

Heart Failure

Information & Resources

TRANSITION of CARE PLAN

for Heart Failure Patients,

Family Members &

Caregivers

Provided by:



Bayfront Health
Seven Rivers

Welcome to Bayfront Health Seven Rivers!



We're glad you've chosen us to provide your care. Because we're a Chest Pain Center accredited by the American College of Cardiology, we provide cardiac care that's up-to-date with the latest evidence-based (scientific) guidelines as established by the American College of Cardiology and the American Heart Association.

If this is the first time you've been told *you have Heart Failure*, it's important to understand that in most cases Heart Failure is *not a curable condition*. But it's usually a *manageable condition*. Generally speaking, people who *strictly follow their doctor's orders* are able to enjoy a better quality of life and have fewer trips back to the hospital than those who do not heed the advice of their doctor.

Doctor's orders for patients with Heart Failure usually include restricting salt and fluid intake, taking ALL medications *as directed and on time*, weighing yourself daily, calling your doctor whenever sudden weight gains are noted, and not smoking or drinking alcohol.

In addition to providing you with this booklet, we've built a website filled with valuable information and videos designed to help you to better understand and manage Heart Failure. You can access our website at:

HeartFailureResources.com or simply scan the QR code seen below with the camera on your smartphone to access our website:

Sincerely,

The Heart Failure Care Team
Bayfront Health Seven Rivers
6201 N. Suncoast Blvd
Crystal River, FL 34428

Phone: (352) 795-6560

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HEART FAILURE PATIENT CHECKLIST

Precipitant Factors:

Probable cause(s) of the current episode of Heart Failure:

- Ate too much salt (sodium)
- Consumed too many fluids
- Did not take medications as prescribed
- Unable to take daily weights or limited on self-care
- Lack of support system
- Other (please describe why so that your care team can come up with solutions to help you):

Underlying condition(s) leading to Heart Failure:

- Reduced EF (heart doesn't pump adequately)
- Diastolic dysfunction (heart doesn't fill properly)
- Heart valve issue(s)
- Kidney failure / disorder
- Other : _____

Ejection Fraction (EF):

- EF is _____ %. (Normal EF is 55-70%).

Use the "Heart Failure Daily Management Self-Evaluation Checklist" (on the back cover of this booklet) EVERY DAY.

Intake/Output and Daily Weights:

- A "Daily Weight / Blood Pressure / Blood Sugar" tracking form is included in this booklet

Medications: It is CRITICAL that all medications be taken as directed. Failure to take medications as directed can lead to another Heart Failure episode (emergency). The following medications are currently prescribed:

- Beta blockers: These medications are useful to slow heart rate, decrease blood pressure and/or reduce the work load of the heart.
- ACE Inhibitor/ ARB / ARNI medications: are useful in the treatment of hypertension and even the treatment of heart failure. They are known to make the heart pump more effectively.
- Aspirin: Aspirin is considered to be an anti-platelet, and prevents small cell fragments from sticking together and forming a clot.
- Diuretics: These medications are effective in removing excess fluids from the body and lungs. (This extra fluid is what causes swelling of legs / abdomen and shortness of breath). Diuretics cause an increase in the need to urinate.

Discharge Planning and Follow Up: It is critical to not miss doctor appointments. Missing doctor appointments can lead to additional heart failure episodes and the need for emergency trips to the hospital.

- **Cardiology Appointment.** This appointment is to monitor your heart health. It is ideal to get this appointment within 7-14 days of discharge.
Date and Time of Appointment: _____.
- **Primary Care Appointment.** This appointment is intended to communicate your recent hospital stay and updated medications to your primary care provider. This appointment is ideally set within 14-30 days of your hospital stay.
Date and Time of Appointment: _____.

Cardiac Rehab:

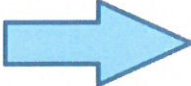
- If you are scheduled for Cardiac Rehab, the appointment should be scheduled before going home from the hospital. The Cardiac Rehab Center is located in the Medical Arts Building, located on the hospital campus
The phone number is 352-228-4340
Date and Time of Appointment: _____.

Education: Heart Failure is almost always a non-curable condition, but if managed properly, your quality of life will be better and the need for future hospital visits can be reduced.

Please review the contents of this booklet and be sure to ask any questions you may have. Your doctor, nurse, and the hospital’s cardiovascular coordinator are here to answer your questions.

You can access Bayfront Hospital’s “Heart Failure Resources” website by going to this web address: www.HeartFailureResources.com - or - scan the QR Code below with the camera of you Smartphone or other electronic device. The HEART FAILURE PATIENT RESOURCES provides the latest materials and tools to help you maintain your health.

To Access HEART FAILURE PATIENT RESOURCES, scan this QR Code with your Smartphone or other internet-capable device




Cardiovascular Education Resources
Heart Failure Patient Resources

- HOME
- HEART FAILURE
- Clinician Education
- ACCREDITATION
- DOWNLOADS - PDF
- HELPFUL INFORMATION
- CV Coordinator Resources
- CONTACT US

Once diagnosed with Heart Failure, it is usually a **LIFELONG, INCURABLE** condition that must be **WRITTEN MATERIAL** to help Patients, their Families and Caregivers with managing Heart Failure

Tools for Understanding and Managing Heart Failure:

- [CLICK HERE for "UNDERSTANDING HEART FAILURE"](#)
- [CLICK HERE for HEART FAILURE MANAGEMENT TOOLS](#)
- [CLICK HERE to access "My HF Guide," a FREE, Interactive resource](#)
- [CLICK HERE for Heart Failure Management Smartphone Apps](#)
- [CLICK HERE for HEART FAILURE SUPPORT NETWORK \(sponsored\)](#)



SCAN ME

STRATEGIES & ADAPTATIONS TO IMPROVE MEDICATION MANAGEMENT AND DAILY WEIGH INS

Methods for Adapted weighing

- Use digital, easy to read scale
- Use scales with a hand holder or hold lightly to a firm surface for safety
- Get as close to the scale as possible before transferring
- If using an ambulation device such as walker, keep it in front for support

Tips for Medication Schedule adherence

- Establish a daily routine for taking medications
- Use a planner or checklist
- Use an alarm to help you remember
- Pillboxes can be programmed to provide audible message/reminders
- Store your medications in one commonly used and highly visible area

Tips for Identifying, Obtaining and Handling Medications

- Make sure to compile a complete list of all the medications you take and keep it handy
- Work with your pharmacist to obtain a pillbox tailored to your needs and abilities
- Use label reader application or magnifier for easier read of medication labels
- Use containers that are easier to open
- Use medication containers opening gadgets or tools
- Check with your occupational therapist for dexterity, grip and pinch strength exercises to handle medication containers
- If you have tremors, rest your arm on the table to stabilize it while retrieving medications

Energy Conservation Techniques for performance of daily activities or community activities

- **Plan and Prioritize**
 - Choose and focus on the most important activities to do each day
 - Gather necessary items before beginning a task
 - Reserve the most difficult tasks for the time of the day when you are most energetic
 - Avoid outdoor activities when it is too hot
 - Plan to be well hydrated
 - Use comfortable, easy to don/doff clothing
- **Change/Modify**
 - Eliminate unnecessary steps or trips to perform a task
 - Breakdown activities into short time periods of manageable physical demands

- Alternate activity with rest periods
 - Alternate sitting with standing
 - Use cart, apron or walker basket to transport items
 - Use lighter weight containers or materials
 - Use equipment or devices to assist you
- **Re-arrange**
 - Organize the materials you need most often to be at easy reach
 - Organize your living spaces for easy access

Useful Equipment or gadgets to facilitate your medication adherence and daily tasks

- Elastic shoe laces, shoe horn
- A reacher or grabber
- Handheld shower
- Shower bench or chair
- Electronic pillbox
- Electronic alarms or timers
- Medication container opening tools

Daily Weight, Blood Pressure and Blood Sugar Tracking Sheet

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Wt:	Wt:	Wt:	Wt:	Wt:	Wt:	Wt:
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BS in AM	BS in AM	BS in AM	BS in AM	BS in AM	BS in AM	BS in AM
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Wt:	Wt:	Wt:	Wt:	Wt:	Wt:	Wt:	Wt:
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BS in PM	BS in PM	BS in PM	BS in PM	BS in PM	BS in PM	BS in PM	BS in PM
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BS in PM	BS in PM	BS in PM	BS in PM	BS in PM	BS in PM	BS in PM	BS in PM
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BS in AM	BS in AM	BS in AM	BS in AM	BS in AM	BS in AM	BS in AM
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BS in AM	BS in AM	BS in AM	BS in AM	BS in AM	BS in AM	BS in AM
BS in PM	BS in PM	BS in PM	BS in PM	BS in PM	BS in PM	BS in PM

Wt = weight

BP = blood pressure

BS in AM = Blood sugar in the morning

BS in PM = Blood sugar in the evening

Daily Weight, Blood Pressure and Blood Sugar Tracking Sheet

Month:	Year:	Name:
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date:	Date:	Date:	Date:	Date:	Date:	Date:
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BS in AM	BS in AM	BS in AM	BS in AM	BS in AM	BS in AM	BS in AM
BS in PM	BS in PM	BS in PM	BS in PM	BS in PM	BS in PM	BS in PM

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My Questions to Ask

When you go to an office visit with your health care provider, it's a good idea to ask questions if you're not clear about what your provider is telling you. Here are some good ones to ask:

- What type of heart failure do I have?

- How will I know if my heart failure is getting worse? When should I call 911?

- Are there any health checks (weight, blood pressure, pulse) I should be doing? Which and how often?

- Do I need to lose weight? If so, what weight should I be targeting?

- If I notice a weight gain, at what point should I call you?

- Which physical activities are best for me? Can I exercise safely on my own? How much exercise do I need?

- How much salt should I consume daily?

- How much water and fluids should I drink each day?

- Which medications will I be taking for my condition, and what does each one do?

- Should I enroll in cardiac rehabilitation?

- How often should I have my heart checked?

- Am I a candidate for an ICD? CRT? Or CardioMEMS?

How to

Read a Food Label

Nutrition Facts	
Serving Size 1 cup (240g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 4g	
Vitamin A 70%	• Vitamin C 20%
Calcium 15%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Serving size

This tells you how much of the food makes up one serving. If you eat more than one serving, all the other values increase.

Fat

This is the total amount of fat in each serving. Limit saturated fats and avoid *trans* fats. Both are bad for your heart.

Cholesterol

This tells you how much cholesterol is in a serving. It's wise to limit your daily cholesterol intake.

Sodium (salt)

This is the total amount of sodium in each serving given in milligrams (mg). Try to eat less than 1,500 mg of sodium per day, but even consuming less than 2,300 mg per day has benefits.

Total carbohydrate (starches)

This tells you how many grams of carbohydrate are in one serving.

Sugars

By July 2018, nutrition labels will be updated to list "added sugars," which should account for less than 10% of daily calories.

Medication Schedule adherence:



Identifying, Obtaining and Handling Medications:



Adapted Weighting:



Energy Conservation Techniques:





CardioSmart
American College of Cardiology

Your Prescription for a Healthy Heart

10 Tips for Living With Heart Failure

- 1. Create a support team.**
- 2. Check and record your weight every day, along with a log of your daily blood pressure and exercise.**
- 3. Listen to your body and know when the condition might be getting worse.** For example, do you notice:
 - swelling
 - rapid weight gain
 - labored breathing, especially when lying down
 - being unable to concentrate
- 4. Report problems right away.** Stay connected with your heart failure team and report changes in weight or new symptoms.
- 5. Accept your new normal.** Stay connected to the things you love to do, even if it means you might need to participate in a different way or cut back a bit. It's OK if daily tasks seem to take longer.
- 6. Share your concerns.** For example, many people are scared about over-exerting their heart, but exercise is very important.
- 7. Take your medications exactly as directed.**
- 8. Ask about and take advantage of cardiac rehabilitation.**
- 9. Bring a trusted friend or family member to your appointments.**
- 10. Make sure you have a living will and advanced directives in place.**

Heart Failure: How to Limit Your Fluids



Sodium causes your body to hold extra fluid, making it harder for your heart to pump. Your doctor may prescribe a medicine to help get rid of excess fluid. This type of medicine is called a diuretic, or water pill. You may also need to limit liquids to help your body get rid of extra water and sodium.

Limiting fluids can help you feel better and lower your risk of having to go to the hospital.

Measuring your fluid intake

Your doctor will tell you how much fluid you should have each day. Usually, it will range from 4 to 8 cups a day, which is about 1 to 2 liters.

To help you with these amounts, here are some common household measures:

This amount of fluid:	is the same as:	and the same as:
1 tablespoon	½ fluid ounce (fl oz)	15 milliliters (mL)
½ cup	4 fl oz	About 120 mL
1 cup	8 fl oz	About 250 mL
4 cups (1 quart)	32 fl oz	About 1,000 mL, or 1 liter

So if you are allowed 8 cups of fluid a day, that is the same as 2,000 mL or 2 liters.

It is important to know how much fluid your regular glasses hold. You can find out by filling a glass with water and then pouring it into a measuring cup. Once you know this, you will not have to measure every time.

Some foods contain a lot of fluid. Any food that will melt, that has a high water content, or that contains a lot of liquid should be measured and counted as part of your fluid intake. So that means you need to count ice cream, gelatin, ice, juicy fruits, and soup.

Tracking your fluid intake

One way to keep track of how much fluid you take in is to have an empty container that holds the amount of fluid you are allowed for the day.

- For example, if you are allowed 64 fl oz a day, you could keep a 2-liter pop bottle at hand. As you drink fluids, put an equal amount of water into the bottle until you reach your fluid limit. When the bottle is full, you have reached your fluid limit and should stop drinking.

Another way to track your fluid intake is to allow yourself 1 cup (8 fl oz) of fluid at each meal (3 meals x 8 oz = 24 fl oz). You can then fill a pitcher with water equal to the rest of your fluid allowance.

- For example, if you are allowed 48 fl oz (6 cups) of fluid a day, you could have 24 fl oz at mealtimes and then another 24 fl oz (3 cups) to drink at other times during the day. If you drink other beverages besides water, then you would need to pour out an equal amount of water from your container.

Common questions about limiting fluids

Does everyone with heart failure need to limit fluids?

No. Usually, just limiting sodium is enough to help your body get rid of extra fluids. Most people do not need to limit their fluids until heart failure is advanced or severe.

Why is limiting fluids important?

Too much fluid in your body can make it harder for your already-weakened heart to pump. This can make symptoms, such as swelling and shortness of breath, worse.

What can I do if I feel thirsty?

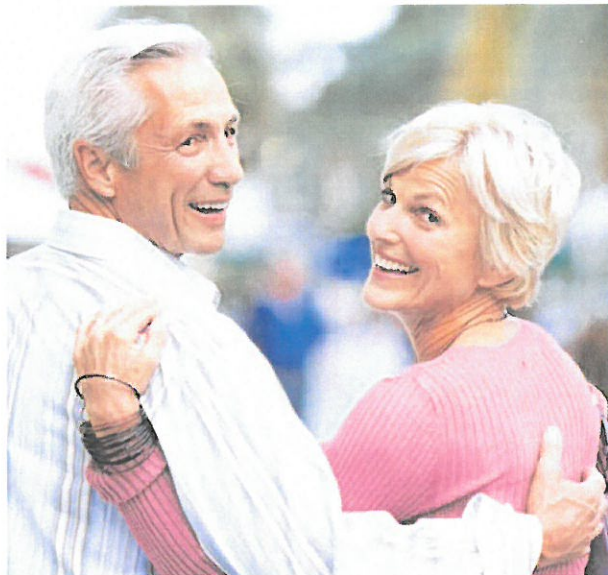
It is very important to limit your fluid to the level your doctor suggests. But that can be hard. If you feel thirsty, try chewing gum or sucking on a piece of hard candy, a breath mint, or pieces of frozen fruit like grapes or strawberries. If your lips feel dry, try lip balm. But stick with your program.

Can I have alcohol?

Alcohol can raise your blood pressure which makes your heart work harder, so it is not a good idea when you have heart failure. Since you are allowed only a limited amount of fluid each day, it is best to choose healthier fluids. Check with your doctor to see if you should avoid drinking alcohol.

Do you have any questions or concerns after reading this information? It's a good idea to write them down and take them to your next doctor visit.

Heart Failure: Living With the Disease



Heart failure occurs when your heart does not pump as much blood as your body needs. Failure does not mean that the heart has stopped pumping but rather that it is not pumping as well as it should.

Over time, this causes fluid buildup in your lungs and other parts of your body. Fluid buildup can cause shortness of breath, fatigue, swollen ankles, and other problems. There are many things you can do to take care of yourself at home. Take your medicines as your doctor tells you. Limit sodium (salt) in your diet, and check your weight every day.

It is important to learn to manage your heart failure. If you closely follow your doctor's treatment plan, you can feel better and live longer.

Take your medicines as directed

For your safety:

- Take your medicines exactly as prescribed. Do not stop or change your medicines without talking to your doctor first. Call your doctor if you think you are having a problem with your medicine.

- Do not take any vitamins, over-the-counter drugs, or herbal products unless you talk to your doctor first.
- Do not use nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen, or naproxen, unless you talk to your doctor first. These drugs may make your heart failure worse.

Your treatment may include some of the following medicines:

- Angiotensin-converting enzyme (ACE) inhibitors can slow how heart failure progresses. They reduce the heart's workload, lower blood pressure, and reduce swelling.
- Angiotensin II receptor blockers (ARBs) work like ACE inhibitors. Your doctor may prescribe them instead of or along with ACE inhibitors.
- Diuretics, also called water pills, reduce swelling. Some (like spironolactone) block the effects of harmful substances that can make your heart failure worse.
- Digoxin reduces symptoms for some people who have heart failure.
- Beta-blockers can slow your heart rate and lower your blood pressure. They can also slow down the process of heart failure.
- Potassium supplements replace this important mineral that your body sometimes loses when you take diuretics.

Keep track of your symptoms

Keep a daily record of your symptoms. Write down any changes in how you feel, such as new or increased shortness of breath. Also record if your ankles are more swollen than usual and if you have to urinate in the night more often. Note anything that you ate or did that could have triggered these changes.

Take your list of symptoms with you to the doctor. Learn what signs may mean that your heart failure is getting worse. And know when to call your doctor or call for emergency help.

Check your weight every day

Weigh yourself at the same time each day, using the same scale. Do not wear shoes. Wear the same thing each time you weigh yourself, or wear nothing at all. Record your weight. Call your doctor if you notice a sudden weight gain. In general, call if you gain 3 pounds or more in 2 to 3 days. Your doctor can tell you how much weight gain is okay. A sudden weight gain may mean that your heart failure is getting worse.

Reduce sodium

Sodium causes your body to hold on to water, making it harder for your heart to pump. People get most of their sodium from salt in foods.

- Take the salt shaker off your table. Do not add salt when you cook. Slowly reducing salt will help you adjust to the taste.
- Read food labels on cans and food packages. They tell you how much sodium you get in one serving. Check the serving size. If you eat more than one serving, you are getting more sodium.

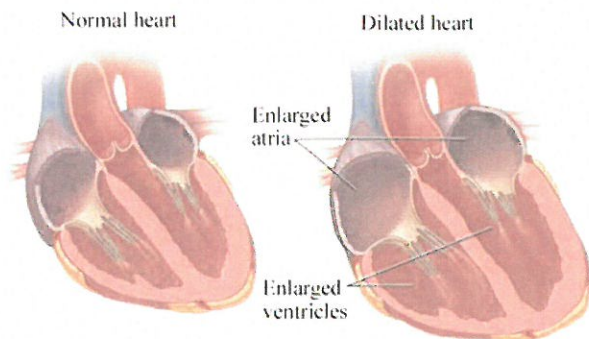
- Be aware that sodium can come in forms other than salt, including monosodium glutamate (MSG), sodium citrate, and sodium bicarbonate (baking soda). MSG is often added to Asian food. You can sometimes ask for food without MSG or salt.
- Use fresh or frozen ingredients instead of canned ones whenever you can. Choose low-sodium canned goods.
- Eat fewer processed foods and foods from restaurants, including fast foods.

If you have problems with self-care

It may be hard to deal with having heart failure. You may have trouble affording your medicines. You may have side effects from your medicines or trouble taking many different medicines for other health problems. Changing how you eat and cutting back on sodium may not be easy. Do not try to handle your problems on your own. Talk with your doctor if you are having problems managing your heart failure.

For more support, contact the American Heart Association at 1-800-AHA-USA1 (1-800-242-8721) or www.americanheart.org.

Heart Failure: Understanding the Symptoms



Your body has an amazing ability to manage heart failure. It may do such a good job that you do not have symptoms in the early stages of the disease. But at some point, your body will no longer be able to keep up. The heart gets worn out and starts to work less efficiently. Then you will begin to have symptoms.

This information can help you understand your symptoms so you can work with your doctor to control heart failure.

What causes your symptoms

When you have heart failure, your heart gradually loses its ability to pump well. It tries to keep pumping the same amount of blood by beating harder and faster and getting bigger so it can hold more blood. The rest of your body tries to make up for heart failure by:

- Increasing the amount of fluid in your body.
- Sending more blood to your brain and other vital organs.

In time, your heart failure becomes worse and your body cannot keep up. Then, two major problems occur:

- Blood backs up into your lungs and other organs. This is called congestion.
- Your lungs and other organs do not get enough blood and oxygen. (Blood carries oxygen to your organs.)

When you have congestion:

- You may be short of breath when you are active.
- You may have swelling in your feet or ankles.
- Your shortness of breath may get worse when you lie flat, or it may wake you up at night.
- You may gain weight or have bloating.
- You may cough or wheeze.

When you are not getting enough oxygen:

- You may feel tired.
- You may have chest pain during exercise or in stressful situations.
- You may feel restless or confused.
- You may feel dizzy or lightheaded.

Tracking your symptoms

It is important to closely keep track of your symptoms and notice if they change. At your regular doctor visits, your doctor will ask you whether your symptoms have become worse. This helps your doctor see if your treatment is working or if it needs to change.

Make a habit of writing your daily symptoms in a notebook or symptom diary:

- Sudden weight gain. Weigh yourself each morning after you urinate but before you eat.
- Any change in your ability to exercise. For example, if you used to become short of breath after walking two blocks and now it only takes one block, your symptoms have gotten worse.

- Any new or worsening symptoms and what might have caused them (for example, a high-sodium meal or exercising too hard).
- What medicine or action you took that helped.

Be sure your doctor has given you an action plan for when to call for help if you have certain symptoms. If you need to call your doctor, have your symptom diary handy so you can give your doctor's office this information.

When to call your doctor

Call 911 if you have symptoms of sudden heart failure, such as:

- You have severe trouble breathing.
- You cough up pink, foamy mucus.
- You have a new irregular or rapid heartbeat.

Call your doctor now or seek immediate medical care if:

- You have new or increased shortness of breath (trouble getting your breath even when you are resting).
- You are dizzy or lightheaded, or you feel like you may faint.
- You have sudden weight gain, such as 3 pounds or more in 2 to 3 days.
- You have increased swelling in your legs, ankles, or feet.
- You are suddenly so tired or weak that you cannot do your usual activities.

Watch closely for changes in your health, and be sure to contact your doctor if you develop new symptoms.

Do you have any questions or concerns after reading this information? It's a good idea to write them down and take them to your next doctor visit.

The “ABC’s of Heart Failure Management

A

Angiotension-Converting Enzyme Inhibitors (ACEI), Angiotension II Receptor Blockers (ARBs) and Angiotension II Receptor Blockers/ Nephilysin Inhibitor (ANRI)

These are medications that cause the blood vessels to relax and widen, lowering blood pressure and making it easier for blood to flow so the heart does not have to pump so hard.

B

Beta Blockers

These are medications that slow the heart rate down and help the heart fill with blood more completely by controlling certain hormones that can damage the heart’s structure.

C

Congestion

Heart failure means that the heart muscle is weakened and cannot pump as well as it should. Therefore, sometimes fluid builds up in the body and creates congestion. This can be seen as extra weight gain, swelling in the feet, legs and abdomen, a cough and increased shortness of breath.

Diet

Heart failure patients have specific dietary guidelines that help with symptom control. Salt/sodium intake should be limited to 2000 mg or less per day. It is important to read food labels and choose foods that have less than 140 mg of sodium per serving. Be watchful of excessive fluid intake as this could contribute to congestion. 2000 cc of fluids per day is the recommendation.

E

Education

The most important person in managing your disease is you. It is important that you become educated and informed how to monitor and manage your disease with your specific treatment plan which allows you to live as normal and active as possible. This includes diet, exercise and daily medications.

S

Symptoms

Symptoms may vary throughout your living with heart failure and it is important to recognize signs and symptoms of worsening heart failure early and notify your healthcare provider for direction. Symptoms to evaluate for change are:

- Feeling short of breath with certain activities
- Feeling weak or dizzy
- Tiring more easily
- Feeling like your heart is racing or pounding
- Having swelling in your feet, legs or abdomen
- Coughing or wheezing when you lie down
- Feeling bloated or sick to your stomach
- Weight gain of greater than 2 lbs. over night or 3 lbs. in 3 days

Heart Failure Daily Management *

Self-Evaluation Checklist:



If you experience these:

- Shortness of breath at rest or when lying flat
- Chest pain or chest pressure
- New confusion and / or dizziness
- Sensation of heart racing or beating abnormally



CALL 911

You need to be evaluated
RIGHT AWAY.

- Dry, hacking cough
- Worsening shortness of breath with activity
- Increased abdomen / leg / ankle swelling
- Weight gain of 2 pounds overnight or 5 pounds in 5 days
- Noticeable new weakness / loss of energy



**CALL your
Doctor ASAP**

A change to your medications
may **PREVENT** a hospital visit.

- No new or worsening shortness of breath
- Physical activity level is normal for you
- No new swelling in abdomen, legs or feet
- No new weight gain
- No chest pain / pressure



Excellent !

Continue with:
daily weight checks, low sodium
diet & take your meds as directed

Daily Heart Failure Self-Care Goals:

- Weigh yourself daily. Goal: keep weight stable with no sudden weight gain.
- Follow a Low Salt Diet - No more than 2000mg per day. If you have high blood pressure, limit Salt intake to 1500mg per day.
- Be active but avoid overexertion. Listen to your body!
- Take all medications as directed - *don't miss any doses.*
- Limit fluid intake to 4 - 8 cups (1 - 2 liters) per day, unless directed otherwise by your doctor.
- Use the "Self-Evaluation Checklist" (shown above) every day.
- Get Plenty of rest, and a good night's sleep every night.
- Seek help if you feel something is abnormal or wrong with your body.



Scan this QR Code with your smartphone to access
comprehensive Heart Failure management tools, or
visit: HeartFailureResources.com



**Bayfront
Health**

* Advice presented in this document is consistent with current American College of Cardiology / American Heart Association / Heart Failure Society of America evidence-based guidelines. If any advice differs from your doctor's recommendations, follow your doctor's advice.