

Managing your Heart Failure

(water in your lungs)

Heart failure is a serious condition and you are the most important person to manage this condition. Learning about heart failure is the first step in understanding how to manage heart failure. There is no cure, but with changes to your lifestyle and in partnership with your medical team, you can enjoy a better quality of life.

My name is: _____

My nurse is: _____ Tel: _____

My cardiologist is: _____ Tel: _____

My family doctor is: _____ Tel: _____

I started this book on (dd/mm/yyyy): ____ / ____ / _____

What's Inside:

Understanding Heart Failure.....	2	Cardiac Rehabilitation	19
Medicines to Treat Heart Failure	4	Advanced Heart Failure.....	20
Lifestyle Changes to Manage Heart Failure	9	Appendix A. About Me and My Heart	21
1. Eat Less Salt to Retain Less Water	10	Appendix B. Blood Pressure, Weight, and Fluid Intake Chart.....	23
2. Limit the Amount of Fluids You Consume.....	13	Appendix C. My Quit Plan	25
3. Keep Track of Your Weight.....	14	Appendix D. Resources and Support	26
4. Limit the amount of Alcohol you Drink.....	15	Notes.....	27
5. Quit Smoking	16		
6. Become More Active	17		

UNDERSTANDING HEART FAILURE

What is heart failure?

The heart is a muscle that pumps blood throughout your body by contracting and relaxing. When the heart has become too weak or stiff, it is unable to pump blood well enough throughout the body.

When less blood is pumped around the body, your organs and muscles do not get enough oxygen and nutrients, causing you to:

- Feel weak and more tired than usual
- Become short of breath when doing things that are normally easy, such as climbing stairs
- Have swelling in the feet and ankles - Your shoes may not fit
- Feel short of breath when lying in your bed - Some people have to use 2 or more pillows at night or sleep in a chair to breathe more easily.

Fluid starts to gather in your lungs, and you may develop a persistent cough that may include mucus or blood.

Sometimes heart failure can happen suddenly. Symptoms are the same as above and may also include:

- Sudden fluid build-up in your body
- Rapid or irregular heartbeat (palpitations)
- Sudden, severe shortness of breath and coughing up pink, foamy mucus
- Chest pain, if your heart failure is caused by a heart attack.

What causes heart failure?

Heart failure is caused by many conditions that damages the heart muscle, including:

- Heart attack
- High blood pressure
- Valve disease
- Kidney disease
- Diabetes
- An infection
- Alcohol or drug abuse.

Speak with your doctor about the cause of your heart failure.



When should I call the doctor?

Call your doctor if you experience:

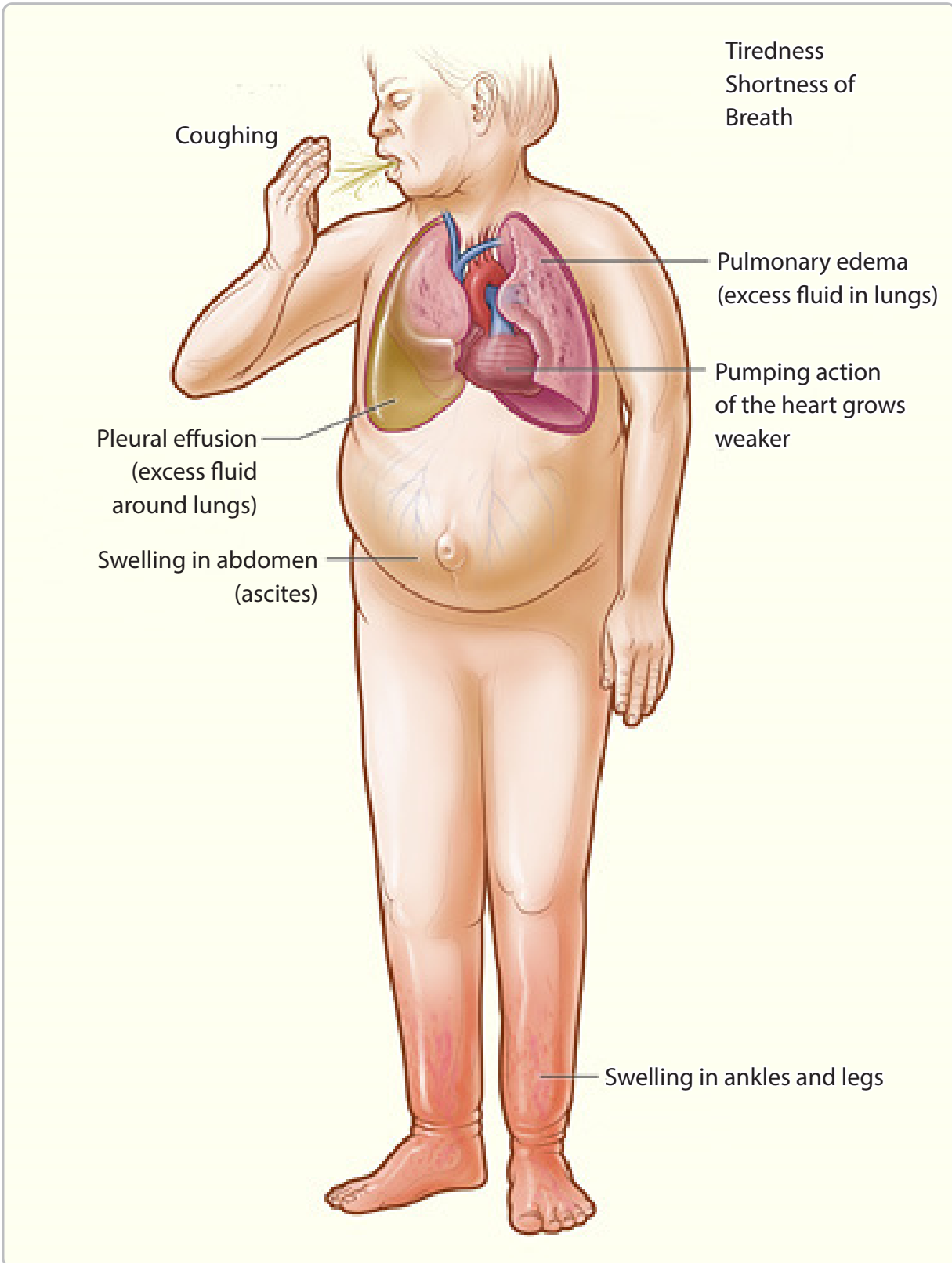
- Sudden weight gain of 2 or more pounds in 1 day or 5 pounds in 5 days
- Worsening of shortness of breath, swelling of your feet, legs or abdomen (tummy)
- A cough that does not go away
- Irregular heart rate
- Any problems with heart failure medicines.

If your symptoms get worse, seek medical attention immediately.

For more information or help, please call Health811 (formerly Telehealth) at 8-1-1.



Heart Failure Signs and Symptoms



Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services

MEDICINES TO TREAT HEART FAILURE


Your doctor will choose medicines based on what type of heart failure you have, how severe it is, and how you respond to certain medicines.


It is important you take your medicines every day. If you are experiencing side effects, do not stop your medicine. Make an appointment with your doctor to assess your reaction to the medicines.


The following pages list some of the common medicines for heart failure.


If you have any questions about your medicines, please ask your doctor, nurse, or pharmacist for more information.




Diuretics (water pills)		
Common Name (Brand Names): <input type="checkbox"/> Furosemide (Lasix®) <input type="checkbox"/> Metolazone (Zaroxolyn®) <input type="checkbox"/> Hydrochlorothiazide (Hydrodiuril®)		
Uses	Possible Side Effects	 Call your doctor if:
<ul style="list-style-type: none"> • To reduce excess fluid in lungs, legs or stomach • To lower blood pressure. 	<ul style="list-style-type: none"> • Urinating (peeing) often - try to take the last dose before late afternoon • Dry mouth, thirst • Feeling dizzy • Sunburn. 	<ul style="list-style-type: none"> • Your side effects become severe • Your heart rate becomes very rapid, slow, or irregular • You are unable to pass urine (pee) • There is a change in hearing • You gain 2 or more pounds in 1 day or 5 pounds in 5 days.

Beta Blockers		
Common Name (Brand Names): <input type="checkbox"/> Bisoprolol (Monacor®) <input type="checkbox"/> Metoprolol (Lopressor®) <input type="checkbox"/> Carvedilol (Coreg®)		
Uses	Possible Side Effects	 Call your doctor if:
<ul style="list-style-type: none"> • To help a weak heart by reducing the amount of work the heart has to do • To lower blood pressure • To prevent chest pain or heart attacks • To correct an irregular heartbeat (if applies). 	<ul style="list-style-type: none"> • Feeling dizzy or drowsy • Feeling tired or lack of energy (most common during the first 1 to 2 weeks after starting the beta blocker, or after the dose is changed) • Low heart rate • Cold hands and feet • Sexual dysfunction. 	<ul style="list-style-type: none"> • Your side effects become severe • Your heart rate becomes very slow • You find it hard to breathe (more difficult than normal).


Angiotensin Converting Enzyme (ACE) Inhibitors		
Common Name (Brand Names): <input type="checkbox"/> Enalapril (Vasotec®) <input type="checkbox"/> Perindopril (Coversyl®) <input type="checkbox"/> Ramipril (Altace®)		
Uses	Possible Side Effects	 Call your doctor if:
<ul style="list-style-type: none"> • To open blood vessels and make it easier for your heart to work • To improve and help heal a weakened heart • To protect the kidneys in people with diabetes. 	<ul style="list-style-type: none"> • Feeling dizzy or drowsy • Dry cough • High potassium. 	<ul style="list-style-type: none"> • Your side effects become severe • Your tongue, lips, throat, or face start to swell up • You find it hard to breathe or swallow (more difficult than normal).

Angiotensin II Receptor Blockers (ARB)		
Common Name (Brand Names): <input type="checkbox"/> Candesartan (Atacand®) <input type="checkbox"/> Losartan (Cozaar®) <input type="checkbox"/> Valsartan (Diovan®)		
Uses	Possible Side Effects	 Call your doctor if:
<ul style="list-style-type: none"> • To open blood vessels and make it easier for your heart to work • To lower blood pressure • To improve and help heal a weakened heart • To protect the kidneys in people with diabetes. 	<ul style="list-style-type: none"> • Feeling dizzy or drowsy • Headaches • High potassium. 	<ul style="list-style-type: none"> • Your side effects become severe • Your tongue, lips, throat, or face start to swell up • You find it hard to breathe or swallow (more difficult than normal).

Angiotensin II Receptor Blocker Neprilysin Inhibitor (ARNI)		
Common Name (Brand Names): <input type="checkbox"/> Sacubitril/Valsartan (Entresto®)		
Uses	Possible Side Effects	 Call your doctor if:
<ul style="list-style-type: none"> • To treat chronic heart failure • To lower blood pressure • To improve blood flow • To help reduce water retention. 	<ul style="list-style-type: none"> • Low blood pressure • Dizziness • High potassium • Cough. 	<ul style="list-style-type: none"> • You become dizzy or light-headed • You develop extreme fatigue/ tiredness • You develop facial swelling


Mineralcorticoid Receptor Antagonists (MRA)

Common Name (Brand Names): **Spironolactone** (Aldactone®) **Eplerenone** (Inspra®)

Uses	Possible Side Effects	 Call your doctor if:
<ul style="list-style-type: none"> • To help the body get rid of retained fluid caused by heart failure • To lower blood pressure • To help the body keep potassium in the body. 	<ul style="list-style-type: none"> • Urinating (peeing) often - try to take the medicine in the morning • Dry mouth, thirst • Feeling weak, lightheaded, dizzy or have numbness or tingling • Headache 	<ul style="list-style-type: none"> • Your side effects become severe • You are a man and have enlarged or painful breasts (spironolactone only).


I_f current inhibitor


Common Name (Brand Names): **Ivabradine** (Lancora®)

Uses	Possible Side Effects	 Call your doctor if:
<ul style="list-style-type: none"> • To slow down heart rate. 	<ul style="list-style-type: none"> • Vision changes with light • Blurred vision • Dizziness or headache. 	<ul style="list-style-type: none"> • Your heart rate becomes very slow.


Vasodilators


Common Name (Brand Names): **Hydralazine** (Apresoline®) **Isosorbide dinitrate** (Isordil®)


Uses	Possible Side Effects	 Call your doctor if:
<ul style="list-style-type: none"> • To help your heart pump with more force • To slow your heart rate • To help you feel less tired • To reduce shortness of breath. 	<ul style="list-style-type: none"> • Headache • Nausea • Dizziness • Diarrhea • Vomiting • Swelling in the arms or legs. 	<ul style="list-style-type: none"> • You experience heart-related symptoms • You have low blood pressure • You have a fast heart rate • You experience nerve problems, such as numbness or tingling.


Digoxin		
Common Name (Brand Names): <input type="checkbox"/> Digoxin (Lanoxin®)		
Uses	Possible Side Effects	 Call your doctor if:
<ul style="list-style-type: none"> To help a weak heart by improving your heart's ability to pump blood throughout your body. This helps prevent fluid build up To correct a fast heartbeat. 	<ul style="list-style-type: none"> Feeling dizzy Upset stomach Nausea/vomiting. 	<ul style="list-style-type: none"> Your side effects become severe Your heart rate becomes very rapid, slow or irregular You have a sudden change in vision You have a change in thinking clearly and with logic You are unusually tired or weak You have decreased appetite and diarrhea.


LIFESTYLE CHANGES TO MANAGE HEART FAILURE


1 **EAT LESS SALT TO RETAIN LESS WATER.** A low sodium (salt) diet helps to reduce the swelling and water buildup in your lungs.  **page 10**

2  **LIMIT THE AMOUNT OF FLUIDS YOU CONSUME.** Limiting your fluids can help prevent fluid buildup that can cause swelling, weight gain, and shortness of breath. **page 13**

3 **KEEP TRACK OF YOUR WEIGHT.** Weight gain may be a sign your body is holding on to extra fluids. This makes your heart work harder and causes swelling in your abdomen (tummy), feet, ankles, and legs.  **page 14**

4  **LIMIT THE AMOUNT OF ALCOHOL YOU DRINK.** Drinking too much alcohol will interfere with your heart failure medicines, weaken your heart muscle, and increase your risk of an irregular heartbeat. **page 15**

5 **QUIT SMOKING.** Smoking makes your heart have to work harder. It takes away the blood flow to your heart muscle and robs it of the oxygen and nutrients.  **page 16**

6  **BECOME MORE ACTIVE.** Keeping active helps you sleep better, feel less tired, feel less short of breath, live better and longer, and feel more confident and in control. **page 17**

1. EAT LESS SALT TO RETAIN LESS WATER



Aim to consume **less than 2000 mg (or 2 g) of sodium a day**. This is about **3/4 teaspoon of salt from ALL foods and fluids you consume a day**.



Too much salt in the diet causes your body to hold on to too much water. This extra fluid builds up in your lungs making it difficult for you to breathe, and causes swelling in your feet, ankles, legs, and abdomen.

A low sodium (salt) diet helps to reduce this swelling and water buildup.

Did you know?



Salt is made up of sodium and chloride. The terms, "salt" and "sodium" are often used to describe the same thing.

Tips to reduce sodium (salt):



- Choose fresh fruits and vegetables more often.
- Try to eat freshly prepared meals at home. This allows you to control the amount of sodium in your foods. Many restaurants and fast food places use a lot more sodium in food compared to home cooked meals.
- Remove salt shakers from the table.
- Read food labels (see page 11 for more information). Choose products that are labelled, "low sodium" or "sodium reduced."
- Aim to consume snacks with less than 200 mg of sodium per serving.
- If consuming processed or frozen meals, choose ones with less than 500 mg of sodium per serving.
- Try salt substitutes such as Mrs. Dash® Or McCormicks® Pre-blended herbal shakers. **Speak to your doctor before using salt substitutes as many are made with potassium chloride. Patients with kidney disease may not be able to consume this.**
- Use any type of spices or seasonings you prefer (make sure they do not contain salt). Refer to the table on page 12, "Flavouring your Food Without Salt".



Try to consume these foods LESS as they are high in sodium:

Type of food	Examples
Processed, smoked, salted, cured, or pickled meats, fish, or poultry	Ham, bacon, sausages, wieners, corned beef, sardines, pepperoni, cold cuts, deli meats, lox, and herring
Pickled or brine-cured vegetables	Sauerkraut, pickles, relish, olives
Processed cheese slices, cheese, cheese spreads	Kraft® Cheese slices, feta cheese, blue cheese, Cheese Whiz®
Commercially prepared sauces and condiments	Ketchup, soya sauce, BBQ sauce, chili sauce, prepared mustard, Worcestershire sauce, salad dressings, mayonnaise
Salty snacks	Salted peanuts, salted pretzels, potato chips, crackers, popcorn
Canned foods	Vegetables (with salt), beans, soups, dried soup mixes
Seasoned salts and meat extensors	Monosodium glutamate (MSG), OXO®, or bouillon cubes
Frozen entrées	Hungry-Man® Frozen dinners, Swanson® Frozen dinners

Reading the Food Labels for Sodium Content

Reading and understanding food labels will allow you to make healthier choices when grocery shopping. Look at food labels of different foods to see how much sodium is found in a serving of that food.

Nutrition Facts	
Per 9 crackers (23 g) A	
Amount	% Daily Value
Calories 90	
Fat 4.5 g	7%
Saturated 2.5 g + Trans 0 g	13%
Cholesterol 0 mg	
Sodium 280 mg B	12% C
Carbohydrate 12 g	4%
Fibre 1 g	4%
Sugars 0 g	
Protein 3 g	
Vitamin A 0% Vitamin C 0%	
Calcium 2% Iron 8%	

A Per Serving (Serving Size): The amount of sodium listed is based on **servicing size**, not the whole package. Multiply or divide based on your portion.

B Sodium: Do not consume more than **2000 mg of sodium per day**.

- For each meal, try to keep sodium content **below 500 mg** to help spread your sodium intake and prevent thirst.
- For each snack, aim to consume **snacks with less than 200 mg** of sodium per serving.

C % Daily Value: The percent daily value tells you if there is a lot or a little sodium in the serving of food.

- If DV is 5% or less - the serving has a **LITTLE** sodium
- If DV is 15% or more - the serving has a **LOT** of sodium

Flavouring your Food without Salt

Instead of salt, use any type of spices or seasonings you prefer (make sure they do not contain salt).

Proteins	Flavours to Try:
Beef	Bay leaf, dry mustard powder, green pepper, marjoram, fresh mushrooms, nutmeg, onion, pepper, sage, thyme, instant minced onion, ginger, garlic powder, dill, allspice, clove, cinnamon, oregano
Poultry	Green pepper, lemon juice, marjoram, fresh mushrooms, paprika, parsley, poultry seasonings, sage, thyme, rosemary, tarragon, onion and garlic powder, cumin, bay leaf, saffron, ginger, curry powder
Fish and Seafood	Bay leaf, curry powder, dry mustard powder, green pepper, lemon juice, marjoram, fresh mushrooms, paprika, cumin, oregano, parsley, garlic powder, cilantro, ginger
Lamb	Curry powder, garlic, mint, mint jelly, pineapple, rosemary
Pork	Apple, applesauce, garlic, onion, sage, caraway, paprika, thyme, dry mustard, sage, oregano, bay leaf, anise, ginger
Veal	Apricot, bay leaf, curry powder, ginger, marjoram, oregano
Starches	Flavours to Try:
Potatoes	Green pepper, mace, onion, parsley, dill, parsley flakes, caraway, chives
Rice	Chives, green pepper, onion, paprika, parsley, cumin, curry powder, ginger, coriander, cinnamon, cardamom, cloves

Vegetables	Flavours to Try:
Asparagus	Garlic, lemon juice, onion, vinegar
Green Beans	Marjoram, rosemary, caraway, dry mustard, dill, lemon juice, nutmeg, pimento
Carrots	Cinnamon, nutmeg, ginger, onion powder
Corn	Green pepper, pimento, fresh tomato, dill, onion powder
Cucumbers	Chives, dill, garlic, vinegar
Greens	Onion, pepper, vinegar
Peas	Green pepper, mint, fresh mushroom, onion, parsley
Tomatoes	Basil, marjoram, onion, oregano, rosemary, cinnamon, ginger
Fruits	Flavours to Try:
Apples	Cinnamon, allspice, nutmeg, ginger, curry powder
Bananas	Allspice, cinnamon, nutmeg, ginger
Peaches	Coriander, mint flakes, cinnamon, ginger
Oranges	Cinnamon, cloves, poppy, onion powder
Pears	Ginger, cardamom, black or red pepper, cinnamon
Cranberries	Allspice, coriander, cinnamon, dry mustard
Strawberries, Kiwi	Cinnamon, ginger, black pepper, nutmeg

2. LIMIT THE AMOUNT OF FLUIDS YOU CONSUME



My doctor recommends I limit my fluid intake to a maximum of _____ L/day.

This is equal to _____ cups a day from all fluids.

Limiting your fluids can help prevent fluid buildup that can cause swelling, weight gain, and shortness of breath. Remember, fluids are more than just water. Below are some items that are considered fluids. These add to your daily fluid allowance:

- Hot drinks, like tea or coffee
- Juice, like orange juice
- Soup
- Popsicles
- Yogurt
- Soda pop, fizzy drinks
- Alcohol*
- Ice cream
- Jell-O®
- Fruits
- Milk
- Sherbet
- Porridge

Tips to limit the amount of fluids you consume:



- Keep a record of how much fluid you consume each day.



Use the chart on page 23, **APPENDIX B. BLOOD PRESSURE, WEIGHT, AND FLUID INTAKE CHART**, to keep track of how much fluid you are consuming every day.

- Check cartons, tins, and bottles for exact fluid amounts.
- Do not drink more than what your doctor has told you. Usually the doctor will recommend less than 2 liters (2 L or 2000 mL) a day.

How do I measure how much fluid I am drinking or eating?

1. Keep an empty 2-liter pitcher near the sink.
2. For anything you drink, try pouring the same amount of water into the 2-liter pitcher. For example, if you had ½-cup (125 mL) of tea in the morning, when you finish, put the same amount of water into the empty pitcher.
3. If you are out part of the day and had some fluids, try to add that amount to the pitcher when you get home.
4. At the end of the day, the amount of the water in the pitcher will be the amount you drank for the day.



Image Source: National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.

*See page 14 for information about limiting the amount of alcohol.

3. KEEP TRACK OF YOUR WEIGHT

Weight gain maybe a sign your body is holding on to extra fluids. This makes your heart work harder and causes swelling in your abdomen (tummy), feet, ankles and legs.

Weighing yourself regularly lets you know if your body is keeping too much fluid.

How do I keep track of my weight?

1. Weigh yourself every morning before breakfast after emptying your bladder (peeing).
2. Weigh yourself with the same amount of clothing. Do not wear shoes.
3. Write it down on a chart or calendar.
4. Take this chart or calendar to your next doctor's appointment.



Call your doctor right away if you gained 2 or more pounds in 1 day or 5 pounds in 5 days.

Telling your doctor about any sudden weight gain early can stop your heart failure from getting worse.



Use the chart on page 23, **APPENDIX B. BLOOD PRESSURE, WEIGHT, AND FLUID INTAKE CHART**, to keep track of your weight every day.

4. LIMIT THE AMOUNT OF ALCOHOL YOU DRINK

Drinking too much alcohol will interfere with your heart failure medicines, weaken your heart muscle, and increase your risk of an irregular heartbeat.



If you do not drink alcohol, do not start.

If you do drink alcohol, it is best not to drink any alcohol at all. If you must drink, the recommended **maximum amount per day** is:

Women: 1 drink a day

Men: 2 drinks a day

Where one drink equals:



=



=



150 ml (5 oz) of wine *or* 350 mL (10 oz) beer/cider *or* 50 mL (1.5 oz) spirits or mixed drinks (such as rum, gin or vodka)

*Information Source: Heart and Stroke Foundation of Canada
Image Source: National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health*

5. QUIT SMOKING



Smoking makes your heart have to work harder. It takes away the blood flow to your heart muscle and robs it of the oxygen and nutrients. The best thing you can do is for your heart failure is to quit smoking.



Did you know? If you quit now, you will:

- Reduce your chances of having another heart attack
- Reduce your chance of cancer
- Breathe better when you walk
- Increase the oxygen levels in your blood and decrease the carbon monoxide levels within 8 hours
- Have a better sense of smell within 2 days
- Improve your cough, tiredness, sinus congestion and shortness of breath within 6 months
- Find it easier to breath within 2 to 6 months because your lungs are working better.

How can I start my own Quit Plan?

1. **Set a quit date.**
2. **Write down your reasons for quitting.**
3. **Write down your concerns about quitting.**
4. **Write down what you will do to overcome your concerns.**
5. **Prepare for withdrawal symptoms.** While you are in hospital, we can offer you treatments to help relieve the withdrawal symptoms. Speak with your nurse for further information.
6. **Think about using family and friends around that can help with the quit effort.** They can help encourage, distract and help you avoid the temptation to smoke.



Use the template on page 25, **APPENDIX C. MY QUIT PLAN**, to create your own quit plan.

The **Canadian Cancer Society Smokers' Helpline** is a free, confidential telephone service that gives you access to a trained Quit Coach. They can help you develop a structured "Quit Plan," answer your questions about quitting, and refer you to services in your community. Speak to your nurse if you are interested in this program or contact:

Smokers' Helpline: 1 (877) 513-5333

6. BECOME MORE ACTIVE

Always check with your health care provider first before starting an exercise program.



You can do normal everyday activities as your body allows. There are many activities that most people with heart failure can do. These include light housework, light vacuuming, stretches, light gardening, grocery shopping, or laundry.

When ready, try exercise programs that strengthen your heart muscles and lungs, such as walking, swimming, biking, or stretching. These exercises also help you to:

- Improve or maintain your health and fitness
- Increase your endurance
- Lower your blood pressure
- Reduce stress and tension
- Reduce feelings of anxiety and depression.

For many people, it is easy to start with **walking**. Below is an example of a walking program. Walk in the hallway, walk the length of your driveway, walk in the mall, walk a block, walk for 10 minutes. Remember, you are starting slow and easy. You may need to plan rest areas or places to stop and sit along the way. This program can be used for biking, stationary bike, water walking, and swimming.

Did you know?



Keeping active helps you to:

- Sleep better
- Feel less tired
- Feel less short of breath
- Live better and longer
- Feel more confident and in control.

At home	Warm Up	Training Period	Cool Down
Week 1 Every second day		10-minute walk at an easy pace	
Week 2 Every second day	5-minute easy walk	10-minute walk at a faster pace 5-minute easy walk	5-minute easy walk and stretches
Week 3 4 times a week	5-minute easy walk	15-minute walk at a faster pace	5-minute easy walk and stretches
Week 4 4 times a week	5-minute easy walk	20-minute walk at a faster pace	5-minute easy walk and stretches
Weeks 5 to 6 At least 5 days a week	10-minute easy walk	25- to 30-minute walk at a faster pace Start to pump or swing arms Walk up gentle hills, leaning slightly forward	5-minute easy walk and stretches for each walk

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Tips to becoming more active:

When starting an activity:

- Follow the Heart Failure Zones rules (refer to Heart and Stroke handout).
- Start off slow and pace yourself.
- Wear loose, comfortable clothing and supportive shoes.
- Make sure the activity matches your needs, ability, and interests.
- Start at times when you feel rested, such as in the early morning, after a nap.
- Stay inside when the weather is very hot or very cold. Your heart works harder in these temperatures. In cold weather, cover your nose and mouth with a scarf to warm the air.



To manage your activity:

- If you are able to talk while doing an activity, the level of the activity is okay.
- Plan what activities you will do each day and spread them out throughout the day.
- Count the fluids you drink during the activity and exercise as part of your daily fluid amount.
- If you are tired after an activity, try doing less next time.
- Know that it can take a while to find a balance between activity and rest.
- Stick with an activity so that it becomes a habit. Do not give up!

Stop your activity or exercise if you:

- Cannot talk, sing or whistle without being short of breath
- Feel weak, tired or dizzy
- Have chest pain, shortness of breath
- Notice weight gain or swelling in extremities
- Notice an increase in dry cough

If you experience any of these, stop, sit in a chair, and rest.

DO NOT go to bed for a nap until your recover.

REMEMBER! Yellow and Red Heart Failure Zones



CARDIAC REHABILITATION

If you are interested in joining a cardiac rehabilitation program in your area, please speak with your cardiologist (heart specialist) or nurse before you leave the hospital or your family doctor. You will need a referral from your cardiologist or family doctor to receive these services.

Cardiac rehabilitation (rehab) is a medically-supervised program that helps improve the health and wellbeing of your heart.

The program can help you:

- Recover after a heart attack
- Prevent future hospital stays
- Prevent heart problems and death related to heart problems
- Manage your risk factors, such as high blood pressure, high cholesterol, weight issues, diabetes, smoking, lack of physical activity, and depression
- Improve your quality of life.

Cardiac rehabilitation programs offer support in:

- Exercise
- Nutrition
- Smoking cessation
- Taking medicines
- Stress management.

Your family can attend the program with you.



ADVANCED HEART FAILURE

Many people lead a normal life with heart failure, but there comes a time when the medicines and lifestyle changes may no longer work. At that point, you will feel short of breath even when you are resting.

As the heart becomes weaker, you will need to have difficult conversations with your family, trusted friends and doctor about the healthcare services you do or do not want. There are many different treatments your doctor can offer, but it is important speak with your doctor honestly about:

- Your wishes
- Any side effects of treatments
- The daily life activities you want to be able to do
- The increased commitment of your family and other caregivers.

Making these decisions now will:

- Give you a voice when you may not have one
- Reduce your family and friends' anxieties and give them confidence to make decisions for you.

HRH has a workbook to guide you through the process of advance care planning. It highlights the three main steps you can follow to help you think about and document your values, wishes and preferences for your health care - **Think about it; Talk about it; Share it.**



If you wish to know more about advance care planning or obtain a copy of the Advance Care Planning workbook, please contact your doctor, social worker or nurse at HRH.

Write down some thoughts and feelings about this below.

When my illness declines, what would I like to have as part of my plan of care at the end of life? For example, you may have beliefs about the use of certain medical procedures, tests, or treatments.

APPENDIX A. ABOUT ME AND MY HEART

I. My Priorities

The things that are most important to me about managing my heart failure are:

The things that worry or concern me the most are:

II. Understanding My Heart Failure

My heart failure is: Mild Moderate Severe

The most important things that can help me manage my heart failure are:

The things that can make my other conditions worse are:

III. Exploring Heart Failure Treatments

In the coming weeks, I can expect:

In the coming months, I can expect:

IV. The Future and your Heart Failure

If my health condition changes (for example, if I am not longer able to care for myself), my plan of care includes:

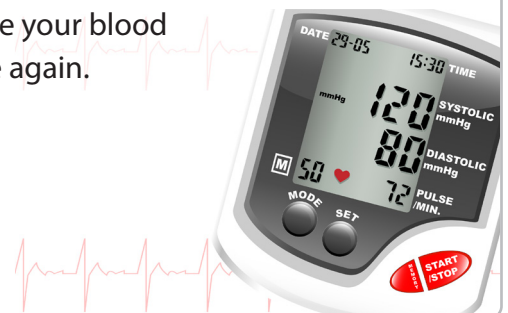
Do you have any other thoughts, questions or concerns you may have about your heart failure?
Please write them down here so we can talk about them on your next visit.

Date	Blood Pressure		Weight	Total Amount of Fluid Consumed
(dd-mmm-yyyy)	Systolic (top number)	Diastolic (bottom number)	(in pounds - lb)	(in milliliters - mL)



Tips to getting an accurate blood pressure reading:

- Prepare for the test:
 - Do not** smoke or drink caffeine (coffee, tea, cola and some sports drinks) for 30 minutes before you do the test.
 - Do not** measure your blood pressure when you are upset or in pain.
 - Go to the toilet and empty your bladder or bowel, if needed.
 - Remove bulky or tight clothing from your arm completely. Do not roll your sleeve up, as this can put pressure on your arm and give you an inaccurate reading.
- Use the same arm each time. Wrap the blood pressure cuff snugly around your bare upper arm.
 - You should be able to fit **2 fingers between the blood pressure cuff and your arm.**
 - The edge of the cuff must be **2 finger-widths (3 cm) above your elbow.**
- Place your arm on a table or a firm surface. Keep the cuff at the level of your heart.
- When you are ready to take your blood pressure:
 - Sit quietly for at least 5 minutes with your feet flat on the floor and your back resting against the back of a chair or a firm surface.
 - Stay quiet and still during the test.
 - Do not talk or watch TV.
- Record your blood pressure reading in the above chart.
 - If your blood pressure is more than 120/80 (normal blood pressure), wait 2 minutes and then take your blood pressure again.



APPENDIX C. MY QUIT PLAN

1. **I have committed to stop smoking on the _____, 20____.**

On this day, and on each day afterwards, I will not smoke. I will do whatever it takes to keep this promise so that I can have a new and better life without cigarettes.

2. **My reasons for quitting are:**

3. **My concerns about quitting are:**

4. **I will do the following to overcome my concerns:**

5. **I will use the following treatments to help me relieve the withdrawal symptoms from quitting:**

6. **The following family members and friends can help encourage, distract and help me avoid the temptation to smoke.**

APPENDIX D. RESOURCES AND SUPPORT

Humber River Health Patient and Family Resource Centre

Staff from the centre will assist you in finding health information and community resources.

1235 Wilson Ave., Toronto, Ont., M3M 0B2

Tel: (416) 242-1000 ext. 81200

E-mail: pfrc@hrh.ca

Web: www.hrh.ca/resources/patient-family-resource-centre

Hours: Monday to Friday, 8:00 a.m. to 4:00 p.m.

Heart and Stroke Foundation

Find information on the internet about your heart health.

Tel: (416) 489-7111 (Toronto office)

Web: www.heartandstroke.ca

Cardiac Care Network of Ontario

Learn more about procedures related to your heart.

Web: www.ccn.on.ca

Smokers Helpline

This program offers support and information about quitting smoking and tobacco use.

Toll-free: 1 (877) 513-5333

Web: smokershelpline.ca

Home and Community Care

Connects you to care at home and in your community.

Toll-free: 1 (866) 243-0061

Web: www.ccac-ont.ca



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The information provided in this booklet is for educational purposes. It does not replace the advice or specific instructions from your doctor, nurse, or other healthcare provider. Do not use this information to diagnose or treat. If you have questions about your own care, please speak with your healthcare provider.

English: This information is important! If you have trouble reading this, ask someone to help you.	Italian: Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.	Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.
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