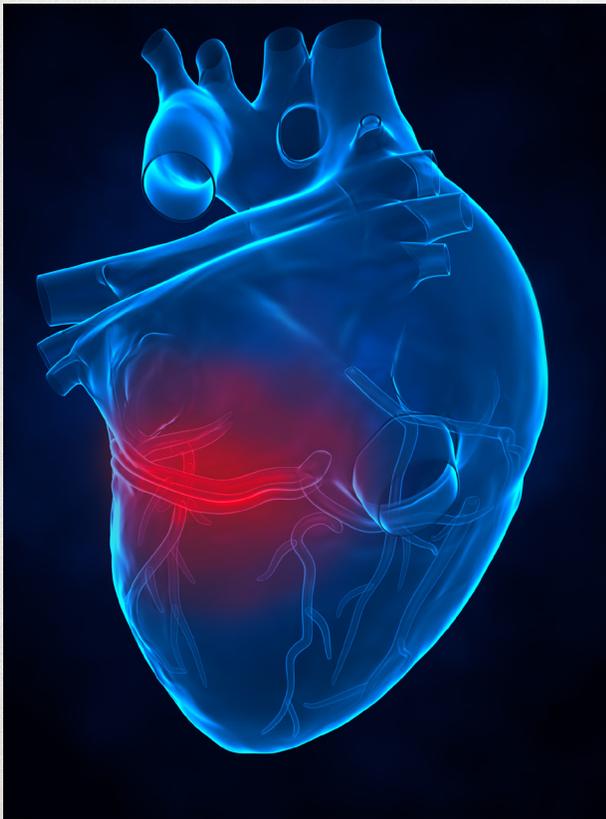




HENRY FORD HEALTH SYSTEM

What is Heart Failure?

The term “heart failure” means that the heart muscle has grown weak or stiff. It does not mean the heart has stopped working. Heart failure may be caused by high blood pressure, blockage in blood vessels, use of alcohol, and viruses as well as other causes.



In heart failure, the heart may not pump as strongly as before or provide as much blood as the body needs. Fluid may build up in the lungs, stomach, legs, and feet. This back up of fluid may make you feel short of breath, bloated, or swollen, and can cause weight gain. You may feel more tired. Activities such as walking and climbing stairs may now cause you to be short of breath or feel tired.

A term you may hear is “EJECTION FRACTION”. This is a measurement of your heart’s pumping strength. Your doctor may use this information for your treatment.

Heart failure is a serious, life-long condition. However, when you follow your plan of care, you can live longer, maintain your health and still enjoy your life.

Cutting Down on Sodium

Limiting sodium is one of the most important things that people with heart failure can do. Sodium is the main component of salt. Sodium may be present in food even if it does not taste salty.

Sodium causes the body to hold on to fluid, which makes you feel short of breath and puts extra strain on your heart. Too much sodium can worsen symptoms like:

- Swelling
- Shortness of Breath
- Weight Gain



Tips for Using Less Sodium

- Avoid canned/package food and frozen meals
 - If you do buy canned food, be sure to rinse them with water first
- Cook without salt
- Season with fresh onion, garlic, pepper, lemon, vinegar, and herbs
- Discuss using salt substitutes with your doctor
- Minimize eating out as much as possible
- Stay away from Fast Food
- Have fish, chicken, and meat broiled, baked, poached, or grilled without salt, butter, or breading

Keep track of your sodium intake each day. It may surprise you how fast it adds up. Follow your doctor's advice to limit sodium to 2,000 mg or less each day and buy low-sodium food.

How to Read Food Labels

You need to limit the amount of sodium you eat to 2,000 mg or less each day to live successfully with Heart Failure.

What will the Food Label on packaged foods tell me?

Food Labels contain information important to good health. They tell 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 amount of sodium per serving.

Here is an example of a food label:

Nutrition Facts	
Serving Size 25 pretzels (30g)	
Servings Per Container 3	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 21g	7%
Dietary Fiber less than 1 gram	2%
Sugars less than 1 gram	
Protein less than 1 gram	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

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

480 mg x 3 Servings
This entire bag of pretzels has 1,440 mg of sodium!

LOW-SODIUM FOODS – WHAT TO BUY

Fruits and Vegetables

- ✓ Fresh or Frozen (check for sodium)
- ✓ Unsalted canned (you must rinse them with fresh water)

Drinks

- ✓ Fruit juices, fresh or frozen
- ✓ Low Sodium or No Salt Added canned tomato and vegetable juice
- ✓ Frozen concentrate or Fresh lemonade

Dairy Choices

- ✓ 1% or Skim Milk
- ✓ Ricotta Cheese, part skim
- ✓ Hard Cheeses (unprocessed Swiss, part-skim Mozzarella)
- ✓ Unsalted Butter

Meats, Poultry, Fish, & Meat Substitutes

- ✓ Fish, fresh or frozen, not breaded; Unsalted or Rinsed canned tuna and salmon
- ✓ Fresh/Frozen Chicken or Turkey
- ✓ Lean Cuts of beef, veal, pork, lamb
- ✓ Dried beans, peas, lentils (not canned unless Low Sodium)
- ✓ Unsalted, Dry Roasted nuts or seeds
- ✓ Unsalted Peanut Butter
- ✓ Tofu (soybean curd)

Breads, Cereals, Grains

- ✓ Loaf bread and yeast rolls
- ✓ Melba toast, matzo crackers
- ✓ Pita bread
- ✓ Hot Cereals (avoid instant): corn grits, farina (regular), oatmeal, oat bran, cream of rice or wheat
- ✓ Puffed rice or wheat, shredded wheat (or any cereal with 100-150mg sodium per serving)
- ✓ Wheat Germ
- ✓ Rice (enriched white or brown) or pasta

Cooking Ingredients, Seasonings

- ✓ Corn Starch, tapioca
- ✓ Fresh or Dried Herbs, salt-free herb seasonings
- ✓ Lemons, Limes, Onions, Celery, etc.
- ✓ Fresh Garlic, Ginger, or Vinegar
- ✓ Low Sodium baking powder, yeast, onion, or garlic powder
- ✓ Tomato Paste, Unsalted tomatoes, Unsalted tomato sauce
- ✓ Water Chestnuts
- ✓ Carob Powder, Cocoa Powder

Sweets

- ✓ Flavored Gelatins
- ✓ Frozen Juice Bars, fruit ice, sorbet, sherbet
- ✓ Sugar, honey, molasses, syrup
- ✓ Jelly, jams, preserves, apple butter
- ✓ Graham and Animal Crackers, fig bars, ginger snaps

CHECK THE LABEL!

HIGH-SODIUM FOODS – WHAT NOT TO BUY

Fruits and Vegetables

- X Salted, Canned Vegetables
- X Sauerkraut

Breads, Cereals, Grains, Starches

- X Self-Rising Flour and Corn Meal
- X Prepared Mixes (ex. Waffle, pancake, muffin, cornbread)
- X Instant Hot Cereals

Dairy Products

- X Salted butter
- X Buttermilk
- X Canned Milk
- X Egg Substitute
- X Eggnog
- X Any Margarine with Trans Fat
- X Certain Cheeses (American, Bleu, Feta, Parmesan, Cottage)

Soups

- X Bouillon (all kinds)
- X Dry soup mixes
- X Canned broth and soups
- X Ramen Noodles

Drinks

- X Sports Drinks (ex. Gatorade)
- X Canned tomato or Vegetable Juice (unless unsalted)

Sweets

- X Prepared Mixes or store-bought pies, puddings, cakes, muffins, etc.

Meats and Meat Substitutes

- X Canned meats and fish (sardines, un-rinsed tuna and salmon)
- X Cured Meats (ex. Dried beef, bacon, corned beef) and any meat product processed with salt (ham, some chicken and pork)
- X Sausages and Hot Dogs
- X Rotisserie Chicken
- X Sandwich/Deli Meats
- X Regular Peanut Butter
- X Salted Nuts

Cooking Ingredients, Seasonings, Condiments, Snacks

- X Pre-seasoned Mixes for tacos, spaghetti, chili, etc.
- X Coating Mixes (Breading)
- X Pre-seasoned convenience food
- X Soy, Teriyaki, or Asian Fish Sauce
- X Baking Soda, Baking Powder (use Low Sodium type)
- X Fermented Miso and Cooking Wine
- X Olives, pickles
- X Pretzels, chips, skins, etc.
- X Light salt, seasoning salt, sea salt, meat tenderizer, garlic salt, monosodium glutamate (MSG), kosher salt, celery salt, onion salt, lemon pepper
- X Salad Dressing
- X Ketchup

ESPECIALLY AVOID

- | | |
|------------|----------------|
| X Pretzels | X Potato Chips |
| X Peanuts | X Popcorn |
| X Pickles | X Frozen Meals |
| X Pizza | X Fast Food |

CHECK THE LABEL!

Controlling Fluid Intake

It is **VERY IMPORTANT** that you control your daily fluid intake and limit it to less than 2 liters (2L). Too much fluid in your system can result in worsening of heart failure, leading to increased:

- Swelling
- Shortness of Breath
- Weight Gain

2 liters is about 8 cups (or 64 oz)



What are Fluids?

Any liquid beverage, such as

- Water
- Coffee
- Pop
- Juice
- Tea
- Milk

OR

Any food item that turns into liquid, such as

- Jello
- Ice Cream
- Soup
- Ice Cubes
- Popsicles
- Watermelon

IT IS VERY IMPORTANT TO

MEASURE...

MEASURE...

MEASURE!!!



Tips for Controlling Fluid Intake

- Avoid foods high in sodium
- Use a lemon slice to moisten a dry mouth
- Rinse your mouth with water, but don't swallow it
- Take medications with mealtime liquids
- Use very small cups or glasses only!
- Freeze fruit juices in ice cubes – you will use fewer
- Frozen fluids allow you to be satisfied longer



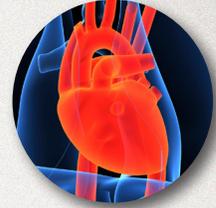
Keeping Track of Your Daily Fluid Intake

1. Find a container at home that can measure up to 2 liters of fluid.
2. When you consume any source of fluid, pour the same amount of water into the “reference jar”.
3. Watch your “reference jar” and make sure it does not go over 2 liters.
4. Remember to pace yourself!

Heart Failure Medications

A combination of medications is an important part of treating your heart failure. Your physician has prescribed specific medications for you. They can:

- Control your symptoms and help you feel better
- Help your heart to pump better
- Keep you out of the hospital
- Reduce your risk of dying



If you have ANY concerns about your medications (cost, side effects, trouble getting them, etc.) talk to your doctor or pharmacist. DO NOT stop taking medications on your own.

To get the most out of your medications, follow the tips below:

Medication Tips

Take your medications correctly

- Take your medications exactly as directed, at the same time each day
- Do not stop taking medications even if you feel better
- Do not skip doses

Keep track of your medications

- Bring all your medication bottles to your appointments so you can discuss them with your doctor
- Keep a list of ALL medications you take; keep it with you at all times and show it to all your doctors, dentist, and pharmacist
- Update your list if any medications are started, stopped, or doses are changed

Remember to take your medications

- Get a pillbox that is marked with the days of the week
- Take your medicine along with other daily events, like brushing your teeth
- Remember to order more medications when you still have a 1- week supply left so you don't run out

Know your medications

- Learn the names and doses of your medications
- Understand why your doctor has prescribed them for you

Common Medications Used to Treat Heart Failure

Below are different types of medications used in combination to treat heart failure (and examples of each type) that your doctor may prescribe for you:

ACE inhibitors – Lisinopril (Prinivil, Zestril), Enalapril (Vasotec), Captopril (Capoten), Benazepril (Lotensin)

- Allows your heart to pump more easily
- Protects your heart from getting weaker
- Makes you feel better and prolongs your life

Angiotensin Receptor Blockers – Losartan (Cozaar), Valsartan (Diovan), Candesartan (Atacand)

- Works the same as ACE inhibitors and for some people used instead of ACE inhibitors

Beta-blockers – Metoprolol XL (Toprol XL), Carvedilol (Coreg), Bisoprolol (Zebeta)

- Protects your heart from getting weaker
- Makes you feel better and prolongs your life
- May also be used to control heart rhythm or rate

Aldosterone Antagonists – Spironolactone (Aldactone), Eplerenone (Inspra)

- Protects your heart from getting weaker
- Makes you feel better and prolongs your life

Diuretics (also called "water pills") – Furosemide (Lasix), Bumetanide (Bumex), Torsemide (Demadex), Metolazone (Zaroxolyn)

- Helps your body get rid of extra water
- Helps you breathe better and relieves swelling

Hydralazine and Nitrates – Hydralazine (Apresoline), Isosorbide dinitrate (Isordil), Isosorbide mononitrate (Imdur), BiDil

- Two separate medications that are often used together
- Together they allow your heart to pump more easily
- Makes you feel better and prolongs your life

Digoxin

- Helps your heart beat with more strength



If you have ANY concerns about your medications (cost, side effects, trouble getting them, etc.) talk to your doctor or pharmacist. DO NOT stop taking medications on your own.

Keep Moving!

Exercise is very important. Exercise can help you in many ways:

- Improves blood flow throughout the body
- Helps keep your weight down
- Lowers blood pressure
- Makes you stronger, and prevents weak muscles or stiff joints



WALKING IS THE BEST EXERCISE!

Walking Guidelines

- Walking should be relaxed and continuous
- Never walk or exercise to the point of feeling a worsening of shortness of breath or chest pain
- Wear comfortable shoes and clothing
- Walk on level ground
- Don't walk outdoors when it is very hot (hotter than 80°) or very cold (colder than 40°), or when the air quality is poor
- Start walking once or twice a day for 5-10 minutes and increase gradually to reach a goal of 30 minutes every day.

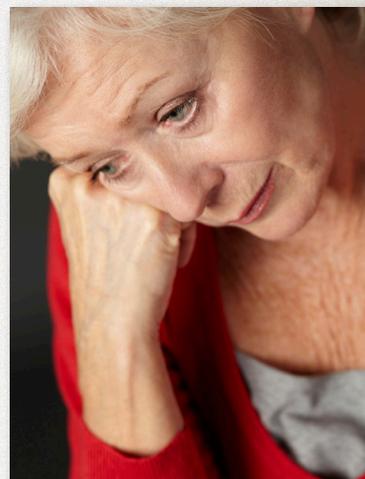


Ask Your Doctor if you want to participate in:

- Resistance Training (weight lifting)
- Swimming
- Other sports

Coping with Heart Failure

It's normal to feel sad or down at times when you have heart failure. If you feel overwhelmed, just focus on one day at a time. Don't be afraid to ask others for help when you need it.



Ways to Feel Better

- Spend time doing things you enjoy. This may include participating in a favorite hobby, meditating, praying, or spending time with people you care about.
- Share what you learn about heart failure with the people in your life. Invite family members along when you visit your healthcare provider.
- Talk with family, friends, clergy, or other trusted advisers about your concerns and stresses and ask for their support.
- Seek out a mental health professional or counselor if you can't cope on your own. Helping people is their specialty.

Do NOT use smoking, drinking, overeating, drugs, or caffeine to cope with stress. These make things worse.

**If you need further assistance, call Henry Ford at
1-866-381-0005**