A Self-Help Guide for Patients with Heart Failure

Developed in collaboration with M Health Fairview Heart Clinics and C.O.R.E. Clinics

mhealthfairview.org

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SECTION 1: Tips for preventing a trip to the hospital

Managing your heart failure

The best way to prevent hospital stays, is to watch for symptoms and get help if you need it.

Call your health care team right away if:

- You gain more than 2 pounds in one day or 5 pounds in one week.
- You have increased swelling in your legs, ankles or abdomen (belly).
- You have trouble breathing, whether you are active or resting.
- You have trouble sleeping, wake up short of breath or can't sleep lying down.
- You feel pain in your chest.
- You lose your appetite (have no desire to eat).
- You feel tired, weak or confused.
- You feel dizzy.
- You have bad leg cramps.
- Post the stoplight chart on the next page to help you watch for symptoms.

Clinic

Contact: _____

Phone number: _____

Outside clinic hours

Contact: _____

Phone number: _____

Emergency room visits

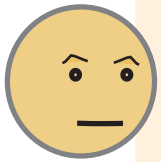
Our goal is to improve your quality of life and help you avoid a visit to the emergency room or hospital. Together, we can achieve this goal.

But, if you feel you need to call 911 or go to the emergency room, please do so. If you go to the emergency room, please bring your list of medicines and your daily weight chart with you.

How I Manage My Heart Failure

Doctor / Nurse phone number _____

Each day ask yourself:

	Is my weight up? (My good weight: _____)	Do I have swelling?	Do I have trouble breathing?	How did I sleep?	Other problems?	What should I do?
Green Zone	• Weight gained is no more than 2 pounds a day or 5 pounds in 7 days	• No swelling in feet, ankles, legs or stomach • No more swelling than usual	• No more trouble breathing than usual	• No change in my sleep	• No other problems	• I am doing fine. I will take my medicine, follow my diet, see my doctor, exercise, and watch for symptoms.
 **Yellow Zone**	• Weight gain of more than 2 pounds in one day or 5 pounds in 7 days	• New swelling in ankle, leg, knee or thigh • Bloating in belly, pants feel tighter • Swelling in hands or face	• Coughing or trouble breathing while walking or talking	• Harder to breathe last night • Have trouble sleeping, wake up short of breath	• Unusually tired • Not eating • Pain in my chest or bad leg cramps • Feel weak or dizzy • Nausea, vomiting or diarrhea	• I need to take action and call my doctor or nurse today
Red Zone	• Weight gain of 5 pounds overnight	• Chest pain or pressure that does not go away • Feel less alert	• Wheezing or have trouble breathing when at rest	• Cannot sleep lying down	• Cannot take my medicines • Pass out or faint	• **I need to call my doctor or nurse now! Call 911** if I have chest pain or cannot breathe.

SECTION 2: The Heart

Introduction

If you have been told that you have heart failure or a weak heart, this booklet is for you. You may feel frightened or angry. This is normal. You probably have many questions.

- *What does it really mean for me?*
- *What can I do to improve my heart function?*
- *Can my heart failure be cured?*

This booklet will help you and your family manage your heart failure. It will answer many of the questions and concerns you may have about heart failure, including:

- Causes
- Symptoms
- Treatment

Understanding your condition and following the treatment guidelines can help you manage your heart failure and live a more fulfilling life.

Patients who understand their condition make better decisions, live a longer life, stay out of the hospital, and feel better!

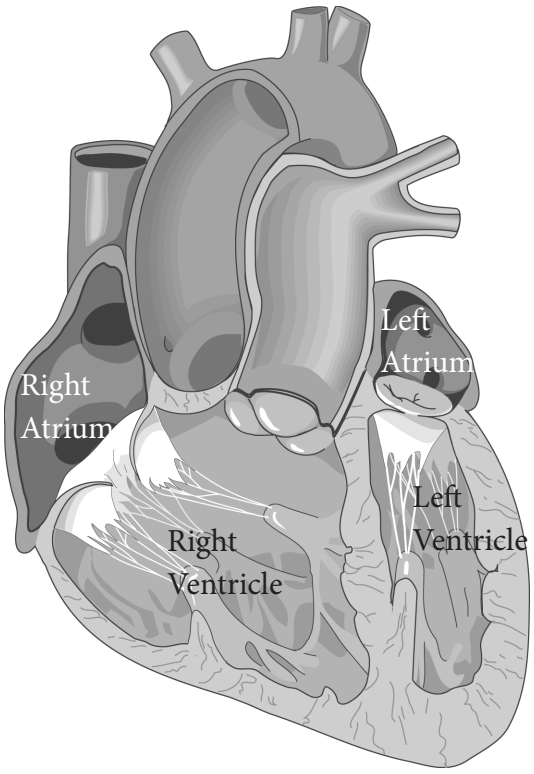
It's up to you to become an active partner with your health care team. We are committed to helping you.

Normal heart function

The heart is a muscle that pumps the blood to all parts of the body.

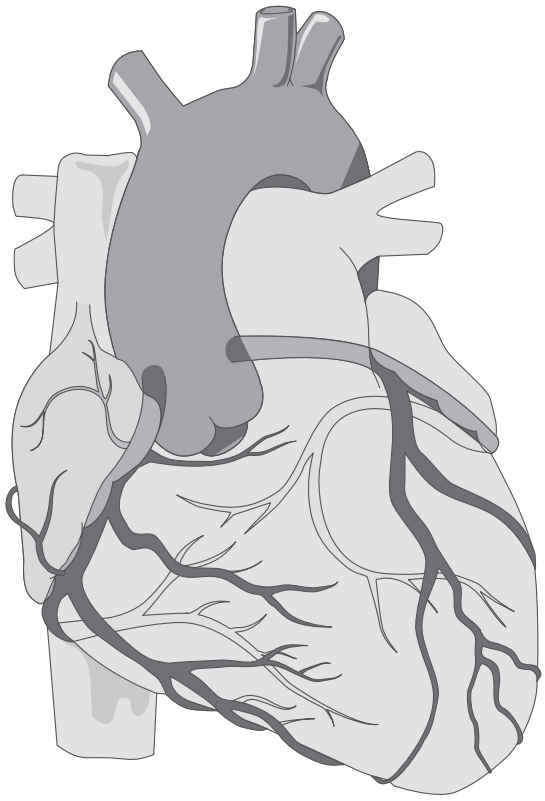
Heart chambers: There are four chambers in the heart. The upper chambers are called **atria** and the lower chambers are called **ventricles.** The heart muscle pumps blood from chamber to chamber and to the body and lungs.

Heart valves: The valves act like one-way doors, separating the chambers so that the blood flows in one direction. When the valves are open, blood moves into the next chamber. When the valves are closed, blood is prevented from moving backwards.



The Healthy Heart

Coronary (heart) arteries: These are blood vessels on the heart. They supply the heart muscle with blood from the lungs. This blood is full of oxygen.



Coronary Arteries

Heart failure

What is heart failure?

Heart failure does **not** mean your heart has stopped beating. It means that your heart is not pumping blood as it should. It can't supply enough blood to keep your body working properly.

Heart failure is also called congestive heart failure (CHF) because blood and fluid often backs up into the lungs and other parts of your body. This backup of fluid (congestion) can lead to symptoms like increased shortness of breath, sudden weight gain, and increased swelling in your ankles or legs.

What causes heart failure?

- Clogged arteries (**coronary artery disease**)
- Past heart attack
- High blood pressure
- Heart valve disease
- Infection of the heart or heart valves
- Heart defects from birth
- Heart muscle disease (**cardiomyopathy**). This disease weakens the heart muscle. It may be caused by:
  - A virus
  - Lack of blood flow to the heart muscle
  - Alcohol or drug abuse
  - Chemotherapy
  - A medical problem during pregnancy
  - Changes in the heart's rhythm
  - Diseases that change the heart muscle fibers
  - Sleep apnea

For adults over 65, heart failure is the most common reason for admission to the hospital. Heart failure can be controlled with medicines, healthy lifestyle changes, and careful monitoring of symptoms. Many people with heart failure lead full, enjoyable lives.

What happens in heart failure?

A weakened heart can't pump enough blood to the body to meet its needs. This may be because the heart is:

- Unable to squeeze against the blood to push it forward, or
- Too stiff to relax and fill properly (**diastolic dysfunction**).

When this happens, not enough blood flows to your organs. This may affect the brain, the lungs and the kidneys. In an effort to pump more blood:

- The heart chambers may grow larger
- The heart muscle may grow thicker
- The heart may beat faster

But, over time, even those changes in the heart can't supply enough blood for the body's demands.

What are the signs and symptoms of heart failure?

- Fatigue (extreme tiredness) or weakness
- Shortness of breath
- Swelling in the ankles, feet, legs, hands or abdomen (belly)
- Increased heart rate
- Rapid weight gain
- Increased need to urinate (pee, empty bladder) at night
- Lack of appetite (no desire to eat); upset stomach
- Confusion or lack of focus
- Problems breathing when lying flat; waking up short of breath
- A racing heartbeat
- Dizziness or fainting

Different types of heart failure

The left side of the heart pumps oxygen-rich blood to the rest of the body. When the left side of your heart can't pump enough blood, fluid backs up into your lungs. There are 2 types of left-sided heart failure: **systolic and diastolic**.

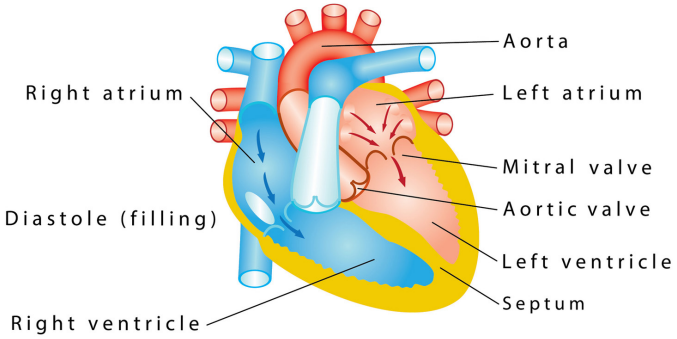
Systolic failure (pumping problem): The left side of the heart (ventricle) becomes weak and enlarged. It can't pump enough blood forward. Ejection fraction (EF) is a measurement of how much blood the left ventricle pumps out with each contraction. A normal EF is 50-65 percent. If you have systolic heart failure, your ejection fraction is less than normal. It may be referred to as **heart failure with reduced ejection fraction**.

Diastolic failure (filling problem): The heart muscle becomes stiff. It doesn't relax normally between contractions so the ventricles can't fill well. This causes a lower amount of blood pumped out to the body. It's also referred to as **heart failure with preserved ejection fraction**.

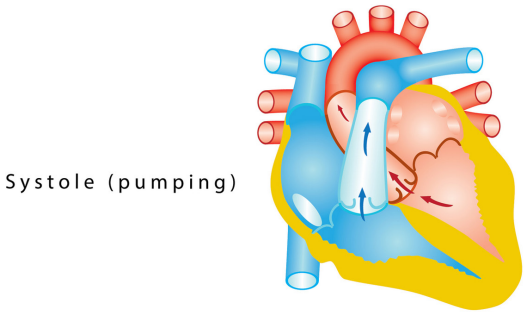
Some people may have only a pumping or filling problem, and some people have both.

You might hear the term "cardiomyopathy." This is defined as "disease of the heart muscle" and may lead to heart failure. The terms cardiomyopathy and heart failure are often used to mean the same thing.

Normal Heart

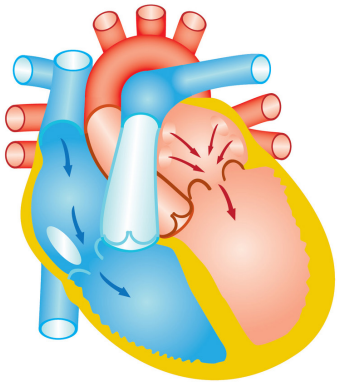


The ventricles fill normally with blood.

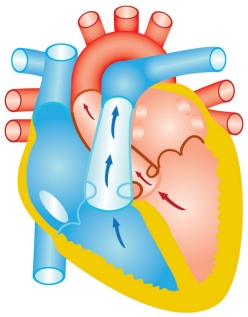


The ventricles pump out about 60% of the blood.

Systolic Heart Failure

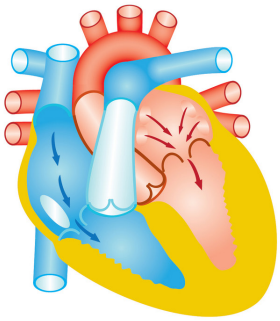


The enlarged ventricles fill with blood.

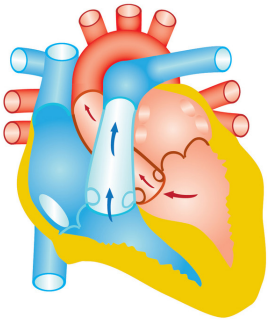


The ventricles pump out less than 40% to 50% of the blood.

Diastolic Heart Failure



The stiff ventricles fill with less blood than normal



The ventricles pump out about 60% of the blood, but the amount may be less than normal.

How is heart failure treated?

Heart failure is treated with medicines, diet, and exercise. Support from family and friends is also important.

How is my heart tested?

We may run tests to decide on the best plan of treatment for you. The tests are described below.

Echocardiogram. This test uses sound waves to look at your heart. It shows the size of your heart and valves. It also measures how much blood your heart is pumping each time it beats. This is called the **ejection fraction (EF)**.

- A normal EF is typically from 55 to 65 percent.
- In a weakened heart, EF is often less than 40 percent.

Stress test. A stress test is used to see how well your heart can stand physical activity and how well blood is flowing in and around your heart.

We do this test by having you walk on a treadmill. We inject medicine into your arm to increase the flow of blood to the arteries around your heart.

To measure the electrical activity of your heart during the stress test, we use an **electrocardiograph (EKG).** (See below.) We may also use an **echocardiogram** or **nuclear imaging**.

Laboratory blood work. Lab tests measure:

- Thyroid function
- Kidney function
- Cholesterol
- Liver function
- Electrolytes (including potassium)
- BNP (a hormone released when the heart muscle is stretched)

Angiogram. This test checks the arteries of the heart to see if they are blocked. It can also check the heart valves.

Electrocardiogram (EKG). This test records the electrical activity of the heart.

Chest X-ray. This test can show if there is too much fluid in the lungs.

SECTION 3: Medicines

Medicines and what they do

Beta blockers

Your beta blocker: _____

Beta blockers slow or reverse heart failure. They help patients live longer by blocking the harmful effects of adrenaline on the heart and blood vessels. Adrenaline is a hormone released in the body during times of stress.

Common side effects: fatigue, low blood pressure, slow heartbeat, sexual problems, feeling cold

Examples: carvedilol (Coreg), metoprolol succinate (Toprol XL)

ACEI, ARB and ARNI

Your ACEI / ARB / ARNI: _____

These drugs improve the flow of blood to the body, which reduces stress on the heart. They also block the harmful effects of angiotensin and aldosterone, hormones that increase blood pressure. This slows the advance of heart failure and can help patients with a weak heart live longer.

Common side effects: feeling dizzy or light-headed, low blood pressure, high potassium, dry cough

Examples: lisinopril (Prinivil), ramipril (Altace), enalapril (Vasotec), valsartan (Diovan), losartan (Cozaar), olmesartan (Benicar), candesartan (Atacand), sacubitril/valsartan (Entresto)

Your doctor may give you hydralazine instead of one of these drugs.

CAUTION: Rarely, ACE inhibitors, ARBs, and ARNIs can cause an allergic reaction that can lead to severe swelling of your tongue, lips, or throat. If this happens, get emergency help right away.

Diuretics ("water pills")

Your water pill: _____

Water pills reduce stress on the heart by removing excess fluid from the body. Removing extra fluid can help you breathe better. We may ask you to weigh yourself every day while taking a diuretic.

Common side effects: muscle cramps, gout, low or high postassium; You may urinate (pee, empty your bladder) more often when taking a diuretic.

Examples: furosemide (Lasix), torsemide (Demadex), HCTZ, metolazone (Zaroxolyn), bumentanide (Bumex), hydrochlorothiazide (HCTZ)

Aldosterone receptor antagonists

These drugs are very mild diuretics (water pills). They block the harmful effects of aldosterone on the heart and help remove excess fluid from the body. This can help patients with a weak heart live longer.

Common side effects: larger breasts in men, dizziness, muscle cramps, high potassium

Examples: spironolactone (Aldactone), eplerenone (Inspra)

SGLT2 inhibitors

Your SGLT2 inhibitor: _____

These drugs change the way your body handles sugar and salt in your kidneys. They make it less stressful on the heart. They lower the risk of death, help keep you out of the hospital, and can help keep your kidneys healthy.

Common side effects: dizziness, weakness, urinary tract infections (UTIs) and yeast infections.

Examples: dapagliflozin (Farxiga), empagliflozin (JARDIANCE)

☐ *Digoxin (Lanoxin, Digitek)*

Digoxin is used to treat fast heart rhythms (**atrial fibrillation**) by slowing your heart rate. It's also used to help reduce heart failure symptoms by making your heart beat stronger. We may do a blood test to help us check your dose.

Common side effects: dizziness, nausea (feeling sick to your stomach), headache; If your digoxin level gets too high, you may have symptoms such as confusion, slow heart rate, blurred or yellow/green vision.

☐ *Ivabradine (Corlanor)*

This drug helps the heart work better. It may reduce the number of hospital stays for heart failure.

Common side effects: Slow heart rate, high blood pressure, temporary brightness in your vision. May cause an irregular heart beat (atrial fibrillation).

☐ *Hydralazine*

Often used with nitroglycerin to help relax blood vessels near the heart. This helps reduce stress on the heart and can help patients with a weak heart live longer.

Common side effects: dizziness, low blood pressure, headache, nausea, fast heart rate

Nitrates (nitroglycerin medicines)

Your nitrate: _____

Relaxes heart blood vessels which leads to more oxygen reaching the heart. This helps treat chest pain and can reduce stress on the heart.

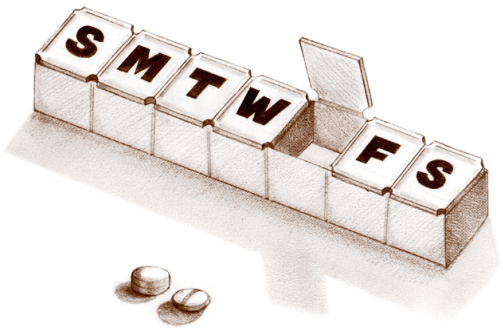
Common side effects: dizziness, headache, feeling hot or flushed

Example: isosorbide dinitrate (Isordil), isosorbide mononitrate (Imdur), nitroglycerin sublingual (Nitrostat), nitroglycerin patch

Tips on taking your medicines

- Carry a current list of all your medicines. Bring the list to each clinic visit and to the hospital or emergency room.
- For each medicine you take, you should know:
  - The names (brand name and generic name)
  - The amount (the dose)
  - How often you take each medicine (frequency)
- **Don't** skip medicines, even if you're feeling better.
- **Don't** let your prescription medicines run out. Get refills early if possible.

- Use a pill tray to help organize your medicines and remind you when you're running out.
- If possible, have all your prescriptions filled at one pharmacy. This will help prevent errors.
- Avoid over-the-counter medicines, herbal medicines, and diet supplements unless they are advised by your doctor. This includes ibuprofen (Advil, Motrin) and naproxen (Aleve).
- Report any unusual side effects to your doctor or nurse. This includes trouble breathing or symptoms of swelling.
- If you have an illness with nausea or vomiting, call your health care team. Your doctor may need to adjust your medicines.



SECTION 4: Low-Sodium Diet

Why follow a low-sodium diet?

It's very important for people who have a weak heart muscle to follow a low-sodium diet.

Sodium makes the body hold onto fluid, which can cause shortness of breath, weight gain, and swelling in the ankles, legs, or belly. When the body has too much fluid, the heart has to work harder to pump blood.

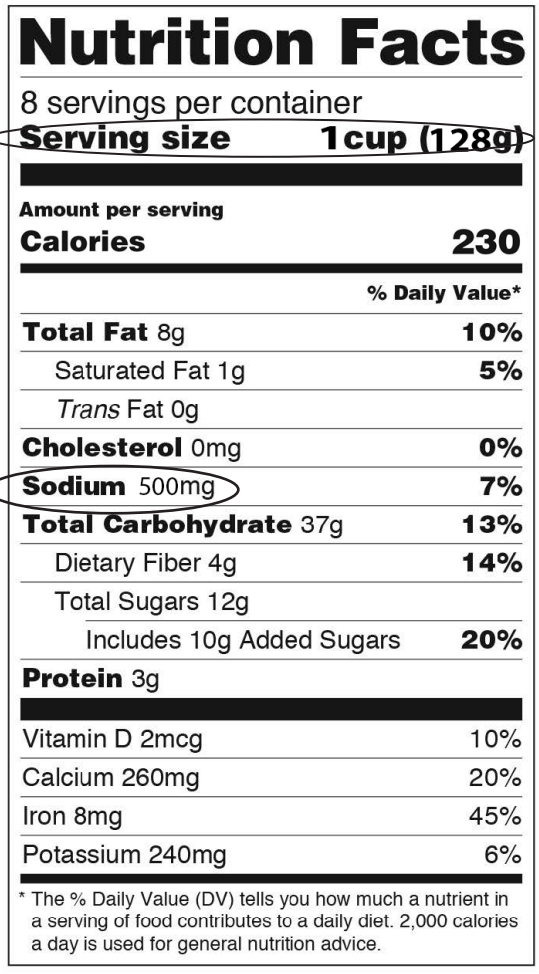
Ask your doctor how much you should limit your sodium.

Most people with a weak heart should limit sodium to 2000 miligrams (mg) a day.

Reading the food label

Most people call it "salt," but the label will say "sodium."

- **Look at the actual serving size.** You may be surprised at how small it is compared to what you are serving yourself.
- **Look at the sodium amount.** Remember, this is the amount *per serving.*
- **Don't follow "% daily value."** It's based on a diet that includes 2400 mg sodium per day.
- **Remember:** Limit yourself to about 2000 mg of sodium a day.
- Counting milligrams (mg) will help you stay within your limit.



Nutrition Facts

8 servings per container

Serving size **1cup (128g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 500mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips to help lower the sodium in your diet

At home and dining out

- Write down the amount of sodium you eat for a couple of days. This gives you a good idea of which foods are high in sodium—and where to cut back.
- Don't add salt at the table. In recipes, you can often use half the amount of salt without giving up flavor.
- Don't add salt to water when making rice, pasta, or potatoes.
- Don't use lemon pepper—it's made with salt.
- Use spices and herbs without the word "salt" in their names. Try herb blends like Mrs. Dash.
- Eat more homemade foods that are made from scratch. Avoid boxed rice, noodles, or potato dishes—these often contain salty seasonings.
- When you go out to eat, ask that foods be made without added salt.
- Ask for sauces and dressings on the side, so you can control how much you use.

Shopping

- You'll find foods with less sodium if you shop along the outer walls of the grocery store.
- Choose foods with the least amount of packaging. These are often lower in sodium.
- When choosing vegetables, meats, poultry, or fish, buy fresh or frozen instead of canned foods.
- Read food labels to learn the sodium content for suggested serving sizes. Choose foods with the least amount of sodium.
  - Choose foods labeled "low sodium." These have less than 140 mg of sodium per serving.
  - Always double-check serving sizes. If you eat two servings of a food, you'll get twice as much sodium.

Make your own salt-free blends

All purpose:

- 2 teaspoons garlic powder
- 1 teaspoon thyme
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon celery seed
- 1 teaspoon white pepper
- 1 teaspoon dry mustard
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried lemon peel (optional)

Blend well and store in a glass saltshaker. Add a few grains of uncooked rice at the bottom of the shaker. This will help the mixture flow when you use it.

For potatoes and vegetables:

- 1 teaspoon dry mustard or oregano
- ½ teaspoon sage
- ½ teaspoon thyme
- ¼ teaspoon marjoram

Blend well. Sprinkle over hot potatoes or vegetables right before eating.

For fish:

- ¾ teaspoon dried parsley
- ½ teaspoon onion powder
- ½ teaspoon dill
- ¼ teaspoon marjoram
- ¼ teaspoon paprika

Blend well and sprinkle over freshly baked fish.

Use salt substitutes only with your doctor's advice.

Salt substitutes use potassium because it **doesn**'t affect your blood pressure or fluid balance.

Talk to your doctor before using salt substitutes. Too much potassium can cause an irregular heartbeat.

Don't use salt substitutes if:

- You have kidney failure.
- You take potassium-sparing water pills such as triamterene (Dyrenium), spironolactone (Aldactone) and amiloride (Midamor).
- You have high levels of potassium in your blood.

Food	Seasonings
Beef	Bay leaf, celery seed, curry powder, dry mustard powder, garlic, green pepper, marjoram, mushrooms, onion, oregano, paprika, pepper, sage, thyme
Chicken	Basil, curry powder, dry mustard powder, garlic, ginger, green pepper, lemon juice, mushrooms, nutmeg, paprika, pepper, pineapple, poultry seasoning, sage, tarragon, thyme
Turkey	Cranberries, mushrooms, paprika, parsley, poultry seasoning, sage, thyme
Fish	Bay leaf, cayenne pepper, celery seed, curry powder, dill, dry mustard powder, garlic, lemon juice, mace, mushrooms, nutmeg, paprika, pepper, thyme
Pork	Applesauce, apple, curry powder, garlic, onion, oregano, pepper, rosemary, sage, thyme
Lamb	Curry powder, garlic, mint, pineapple, rosemary
Veal	Apricot, bay leaf, curry powder, ginger, marjoram, oregano
Eggs	Basil, cayenne hot sauce, chives, cumin, dill, mustard seed, pepper, sweet peppers, onions
Cottage cheese	Chives, marjoram, pepper
Rice	Chives, cilantro, curry powder, green pepper, onion, pimento, saffron
Asparagus	Garlic, lemon juice, vinegar
Broccoli	Mustard, pepper
Carrots	Cinnamon, cloves, mace, mint, rosemary, sage
Cauliflower	Nutmeg, pepper
Corn	Cumin, curry powder, green pepper, onion, paprika, parsley, pepper, tomato
Cucumbers	Chives, dill, garlic, vinegar
Green beans	Curry powder, dill, lemon juice, marjoram, nutmeg, oregano, pepper, tarragon, thyme
Peas	Green pepper, mint, mushrooms, onion, oregano, onion, sage
Potatoes	Chives, dill, garlic, green pepper, mustard, onion, paprika, parsley, pepper, sage
Spinach	Garlic, lemon juice, marjoram, onion, vinegar
Summer squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Tomatoes	Basil, bay leaf, cilantro, dill, marjoram, mint, onion, oregano, paprika, parsley, pepper
Winter squash	Allspice, brown sugar, cinnamon, ginger, mace, nutmeg, onion

Keep a food diary

Write down all the foods you eat and their sodium content for 2 days. The goals are given for each meal.

DAY 1

Breakfast: _____
(300 mg)
_____

Lunch: _____
(500 mg)
_____

Dinner: _____
(1000 mg)
_____

Snacks (200 mg): _____

Total milligrams (mg) of sodium for day 1 (Goal: 2000 mg): _____

DAY 2

Breakfast: _____
(300 mg)
_____

Lunch: _____
(500 mg)
_____

Dinner: _____
(1000 mg)
_____

Snacks (200 mg): _____

Total milligrams (mg) of sodium for day 2 (Goal: 2000 mg): _____

Guide to sodium in food

Below is a list of foods ranging from low to very high sodium. The amount of sodium in processed foods varies, so always read the food label.

Low sodium (140 mg or less per serving)

Meat, fish and nuts
fresh beef, pork, fish, lamb or poultry, 2 to 3 ounces
fresh shrimp, clams, oysters or lobster, 2 ounces
salt-free, canned tuna, 3 ounces
peanut butter, 1 tablespoon

Breads and grains
wheat noodles, rice or grains (plain)
unsalted potato chips, 1 ounce
unsalted saltine crackers, 6
hot cereals (regular and quick)
unsalted popcorn

Milk products
milk, 1 cup
ice cream, 1 cup
yogurt, 1 cup

Fruits and vegetables
fresh, frozen or salt-free canned vegetables
fresh, frozen, canned or dried fruit

Condiments
Tabasco sauce
mustard, 1 to 2 teaspoons
mayonnaise, 1 tablespoon
jam, honey or syrup
low-sodium baking powder
yeast, 1 package
unsalted nuts
Worcestershire sauce, 1 teaspoon

Drinks
fruit juice or salt-free tomato juice, 1 cup
coffee, tea
soda pop (diet or regular)
Gatorade

Moderate sodium (141 to 400 mg per serving)

Meat
bacon (pork or turkey), 2 strips

Breads and grains
breakfast cereal, 1 cup

Milk products
buttermilk, 1 cup
processed cheese, 1 ounce
regular pudding from mix
Parmesan cheese, 2 tablespoons

Fruits and vegetables
pickled beets, ½ cup
canned vegetables, ½ cup

Condiments
bottled salad dressing, 2 tablespoons
ketchup (catsup), 2 tablespoons
cooking sherry, ¼ cup

Drinks
cocoa, made with water

High sodium (400 to 700 mg per serving)

Meat
cold cuts or lunch meat, 2 ounces
pork sausage, 1 ounce
bratwurst, 3 ounces
hot dog, 1
pepperoni
pork and beans, ½ cup
frozen, breaded fish sticks

Milk products
cottage cheese, ½ cup
instant pudding, ½ cup

Breads and grains
cornbread, from mix
biscuit, from mix, 1
frozen waffles and pancakes, 2
instant (packaged) hot cereal, ½ cup
Shake 'N Bake
assorted chips, 1 ounce

Seasonings
MSG (1 teaspoon = 500 mg)
baking powder, 1 teaspoon
BBQ sauce, 2 tablespoons

Very high sodium (more than 700 mg per serving)

Meats, main dishes and soups
frozen dinners and pot pies
ramen noodles
macaroni and cheese
spaghetti and tomato sauce
lasagna
canned pasta
hamburger or tuna helpers
frozen pizza
Polish and Vienna sausage
ham and Canadian bacon
sardines
Spam
corned beef
Cheez Whiz
bouillion, broth, canned soup or dried soup mix

Vegetables
sauerkraut

Breads and grains
prepared bread crumbs
buttermilk biscuit, plain
microwave popcorn
self-rising flour
prepared stuffing

Seasonings and other
table, sea and seasoning salts
Morton's Lite Salt (1 teaspoon = 1,150 mg)
pickles
soy sauce (1 tablespoon = 1,025 mg)
baking soda
meat tenderizer

Drinks
V-8 or vegetable juice cocktail

For other resources on nutrition and low-sodium diet, see Section 8: Resources.

SECTION 5: Lifestyle Changes

Can I exercise?

The heart is like any other muscle. Exercise helps it work better. It's important to stay active, even with a weaker heart. You may need to rest more often, but you can still remain active. Exercise can help you feel less tired and have fewer symptoms.

- Plan regular exercise into your day.
- If you have been inactive, start easy and go slow.
- Listen to your body. Stop and rest if you feel tired or short of breath.
- Some days may be harder than others. Don't get discouraged. Any amount of activity is good for your heart.

Why is cardiac rehabilitation important?

As you recover, you'll move through three phases of rehab that help return you to a more normal life and teach the value of exercise. In the hospital, we help you recover your strength and slowly become more active. You'll also learn about risk factors that affect your heart.

After you leave the hospital, you can begin cardiac rehab. (See the list of clinics in the next section.) In this phase, you will work with therapists to do exercises that make your heart and lungs work better and your muscles stronger. You will meet with a specialist to record your progress and review changes as your health improves.

The WEL program can help you maintain your health by offering exercise in a rehab setting. They will assess your health, guide you through exercises, and help you set fitness goals. You'll gain the confidence to exercise on your own. There is a charge for these classes.

What else should I do?

- **Stop smoking.** Smoking damages your blood vessels and makes your heart beat faster. Ask about options for quitting smoking.
- **Lose excess weight.**
- **Manage your stress.**
- **Eat more healthy foods,** like vegetables and fruits. Limit red meat and foods high in fat, sugar, and salt.

Can I drink alcohol?

Alcohol can weaken your heart further. You should avoid alcohol or limit its use to special times, such as a holiday or birthday.

Is it normal to feel sad or depressed?

Many people feel sad or depressed after being told they have heart failure. It's easy to feel overwhelmed by the changes in your lifestyle, medicines and diet. You may feel that you have too many details to remember.

- If you're feeling sad, depressed, or hopeless, ask your doctor for help coping with the changes. Medicine or counseling may help.
- Lean on family and friends for support.
- Join a support group.
- Take life one day at a time.
- Plan activities that you enjoy, such as hobbies and visiting friends.

Remember that life can be enjoyable despite your diagnosis of heart failure. By working with us to improve your symptoms, you'll still be able to do many of the things you like to do. Stay hopeful, smile often, and enjoy each day!

SECTION 6: C.O.R.E. Clinic

(**C**ardiomyopathy, **O**ptimization, **R**ehabilitation, **E**ducation)

C.O.R.E. Clinic is an outpatient program of M Health Fairview for patients with heart failure or cardiomyopathy. The purpose is to help you manage your disease. The program can help you:

- Improve length and quality of life
- Slow the progress of the disease
- Get easy access to health care and advice
- Better understand your condition and treatment
- Avoid costly trips to the hospital
- Find future heart problems before they become life threatening

The program is based on a phase-by-phase approach, tailored to each patient's needs. Your health care team will have a cardiologist (heart doctor), physician assistant (PA), and nurse practitioner (NP). They will provide a treatment plan that guides you from assessment and education to stabilization. There are 5 phases.

Phase 1: Your cardiologist assesses the cause and extent of your disease. Treatment is begun or adjusted.

Phase 2: In this phase, you'll see a nurse practitioner or physician assistant to review your heart failure treatment plan. We may rebalance your medicines to relieve symptoms. We will also teach you how best to live with your condition and offer self-monitoring tools.

Phase 3: In this phase, we assess whether you would benefit from advanced treatment such as a defibrillator.

Phase 4: Your condition is stable without severe symptoms. You'll have regular appointments with your heart failure care team. We'll check on your condition to keep you stable and catch any developing problems.

Phase 5: If you begin to have severe, recurring symptoms or often end up in the hospital, we'll assess to see if stronger measures will help.

To schedule an appointment, call the C.O.R.E. clinics at one of these **M Health Fairview Heart Care** locations:

M Health Fairview Clinic - Edina
6405 France Ave. S., Suite W200,
Edina, MN 55435
612-365-5000

M Health Fairview Clinics and Surgery Center - Minneapolis
909 Fulton Street SE, Floor 3, Suite 318
Minneapolis, MN 55455
612-365-5000

M Health Fairview Clinic - Burnsville
Fairview Ridges Specialty Care Center
14101 Fairview Drive, Suite 140
Burnsville, MN 55337
612-365-5000

M Health Fairview Clinic -Fridley
6401 University Ave. NE
Fridley, MN 55432
612-365-5000

M Health Fairview Clinic - Maple Grove
14500 99th Avenue N, Floor 2
Maple Grove MN 55369-4730
612-365-5000

M Health Fairview Northland Medical Center
911 Northland Dr.
Princeton, MN 55371
612-365-5000

M Health Fairview Lakes Medical Center
5200 Fairview Blvd., Floor 2
Wyoming, MN 55092
612-365-5000

M Health Fairview Clinics and Specialty Center - Maplewood
1600 Saint John's Boulevard Suite #200, 1600 Medical Building
Maplewood, MN 55109
651-326-4327

M Health Fairview Clinic - Woodwinds
M Health Fairview Woodwinds Hospital
Suite 200 (Birch Center)1925 Woodwinds Drive
Woodbury, MN 55125
651-326-4327

SECTION 7: Quality of Life

Heart failure touches many areas of your life. As time goes on, changes in your health may greatly affect your well being. Your doctors and nurses want you to have the best quality of life you can.

Questions to ask yourself

- Do I have enough energy to live the life I want to live?
- Do I have enough breath to do the things I want to do?
- Am I OK with my level of pain or discomfort?
- Am I getting enough sleep?
- Do I feel supported by my family and friends?

If you answered **yes** to these questions, you are probably having a fairly good quality of life. If you answered **no,** it's a good idea to talk with your health care team. They can review your quality of life and tell you what help may be out there.

There are two types of care that may improve your well being: **palliative care** and **hospice care**. If you think one of these might help you, please talk to your doctor or nurse.

Palliative care

Palliative care is care that helps patients who have a serious illness. This is an extra layer of care that focuses on the symptoms, pain, and stress that can come with heart disease. It treats the whole person—mind, body, and spirit and may improve your quality of life.

Palliative care may help with:

- Breathing problems
- Sleeping problems
- Nausea and vomiting
- Depression
- Emotional support for the family
- Practical concerns, such as financial resources

Hospice care

Hospice care is for people who wish to stay out of the hospital, but who are looking for better ways to manage their symptoms. Hospice brings a health care team to where you live and gives you support, guidance and comfort. The hospice team is trained to treat your symptoms at home, while making you as comfortable as possible.

Medicare and other insurance plans cover the cost of hospice care for those who qualify. A doctor must state that you have a "terminal illness" for you to get benefits. A terminal illness is one where the patient is not expected to live more than six months.

Your hospice team can help with:

- Relief of physical symptoms
- Managing pain
- Eating and drinking problems
- Financial and legal matters
- Advice on saying goodbye
- Grief support for your family
- Making your home as safe as possible

Does your family know your wishes?

It's important to talk to your family or caregivers about the care you want if and when you can't make your own choices. Once you have talked about your goals and wishes, it's important to put them in writing. This paper is called a *Health Care Directive*.

If you wish to have someone help you talk to your family or fill out a *Health Care Directive*, please talk to your health care team.

For a free form or more information, go to https://www.mhealthfairview.org/resources/patients-and-visitors/honoring-choices, scan the QR code with your smartphone camera, or call one of the phone numbers below.

M Fairview hospitals and clinics: ...612-672-7272

Fairview Range Medical Center: 218-362-6441

Grand Itasca Clinic & Hospital:.....218-326-3401

SECTION 8: Resources

Cardiac rehab outpatient clinics:

To schedule and appointment, call 612-273-6228.

- M Health Fairview Southdale Hospital: 952-924-5255
- M Health Fairview University of Minnesota Medical Center: 612-273-5709
- M Health Fairview Ridges Hospital: 952-892-2147
- M Health Fairview St. John's Hospital: 651-232-7028
- M Health Fairview Woodwinds Hospital: 651-232-0873
- M Health Fairview Northland Medical Center: 763-389-6426
- M Health Fairview Lakes Medical Center: 651-982-7843
- Fairview Range Medical Center: 218-362-6666
- Grand Itasca Clinic & Hospital: 218-999-9933

Cardiac home care

Cardiac home care is for those with specific cardiac needs. A cardiac home nurse can visit your home to help you manage your diet and medicines. The nurse can also help you learn the signs of heart failure that you should report to your doctor.

Home care may also provide physical, occupational, and speech therapy or home health aides for bathing and personal care.

Medicare pays for home care when prescribed by your doctor. Private insurance may also cover home care.

Talk to your doctor, nurse, or social worker if you think that home care might help you. Or call

- Fairview Home Care and Hospice: 612-728-2468.
- Fairview Range Home Care and Hospice: 218-262-6982
- Grand Itasca Hospice and Home Care: 218-327-8780

Heart failure videos

Healthwise website: bit.ly/47Fl4CL

Nutritional support

You may meet with dietitians at M Health Fairview to discuss your diet. If you have a written referral from your doctor, your insurance may cover the cost of counseling.

To schedule a visit with a dietician, call 612-273-6228

Good books on low-sodium diets

- *American Heart Association Low-Salt Cookbook*, American Heart Association
- *The No-Salt Cookbook,* David C. Anderson and Thomas D. Anderson, Adams Media
- *The No-Salt, Lowest-Sodium Cookbook*, Donald A. Gazzaniga, St. Martin's Press

Helpful websites for recipes and diet tips

- www.americanheart.org
- www.healthyheartmarket.com

Fairview Pharmacy

Assistance program

A social worker will help you learn about the programs that offer medicines for free or at greatly reduced rates. To qualify, you must be a low-income adult with **no** coverage for prescription drugs. And you must get medical care from a Fairview doctor and use a Fairview pharmacy. Call 612-672-7062 or 612-672-5667.

Medication Management Therapy

If you need help with your medicines, you may meet with a specially trained pharmacist. They will help you manage your medicines safely. Meetings are 30 to 60 minutes long. For details or to make an appointment, call 612-672-7005.

Transportation

Here are some resources for free rides to and from your medical appointments.

If you are on medical or general assistance

You may use the following services, depending on your health care plan:

- HealthPartners Care, call RideCare: 952-883-7400
- UCare, call Healthride: 612-676-6830
- Blue Plus, call Blue Ride: 866-340-8648
- No health plan, call MNET: 866-467-1724

If you are 55 or older:

You can use Fairview Senior Transportation: 612-672-7685. There is a $5 charge for each round trip. The trip must be within the city of Minneapolis and must go to and from University of Minnesota Medical Center and its associated clinics and buildings.

Other ride options

- United Way Twin Cities (call 211)
- Local churches and community organizations
- Family or friends
- Anoka County Traveler Dial-a-Ride: 763-324-3250 for more information
- SmartLink Transit (for residents of Carver and Scott counties): 952-496-8341 for more information
- Fairview Range Transportation: 218-262-6981

Other resources

www.heart.org
Information on congestive heart failure.

Success with Heart Failure: Help and Hope for Those Coping with Congestive Heart Failure,
Marc Silver, MD, Plenum Publishing Corp., 2006
Excellent book written for patients.

Weight chart

Weigh yourself every morning at the same time, on the same scale and in the same clothing. Write the amount on the weight chart. Bring the chart with you to your clinic visits.

Call your doctor if you:

- Gain more than 2 pounds in one day or 5 pounds in 7 days.
- Have increased shortness of breath.
- Wake up short of breath or can't sleep lying down.
- Have increased swelling in your legs, ankles, or belly.

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