Avoid stress and undue fatigue
- Watch for symptoms of CHF
- Weigh yourself every day
- Follow your doctor's instructions on how much fluid you should drink.

CHF is a condition that can often be treated with great effectiveness. Your cooperation is important for the treatment regimen to be effective.

Congestive Heart Failure Post test

1. You should call your physician if you have a 3 lb. weight gain overnight or have increased swelling in your hands and feet.
 1. True
 2. False
2. What should you avoid because it can make your body retain water, which increases the work of your heart?
 1. Sugar
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Danville, IL 61832

MISSION: To provide the highest quality integrated, holistic patient care with compassion and empathy, addressing the continually changing healthcare needs of veterans.

VISION: To be the provider and employer of choice by:

- Continually increasing the quality of health care delivered.
- Ensuring timely, comprehensive, integrated health care.
- Emphasizing disease prevention and health maintenance.
- Improving access to health care services.
- Providing training and education to patients, their families and caregivers, employees, and trainees.
- Supporting the improvement of veterans' health care services through research.
- Providing health care support to DoD and the community during national emergencies.
- Supporting community health needs through partnership with local agencies.
- Utilizing resources effectively and efficiently.

Additional contact information:
