



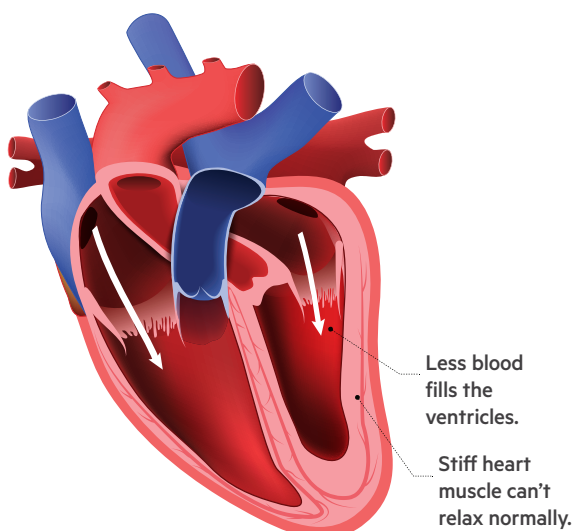
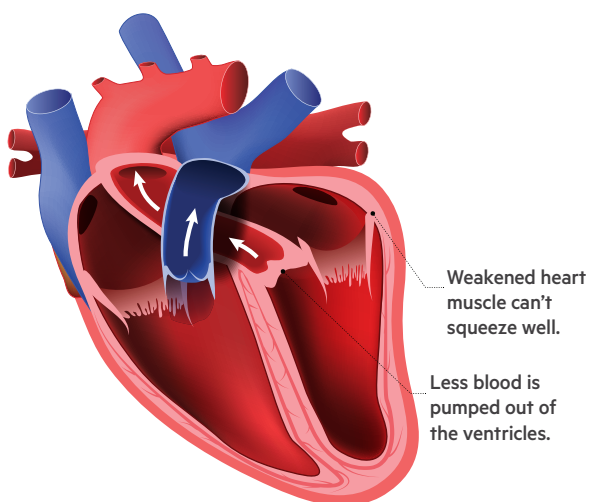
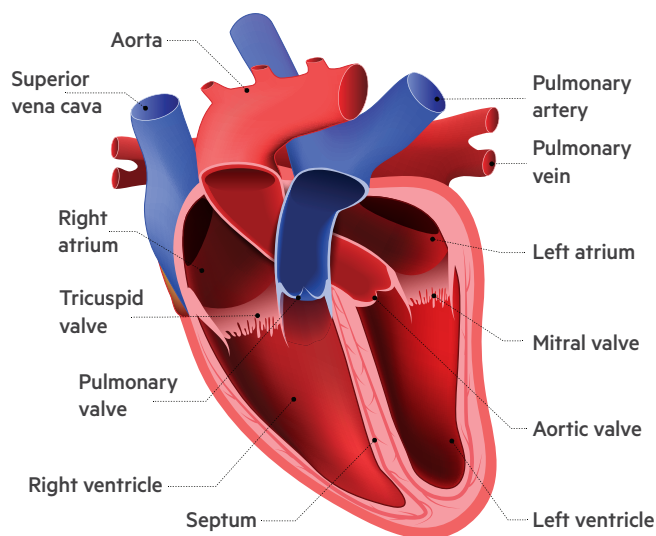
# A GUIDE TO LIVING YOUR BEST FOR YOU AND YOUR HEART

**KING'S  
DAUGHTERS**  
Heart Failure Clinics

**Ashland, Grayson & Russell:** (606) 833-6397

**Prestonsburg:** (606) 886-0892; **Portsmouth & Jackson:** (740) 353-8100

# ABOUT YOUR HEART AND HEART FAILURE



## HOW YOUR HEART WORKS

The heart is a muscle that pumps and circulates blood in the body.

The heart is divided into four chambers or sections called the right and left atrium and the right and left ventricles.

These chambers are separated by valves. Valves allow the blood to move from chamber to chamber without backing up.

The right upper and lower chambers supply blood to the lungs.

The left upper and lower chambers supply oxygen-rich blood to the tissues in the body.

With each heartbeat, a normal left ventricle pumps out or ejects 50%–60% of the blood it receives. This is called the *ejection fraction* or EF.

In heart failure, the heart pumps less blood with each beat, so the ejection fraction may not be within a normal range.

Because the tissues are receiving less blood and oxygen, they are unable to perform their functions properly. Activities such as walking, climbing stairs and carrying objects become more difficult.

Heart failure, or ineffective heart pumping, can start in the right or left chamber.

# ABOUT YOUR HEART AND HEART FAILURE



## WHAT IS HEART FAILURE?

Heart failure is a condition in which the heart muscle has become weaker or stiffer than normal. This usually occurs gradually over a period of time. The heart is unable to pump enough blood and oxygen to meet the body's needs.

When this happens, blood that should be pumped out of the heart backs up into the lungs and other parts of the body. This is why many people with heart failure have shortness of breath or swelling in the extremities such as in the legs. Because of this, heart failure is sometimes called congestive heart failure, or CHF, as the body can become congested with extra fluid.

As the heart strains to do its work, the heart muscle fibers stretch and the chambers of the heart get bigger or become stiffer. This further impairs the heart's ability to perform.

## HEART FAILURE CAN HAPPEN IN TWO WAYS

**Systolic heart failure (or heart failure with reduced ejection fraction)** occurs when the heart muscle becomes weak and enlarged. The heart muscle cannot contract or pump blood well.

**Diastolic heart failure (or heart failure with preserved ejection fraction)** is present when the ventricles become stiff. The stiff muscle cannot relax between contractions, which keeps the ventricles from filling with enough blood.



# ABOUT YOUR HEART AND HEART FAILURE



## SYMPTOMS OF HEART FAILURE

The following symptoms are commonly associated with heart failure:

- Shortness of breath (may be all the time, with exertion or at night when lying down)
- Exercise intolerance
- Difficulty lying flat without extra pillows
- Increasing fatigue
- Swelling in the extremities
- Rapid weight gain
- Abdominal swelling and bloating
- Decreased appetite

Most of these symptoms are caused by excess fluid buildup. In heart failure, the body has difficulty ridding itself of salt and water.

The fluid builds up in the tissues of the body in the legs, abdomen and lungs.

The heart has to work harder to pump this extra fluid, and this causes more fatigue.

It is important to communicate any new or increasing symptoms to your provider. Many times, these symptoms can be treated with simple medication and diet adjustments before they develop into a more serious situation.

# ABOUT YOUR HEART AND HEART FAILURE

## COMMON CAUSES OF HEART FAILURE

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Common causes of heart failure include the following:

- Hypertension (high blood pressure)
- Coronary artery disease (clogged heart arteries)
- Defective heart valves
- Viral illness
- Illicit drug use (such as cocaine)
- Alcohol abuse
- Idiopathic (unknown cause)

Heart failure is generally not curable, but it can be treated effectively, and most people will feel better once therapy is started.

Correcting problems such as high blood pressure, blocked arteries and diseased valves will help.

Stopping the use of illicit drugs, alcohol or cigarettes may help to stop the progression of the disease.

Medication and device therapies are aimed at helping the heart to work more efficiently and with less effort.

A combination of medication, diet and exercise is an effective course of treatment.

# LIVING WITH HEART FAILURE



## DAILY WEIGHT

- Weigh yourself every morning after you urinate and before you eat or drink anything.
- Use the same scale and wear the same amount of clothing.
- Write down your weight daily in a calendar.
- Call your doctor if you have a weight gain of 3 pounds in 24 hours or 5 pounds in 5 days.



## LOW-SALT EATING

- Do not use salt at the table or for cooking.
- Read food labels to find out the milligrams (mg) of salt in one serving. Low salt means 140 mg or less per serving. Maintain sodium levels of less than 2,000 mg per day.
- Avoid foods that are high in salt, such as canned items, processed meats (hot dogs, sausage, ham), pickles, soy sauce, prepackaged foods, fast foods.
- Ask your healthcare provider about using salt substitutes.



## MEDICATION

- Take your medicines as prescribed each day.
- Carry a current list of your medications with you at all times.
- Bring all your medications with you in their bottles in a plastic bag to your Heart Failure Clinic appointment.
- Avoid over-the-counter medicines, supplements and herbal/natural products unless approved by your healthcare provider.



## FLUID RESTRICTION

- 2 liters / 2000 mL/64 ounces of fluid daily. This is equal to half a gallon, two quarts or eight 8-ounce glasses.
- Include the amount of water needed to take your meds, and what you drink with meals.
- Include the fluids in the foods you eat, particularly soups and broths.
- Use hard candies or ice chips in moderation for dry mouth throughout the day.
- If you eat too much salt or drink too much fluid, your body's water content may increase, making your heart work harder.



## WHEN TO CALL YOUR HEALTHCARE PROVIDER

- Weight gain (see daily weight).
- Shortness of breath that is new, becomes worse or occurs when you lie flat.
- Cough that is new or worsening.
- Swelling of feet, ankles or legs.
- Feeling tired all of the time.
- Dizziness

## WHEN TO CALL 9-1-1

- Chest pain or discomfort

# KING'S DAUGHTERS HEART FAILURE CLINIC

## **WE'RE HERE TO HELP**

The King's Daughters Heart Failure Clinic can assist you with the transition from hospital to home, and beyond. We can help you manage your illness, reduce your symptoms, and live the fullest life possible. Working in partnership with you, we can help you reduce, or avoid, future hospitalizations.

## **WHY SHOULD I USE THE HEART FAILURE CLINIC?**

Heart failure patients whose symptoms aren't adequately managed are at greater risk for complications, hospitalizations, poor quality of life, and premature death. The clinic can help you reduce your risk.

## **WHO PROVIDES THE SERVICES?**

The Heart Failure Clinic works in conjunction with your cardiologist and/or primary care physician. Nurse practitioners provide care in collaboration with a cardiologist, who serves as medical director, and registered nurses.

## **HOW MUCH DOES IT COST?**

Most health insurance plans, including Medicare, Medicaid, and the Veterans Administration, recognize the benefits of good heart failure management, and cover our services. Ordinary deductibles and co-payments apply; check with your insurance company for specific details.

## **DO I NEED A PHYSICIAN REFERRAL TO USE THE CLINIC?**

No. If you'd like to use our services, just let the heart failure navigator know while you're in the hospital. After discharge, give us a call at (606) 833-6397.

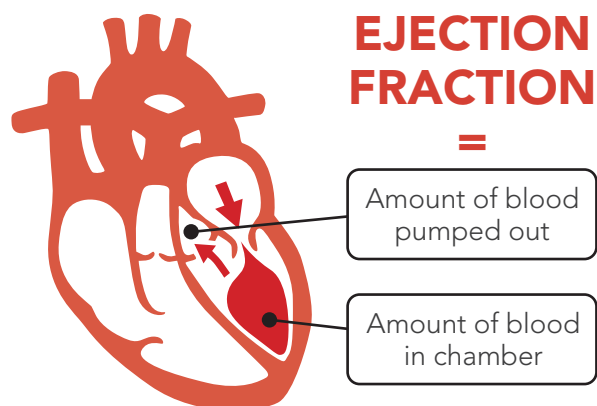
## **WHERE IS THE CLINIC?**

The main clinic is located at 1180 Saint Christopher Drive, Suite 1, Russell. Hours are 8 a.m. to 4:30 p.m. Monday-Friday. Patients are seen by appointment. We also offer Heart Failure clinics in Grayson, Prestonsburg, Portsmouth and Jackson.

## **SERVICES**

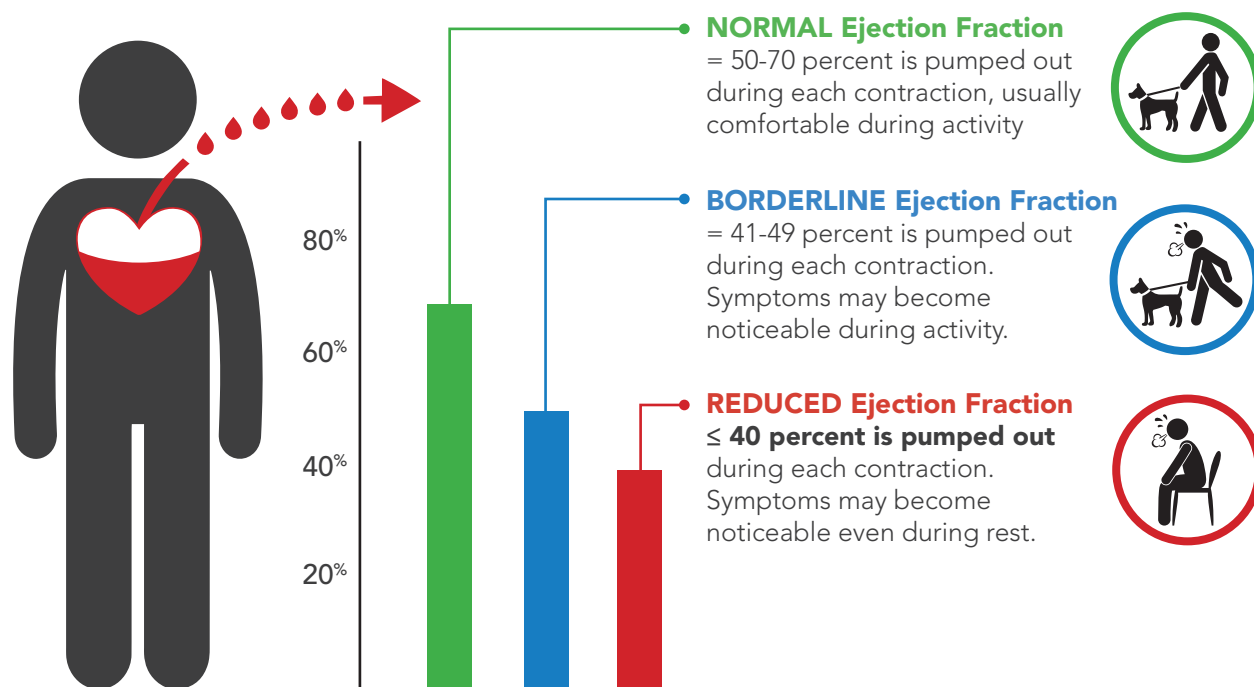
- In-depth education for patients and families
- Outpatient IV diuretics
- Blood work
- Medication adjustments
- Referrals for needed services
- Support group for patients and families
- Cardiomems monitoring
- ZOLL Heart Failure Management System

# HF & YOUR EJECTION FRACTION EXPLAINED



“Ejection Fraction” compares the **amount of blood in the heart** to the **amount of blood pumped out**. The fraction, or percentage, describes how well the heart is pumping blood to the body.

## HOW MUCH BLOOD IS PUMPED OUT?



It is also possible to have a diagnosis of heart failure with a seemingly normal, or preserved, ejection fraction of greater than or equal to 50 percent.



**With proper care and treatment,** many patients are able to improve their ejection fraction and live a longer and healthier life. Talk with your healthcare provider about your options.



## NOTES

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# KEYS TO CARING FOR YOU AND YOUR HEART



## HOW TO TAKE CARE OF YOURSELF AND YOUR HEART

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In most cases, heart failure is a chronic condition. There is no easy cure. However, there are several ways that you can take an active role in your health.

It is important that you feel comfortable enough with your healthcare team to discuss any questions or concerns that you may have.

### MEDICINE

Take your medicines exactly as they are ordered. Do not self-adjust your medications. If you are having problems following the medication schedule, or if you think you are having side effects, be sure to tell your provider.

Bring your medicines and a copy of your medication list with you to each visit.

### DAILY WEIGHT MONITORING

It is very important that you weigh yourself each morning when you wake up and before eating. Weigh yourself wearing approximately the same amount of clothing each time.

Keep track of your weight on a chart.

# KEYS TO CARING FOR YOU AND YOUR HEART



## FLUID RESTRICTION

You should limit your total fluid intake to 2 quarts (64 ounces or 8 cups) per day. This is to help keep your body from retaining fluid.

## SODIUM RESTRICTION

You should restrict your total daily sodium (salt) intake to 2,000 milligrams per day. This helps to prevent your body from retaining fluid.

## EXERCISE

It is important to exercise as prescribed by your provider. Walking and biking are just some examples of exercise that you may perform.

The following pages give more detailed information on medications, diet and exercise. Take charge and learn more about taking care of yourself and your heart.

# KEYS TO CARING FOR YOU AND YOUR HEART

## MANAGING YOUR MEDICINES

### HELPFUL HINTS

The following will help you better manage your medicines:

- Know the names of your medicines.
- Know the purpose of each medicine.
- Know the dosage of each medicine and how often you take it.
- Take your medicine as prescribed by your provider.
- Never change or stop taking your medicine without talking to your provider.
- Keep a list of your medicines at home and in your wallet.
- Never take someone else's medicine.
- Take your medicine bottles and a copy of your medication list to provider visits.
- Take your medicine when you perform another daily activity you do at the same time of day, such as brushing your teeth.
- Know what to do if you miss a dose.
- Don't take over-the-counter medicine without checking first with your provider.
- Notify your provider of any changes that have been made to your medicines.



### MEDICINES FOR HEART FAILURE

Heart failure is treated with a combination of medications, in addition to lifestyle changes and close monitoring. Some medications can help decrease the progression of heart failure and extend your life, while other medications help decrease symptoms. The different medications can help you feel better. Of course, the more medications you take, the easier it is to make a mistake (such as

missing a dose). Forgetting medications is one of the most common reasons people are hospitalized for heart failure. The best results are seen when patients understand which medications they are taking and why. A standard medication regimen for people with heart failure includes an ACE inhibitor, a beta blocker, an aldosterone receptor antagonist, and a diuretic (water pill).

# MAINTAINING FITNESS AND WELLNESS

## NUTRITION/DIET

### THE GOALS FOR YOUR DIET

1. Lower sodium (salt) in the diet to help prevent fluid buildup (swelling) and reduce heart failure symptoms.
2. Provide adequate nutrients—eat fruits and vegetables daily.
3. Prevent stomach distress—you may need small meals with snacks and avoid foods that cause distress.
4. Eat a well-balanced diet to ensure you get all the vitamins and minerals you need.

### QUICK TIPS TO GET YOU STARTED

1. **Leave the salt shaker off the table and do not cook with salt or salt-containing spices** (Adobo, Sazon, garlic salt, etc.). Try experimenting with herbs and spices or fresh lemon. Look for salt-free seasoning blends in your grocery store spice section.
2. **Read food labels** to avoid foods high in sodium.
3. **Purchase fresh and frozen vegetables or vegetables canned without salt.** If you have regular canned vegetables that you would like to use, rinse the vegetables and cook them in a large amount of water to remove some of the salt.

1 teaspoon salt  = 2,000 mg sodium

1 teaspoon baking soda  = 821 mg sodium

1 teaspoon baking powder  = 339 mg sodium

1 teaspoon MSG  = 492 mg sodium





# MAINTAINING FITNESS AND WELLNESS



## MORE HINTS TO GET YOU STARTED

1. **Bake, broil, boil, steam, roast or poach foods without salt.** Add vegetables, herbs and spices or lemon for seasonings.
2. **Avoid or limit processed foods**, such as skillet dinners, deli foods, cold cuts, hot dogs and canned soups. These are all high in salt.
3. **When you eat out, order baked, broiled, steamed or poached foods without breading, butter or sauces.** Also ask that no salt be added. Go easy on the salad dressing, as most are high in salt. Ask for oil and vinegar for your salad or lemon wedges. Order salad dressings or sauces on the side so you can control how much you use.
4. **Stay away from fast foods.** Most are high in salt.

Instead of	Eat
1 cup of canned green beans: 340 mg of sodium	 1 cup of cooked, fresh or frozen green beans: 5 mg of sodium
½ cup of Rice-A-Roni or rice pilaf: 1,220 mg of sodium	 ½ cup of cooked rice: 2 mg of sodium

# MAINTAINING FITNESS AND WELLNESS

## READING FOOD LABELS

The Nutrition Facts label lists sodium in milligrams (mg). When reading labels, try to choose foods that contain less than 140 mg of sodium per serving.

Main-dish entrées, such as frozen dinners, should contain less than 600 mg of sodium per serving.

Always check to see how many servings are in the box or can. If you eat a portion greater than a serving size, you end up with more salt intake than is listed on the label.

### FOOD LABELING DEFINITIONS

Terms	Sodium Per Serving
Sodium (salt) free	Less than 5 mg
Very low sodium	35 mg or less
Low sodium	140 mg or less
Reduced sodium	At least 75% reduction of sodium
Unsalted	No salt added during processing



# MAINTAINING FITNESS AND WELLNESS

## MANAGING YOUR FLUID INTAKE

Many providers suggest that people with heart failure limit their total fluid intake to 8 cups (2 quarts or 64 oz) per day. This includes fluids taken with medicines.

Here are some examples of fluids and foods that count as part of your fluid total:

### Fluids

Water, juice, coffee, tea, soda, ice cubes, soup, milk

### Foods











Yogurt, pudding, ice cream, JELL-O, juices in fruits  
(1 orange or 1/2 a grapefruit counts as 4 oz of fluid)



### LIQUID MEASURING GUIDE

1 cup  =  = 8 oz = 240 cc

4 cups     =  = 32 oz = 1 qt = 1,000 cc = 1 liter

8 cups         =   = 64 oz = 2 qts  
= 2,000 cc = 2 liters

1 ml  = 1 cc

1 oz  = 30 cc

# MAINTAINING FITNESS AND WELLNESS



## WHAT CAN I DO WHEN I GET THIRSTY?

- Being thirsty is very common. This does not mean that your body needs more fluid. You have to be careful not to replace the fluid that diuretics have helped your body to get rid of.
- Use ice chips or just rinse your mouth.
- Freeze juice in an ice cube tray.
- Use a lemon wedge, hard candies, chewing gum, frozen grapes or strawberries instead of drinking.
- Remember to save some fluids to take with your medicine.
- Many people find it helpful to fill a pitcher with 64 ounces of water in the morning. Each

time you drink any fluid, pour that amount out of the pitcher. When the pitcher is empty, you have used up all of the fluids you should have for the day.

## CAFFEINE AND HIGH-SALT DRINKS

- Limit the intake of coffee, black tea or soda with caffeine.
- Avoid drinks high in sodium, such as tomato or vegetable juice.



# MAINTAINING FITNESS AND WELLNESS

## EXERCISE FOR YOUR HEART HEALTH

Exercise helps to condition your heart muscle and gives you more energy to perform activities throughout the day. Be sure to check with your provider before beginning an exercise program.

Notify your provider of dizziness, difficulty breathing, heart palpitations or extreme fatigue that occurs with exercise. Do not exercise immediately after a heavy meal. Avoid extreme temperatures. Do not exercise if you are already excessively fatigued or feeling poorly.

**Aerobic exercise** is the best type of exercise for you. This includes the following:

- Walking (even walking around the block or yard counts as exercise)
- Biking
- Swimming
- Dancing

**Cardiac rehabilitation** is a safe and effective way to exercise. An individualized exercise program is based on the results of an exercise test and is modified to fit your needs. Cardiac rehabilitation programs must be ordered by your provider and are not always covered by health insurance.

**King's Daughters Cardiac Rehabilitation** program can help you manage heart failure with greater confidence and success. Cardiac rehab strengthens the heart and helps improve your health and quality of life. Our program includes monitored exercise, nutrition education, and peer and professional support. Cardiac rehab is covered by most insurance plans, including Medicare and Medicaid. To find out more, please ask a member of the Heart Failure Clinic team, or call (606) 408-8080.





# LOW-SODIUM SHOPPING GUIDE

140 mg or less of sodium (salt) per serving size

## BARS & CEREALS

- Nature Valley Sweet & Salty Nut Granola Bar (Peanut, Cashew, Almond)
- Nutri-grain Soft Baked Breakfast Bar, Blueberry, Apple, Mixed-Berry, Cherry
- Quaker Oats, Quick 1-minute
- Fiber One Protein Chewy Bars, Peanut Butter
- Kashi Granola Bars, Chewy (Trail Mix, Chocolate Among Sea Salt with Chia, Dark Mocha Almond)
- Kellogg's Frosted Mini-Wheats (Original) or Raisin Bran Cereal
- Honey Bunches of Oats with Crispy Almonds or Strawberry

## SOUPS, SAUCES, & CANNED FOODS

Any canned vegetable or soup labeled "low sodium, reduced sodium or no salt added"

- Goya Sardines, in Tomato Sauce
- Bumble Bee Solid White Albacore Tuna, in water
- StarKist Low Sodium Chunk Light Tuna, in water
- Hunt's Tomato Paste
- Gia Russa Pasta Sauce, Low Sodium Tomato Basil or Marinara
- Flora Pasta Sauce, No Salt, Homestyle
- The Spice Hunter Dip Mix, Organic, French Onion
- Campbell's Low Sodium Soups
- Ocean Spray Cranberry Sauce, Jellied

## SALAD DRESSINGS & CONDIMENTS

- Ken's Lite Raspberry Walnut Vinaigrette
- Ken's Sweet Vidalia Onion Dressing
- Hunt's Tomato Ketchup, No Salt Added
- Heinz Ketchup, No Salt Added
- Kraft Real Mayo
- Hellman's Real Mayonnaise
- Kraft's Yellow Mustard
- French's Honey Mustard

## FROZEN FOODS

- Stouffer's Simple Dishes, Harvest Apples
- Alexia Sweet Potato Fries
- Ore-Ida Diced Hash Brown Potatoes
- Cascadian Farm Crinkle Cut French Fries
- Bird's Eye Steamfresh Mixed Vegetables
- Bird's Eye Steamfresh Brown & Wild Rice with Broccoli and Carrots
- Earth's Best Organic Mini Waffles, 123 Sesame Street, Blueberry

## DAIRY

- Sargento "Off the Block" Shredded Parmesan Cheese
- Yoplait Greek 100 Calorie Yogurt: Strawberry Banana, Black Cherry, Strawberry, blueberry, or Mixed Berry
- Yoplait Original Low-Fat Yogurt: French Vanilla, Strawberry, Harvest Peach, Orange Crème, Cherry Orchard

## BREADS, CRACKERS, & RICE

- Mission Yellow Corn, Extra Thin Tortillas
- Mission White Corn Tortillas
- Triscuit Crackers: Rosemary & Olive Oil or Roasted Red Pepper
- Nabisco Good Things Rice Snacks, Veggie Blend
- Uncle Ben's Ready Rice: Jasmine, Original, Whole Grain Brown, or Basmati
- Success Boil-in-a-Bag Whole Grain Brown Rice

## PACKAGED MEATS

- Bubba Burger, Original

## SNACKS

- No-salt Snyder's Potato Chips
- Pringles Lightly Salted Potato Chips
- "Hint of Salt" Brand Crackers

# HEART FAILURE MANAGEMENT ZONES

GREEN ZONE: ALL CLEAR	WHAT THE GREEN ZONE MEANS
<p>You have:</p> <ul style="list-style-type: none"> <li>• No shortness of breath</li> <li>• No increased swelling</li> <li>• No weight gain (goal weight _____ )</li> <li>• No chest pain or chest tightness</li> <li>• Normal activity level</li> </ul>	<p>Your heart failure is under control!</p> <ul style="list-style-type: none"> <li>• Continue taking your medications as ordered</li> <li>• Weigh yourself at the same time every day</li> <li>• Follow a low salt diet (2000 mg per day)</li> <li>• Make and keep all doctor appointments</li> <li>• Keep daily fluids less than 64 oz.</li> </ul>
YELLOW ZONE: CAUTION	WHAT THE YELLOW ZONE MEANS
<p><b>Contact Heart Failure Clinic or your healthcare provider.</b></p> <p>You have:</p> <ul style="list-style-type: none"> <li>• Weight gain of 3 pounds or more in 24 hours or 5 pounds or more in 5 days</li> <li>• Increased cough</li> <li>• Increased swelling</li> <li>• Increased shortness of breath with activity</li> <li>• To use more pillows to sleep</li> <li>• New or more frequent pain or chest tightness</li> </ul>	<p><b>You may need a change in your medications.</b></p> <p>Call one of the following:</p> <ul style="list-style-type: none"> <li>• Heart Failure Clinic (606) 833-6397</li> <li>• Healthcare provider</li> </ul> <p>Name: _____</p> <p>Number: _____</p>
RED ZONE: MEDICAL ALERT	WHAT THE RED ZONE MEANS
<p><b>Contact the Heart Failure Clinic or your healthcare provider immediately.</b></p> <p>You have:</p> <ul style="list-style-type: none"> <li>• Yellow zone problems that do not improve after talking to your healthcare provider</li> <li>• Shortness of breath while resting</li> <li>• Wheezing or chest tightness while resting</li> <li>• The need to sit in a chair to sleep</li> <li>• Weight gain of more than 5 pounds</li> <li>• Dizziness, extreme tiredness or falling</li> </ul>	<p><b>You may need to be seen by a healthcare provider immediately.</b></p> <p>Call one of the following right away:</p> <ul style="list-style-type: none"> <li>• Heart Failure Clinic (606) 833-6397</li> <li>• Healthcare provider</li> </ul> <p>Name: _____</p> <p>Number: _____</p>

## GO TO THE NEAREST EMERGENCY DEPARTMENT OR CALL 911 IF YOU HAVE:

- New chest pain or discomfort that is severe
- Angina-type chest pain that lasts longer than 15 minutes and is not relieved by rest or medication
- Fast heart rate (more than 120-150 beats per minute), especially if you are short of breath or dizzy
- Shortness of breath not relieved by rest
- Sudden weakness or paralysis in your arms or legs, or sudden onset of a severe headache
- Fainting spell with loss of consciousness

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