



## **A word about heart failure**

A healthy heart can pump blood to all parts of the body in a few seconds. When the heart can no longer do this, you have heart failure. Blood that should be pumped out of the heart backs up in the lungs and other parts of the body. This causes symptoms of heart failure - shortness of breath or swelling in the abdomen, hands, legs and feet.

Many people with heart failure have fluid buildup in their lungs (congestion). So, heart failure is often called CHF (congestive heart failure).

Heart failure can range from mild to severe. Most often the symptoms can be controlled with medicines, rest and diet. When heart failure symptoms are found early and treatment is started, a person with heart failure can lead a more normal life.

Many people with heart failure have an enlarged heart (cardiomegaly). This comes from years of the heart having to struggle to pump out the blood. With treatment, an enlarged heart can improve its pumping action.

For most, treatment includes daily medicines, rest, reducing stress, eating less salt and, often, limiting fluids.

## **How a healthy heart works**

When the heart is pumping as it should, blood returns from the veins to the right upper chamber (atrium). From there, it goes to the right lower chamber (ventricle) and is pumped to the lungs. The blood then returns from the lungs to the left upper chamber (atrium), and then to the lower left chamber (ventricle) and is pumped out through the main artery (aorta) to the body.



## Limit fluids

Many people with heart failure have trouble with their body holding fluid. Being very thirsty is also common. Even if you are thirsty, this does not mean that your body needs more fluid. You need to be careful not to replace the fluid that diuretics ("water pills") have helped your body get rid of. Try using small amounts of sugar-free hard candy to help with a dry mouth.

Many doctors suggest that people with heart failure limit their total fluid to 8 cups per day. This includes fluids taken with medicines. Here are some examples of liquids and foods that count as part of your fluid total:

• Water	• Ice cream
• Juice	• Coffee
• Tea	• Milk
• Soda	• Soup
• Yogurt	• Jell-O
• Pudding	• Juices in fruits (1 orange or ½ grapefruit counts as 4 oz of fluid)
• Ice cubes	• Alcohol (if allowed)

Melt a few of your ice cubes to see how much fluid they are. Most often, ice cubes melt to half their weight. That means 4 oz of cubes = 2 oz of fluid.

Ask your doctor or nurse what your total fluid intake per day should be limited to and how to balance out how much you drink during the day.

My daily fluid limit is: \_\_\_\_\_

I can drink: \_\_\_\_\_ by 2 pm

I can drink: \_\_\_\_\_ between 2 and 8 pm

I can drink: \_\_\_\_\_ during the night

## TO HELP YOU MEASURE

1 cup = 8. oz = 24.0 cc\*

4 cups = 32 oz = 1 qt = 1000 cc\* = 1 liter

8 Cups = 64 oz = 2 qts = 2000 cc\* = 2 liters

1 ml = 1 cc\*

1 oz = 30 cc\*

\*cc= cubic centimeters

Ask your nurse for a chart to keep track of how much fluid you have each day and how much your body puts out in urine. This can help you see if you are getting too much fluid. It can also help you see if your body is holding fluid, making you gain weight quickly.



## High-sodium foods: What NOT to buy

### Vegetables

- Salted canned vegetables
- Sauerkraut

### Breads, cereals, grains, starches

- Self-rising flour and corn meal
- Prepared mixes (waffle, pancake, muffin, cornbread, etc.)
- Instant cooked cereals

### Dairy products

- Buttermilk (store-bought)
- Canned milk (unless diluted and used as regular milk)
- Egg substitute (limit to ½ cup/ day)
- Eggnog (store-bought)
- Salted butter and margarine with trans fat
- Certain cheese (American and other processed cheese, bleu cheese, Parmesan, feta and regular cottage cheese) with more than 200 mg per serving

### Soups

- Bouillon (all kinds)
- Canned broth
- Dry soup mixes
- Canned soups with more than 350 mg per serving

### Meats and meat substitutes

- Canned meats
- Canned fish (sardines, unrinsed tuna and salmon)
- Cured meats (dried beef, bacon, corned beef, etc.) and any meat product processed with salt (ham, some chicken and pork)
- All types sausage and hot dogs (beef, pork, chicken, turkey, polish sausage, knackwurst, etc.)
- Sandwich meats (bologna, salami, olive loaf, etc.)
- Regular peanut butter
- Salted nuts
- Rotisserie chicken

### Sweets

- Prepared mixes (pie, pudding, cake)
- Store-bought pies, cakes, muffins

### Cooking ingredients, seasonings, condiments, snacks

- Fermented miso
- Preseasoned mixes for tacos, spaghetti, chili, etc. coating mixes
- Preseasoned convenience foods
- Tomato sauce (unless unsalted)
- Ketchup chili sauce (Use low-sodium type or limit to less than 2 Tbsp/day)
- Barbeque sauce (Use low-sodium type or limit to less than 2 Tbsp/day)
- Mustard (Use low-sodium type or limit to less than 2 Tbsp/day)
- Salad dressing (Use low-sodium type or limit to less than 2 Tbsp/day)
- Baking soda, baking powder (use low-sodium type)
- Olives
- Pickles (dill, sour, sweet gherkins) pretzels, chips, skins, etc.
- Soy sauce, teriyaki sauce or Asian fish sauce
- Cooking wine
- Light salt, seasoning salt, sea salt, meat tenderizer, garlic salt, monosodium glutamate (MSG), celery salt, Onion salt, Kosher salt lemon pepper

### Drinks

- Sports drinks (such as Gatorade)
- Canned tomato or vegetable juice (unless unsalted)



## How you may feel

As heart failure gets worse, you may notice some or all of these:

- Sudden weight gain  
(3 to 4 lbs or more in 1 to 2 days or 2 lbs overnight)
- Swelling of the legs and ankles
- Swelling, bloating or pain in the belly
- Trouble sleeping, unless propped up on 2 or more pillows (could be from problems other than heart failure)
- Shortness of breath (may be all of the time, with exertion or only when waking up breathless at night)
- Frequent, dry, hacking cough  
(most often when lying down)
- Loss of appetite (or nausea)

You may also get very tired from hardly any effort. This happens when your blood flow is sluggish. You may wake up tired or get drowsy in the afternoon. This is even more likely if you aren't breathing well when you sleep. Your family may notice snoring or louder snoring than before.

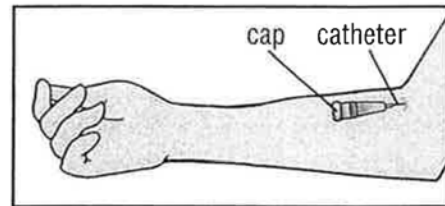
There can be other reasons for many of these symptoms too. Tell your nurse if your symptoms get worse or change.

## IV Treatment

You may need medicine given through a small tube into your vein (IV-intravenous). A medicine pump controls how much medicine you get.

Two medicines most often given in an IV are:

- Dobutamine
- Milrinone



*PICC line (Peripherally Inserted Central Catheter)*

You and a family member (or another in-home caregiver) will need to know:

- How to take care of the IV site (to prevent infection)
- Problem signs to watch for
- What to do if problems happen

Go over all of these with your IPR Healthcare nurse.

You may also need to know:

- How to change the pump battery (The company that supplied the pump or your IPR Healthcare nurse will show you how to do this.)
- How to add more medicine to the pump (Ask your IPR Healthcare nurse to show you how to do this.)
- These drugs (like dobutamine or milrinone) are best used for short-term relief of acute (severe) symptoms.

IV diuretics may also be given to help your kidneys quickly get rid of excess fluid.