

Heart Failure

Treatment and Management Guidebook



Table of Contents

4	Living With Heart Failure
5	Understanding Heart Failure
5	Signs and Symptoms of Heart Failure
6	Factors That Contribute to Heart Failure
6	Measuring Heart Health
7	Types of Heart Failure
8	Heart Failure Treatment and Management
8	Medical Devices
9	Medication Management
10	Exercise
10	Weight Monitoring and Control
11	Nutrition Therapy and Diet
13	Dietary and Nutrition Guidelines
15	Risk Reduction and Prevention of Heart Failure
16	About the AdventHealth Cardiovascular Institute
17	AdventHealth Heart Care Locations
18	Educational Information and Resources
18	Online Resources
18	Cookbooks and Books
19	Patient Resource Materials
19	Medication List
i	The Three Heart Health Zones
ii	Daily Chart and Checklist to Monitor Heart Health
iv	Daily Heart Health Reminders Worksheet





Living With Heart Failure

Heart failure is a condition illustrated by a heart muscle that prevents the proper amount of blood and oxygen from being pumped to the body's organs. Heart failure does not mean that the heart has completely stopped beating. It is a serious condition, however, and requires proper treatment to ensure your cardiovascular system is functioning at its optimal capacity. This guidebook provides an overview of heart failure and the steps you can take to treat, manage and reduce your risk of developing the disease.

UNDERSTANDING HEART FAILURE

To better understand heart failure, which affects over five million Americans, it is important to know how a healthy heart operates. Your heart is a muscle and its main function, or job, is to pump blood. A strong and healthy heart pumps blood to all parts of your body. However, sometimes the heart muscle has trouble pumping out blood to the body's other organs. This is called heart failure.

When the heart has difficulty doing its job and isn't pumping as well as it should, blood can backup in the body or lungs. (This is also referred to as fluid collection or buildup.) As a result, your body doesn't get enough oxygen-rich blood to keep you healthy and strong — causing symptoms of heart failure.

Treatments are available for what may have caused your heart to work harder. Heart failure can range from mild to severe with a wide range of signs, symptoms and causes. Some of the causes of heart failure are heart attack, heart disease, high blood pressure and heart valve problems.

It is important to be familiar with the signs and symptoms of heart failure, so you can tell your doctor and care coordinator.

SIGNS AND SYMPTOMS OF HEART FAILURE



Extreme Tiredness or Fatigue



Shortness of Breath

Worsens with activity or when lying down, or wakes you up at night



Swelling (Edema)

Fluid build-up in your feet, ankles, legs, hands or abdomen



Unusual, Gradual or Rapid Weight Gain



A Dry, Constant Cough



Dizziness



Contrary to some beliefs, heart failure does not mean that you are about to die or that your heart is about to stop beating. What it does mean, however, is that you need to seek treatment to manage the symptoms of heart failure that can result in other organs failing.



FACTORS THAT CONTRIBUTE TO HEART FAILURE

You and your doctor can help manage your heart failure with medications and lifestyle changes. These conditions may increase your risk or start you on the path to heart failure.





- Abnormal heart rhythms
- Abnormal heart valves
- Alcohol or illicit drug use
- Chemotherapy
- Coronary artery disease
- Diabetes
- Fluid overload
- High blood pressure
- Viral or bacterial infections
- Kidney problems
- Low blood count
- Obesity
- Recovery from a heart attack
- Severe lung disease
- Sleep apnea
- Stress-induced cardiomyopathy
- Thyroid problems

MEASURING HEART HEALTH

Ejection fraction, or EF, is a key indicator of your heart's health.

EF is a percentage of blood pumped from your heart during each beat.

Ejection Fraction

Measurement	What it Means
 55–70%	Normal
 40–55%	Below Normal
 Less than 40%	May confirm diagnosis of heart failure
 Less than 35%	Patient may be at risk of life-threatening irregular heartbeats



Source: American Heart Association and Mayo Clinic. Learn more at [Heart.org](https://heart.org) or [MayoClinic.org](https://mayoclinic.org).

There are different tests available that can measure your EF, such as:

- Echocardiogram (ECHO): is an ultrasound of your heart
- Nuclear stress test: is a test to capture images of your heart
- Heart catheterization: gathers information that can measure your EF



TYPES OF HEART FAILURE

There are two types of heart failure.

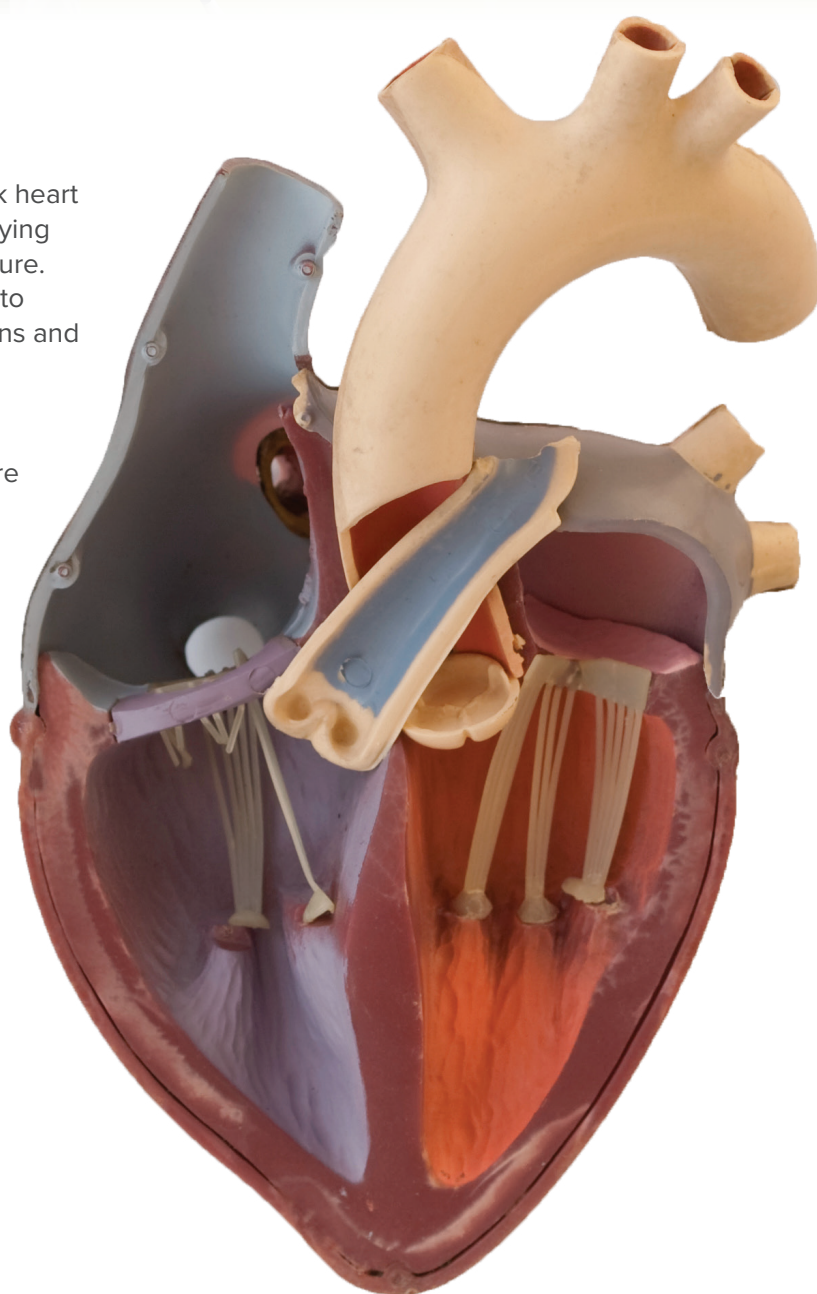
Systolic Heart Failure

Systolic heart failure is evidenced by a weak heart muscle. Your doctor will evaluate the underlying condition(s) that contribute to your heart failure. An EF of 40 percent or less will require you to work with your doctor to manage medications and suggested lifestyle changes.

Diastolic Heart Failure

The distinguishing feature of this heart failure is a poorly filling heart. A normal EF may be noted, but the heart muscle's lower chambers do not relax enough to allow good filling and stretching. It may be due to stiffening or thickening of the muscle wall. This is common with high blood pressure and/or other conditions.

In both types of heart failure, less blood travels to all parts of the body.



The type of heart failure I have is _____

Heart Failure Treatment and Management

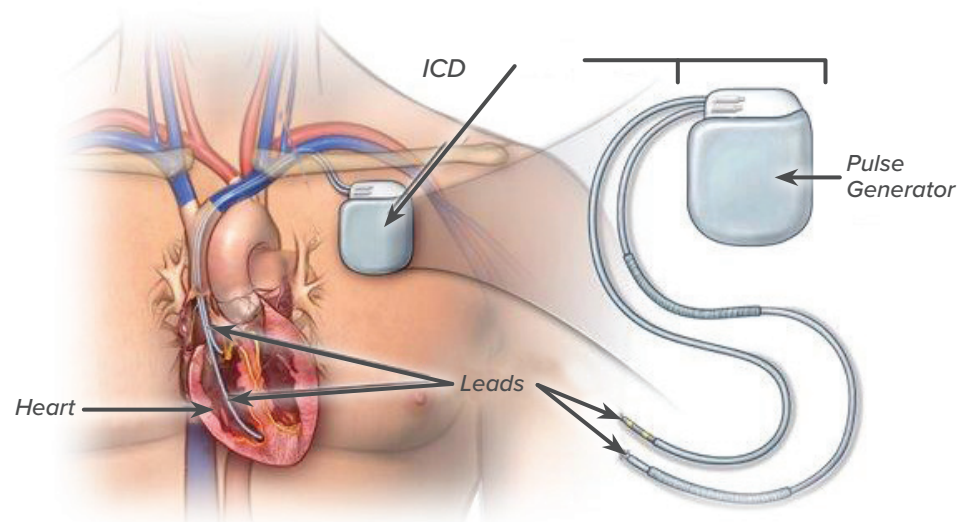
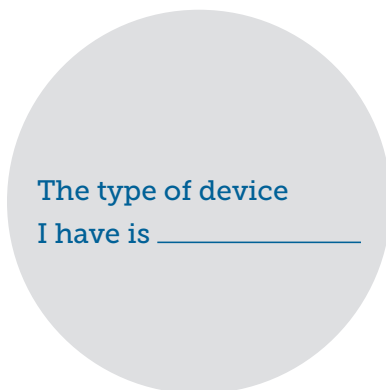
Heart failure treatment involves managing your symptoms and the underlying cause(s). The recommended treatment or management plan will depend upon your particular symptoms. There are an array of options for treatment such as medical devices and medication, and lifestyle changes. You can improve how well your heart works by doing the following.

- Changing personal habits (smoking, alcohol consumption, weight loss, stress management)
- Exercising daily (Ask your doctor or local cardiac rehab program for specific guidelines to ensure that the level of exercise is appropriate for your condition.)
- Changing your diet to low salt (sodium) and low fat and limiting caffeine
- Writing down your weight daily, reporting any increase of two pounds over night or five pounds in a week to your health care provider
- Following up with your doctor — being sure to report any change or symptoms as soon as you notice them
- Treating hypertension or high blood pressure
- Treating abnormal heart valves
- Treating abnormal heart rhythms
- Treating high lipid levels with medication and diet

Each of these actions helps make sure enough oxygen and nutrients get to your heart.

MEDICAL DEVICES

An internal cardioverter defibrillator (ICD) is used to stop life-threatening rhythms. The device will monitor your heart and respond when a fast rhythm that may be life threatening occurs. You will need to continue to take your heart medication to prevent or limit the occurrence of the fast rhythm. Regular follow-up appointments are needed to check the device every three months.



A biventricular pacemaker can synchronize the heart chambers to correct irregular beating. Two leads are placed on the right side of the heart and one lead on the left side.

The biventricular pacemaker can:

- Synchronize heart chambers to correct irregular beats
- Help your heart failure symptoms
- Use built-in ICDs to help with a rhythm that is too fast

MEDICATION MANAGEMENT

An effective way to treat and manage heart failure is with medication. The specific symptom or combination of symptoms will determine the type of medication prescribed. Remember, even if you are not having signs or symptoms of heart failure, it is important to take your medicines exactly as your doctor ordered.

Be sure to report to your doctor if you feel the medication is not helping, or if you are having side effects. Do not stop taking any medicine without talking to your health care provider first. Changing the size of the dose or skipping a dose can be harmful.



Medication Assistance

If you need help purchasing your medicines talk to your doctor or care provider. Drug companies often have programs to assist you.

Role in Heart Failure Treatment	Types of Medication	Brand Names	Side Effects	How They Work
To help patients live longer with heart failure, improve quality of life, reduce hospitalizations, and potentially improve heart function over time	Beta Blockers	<ul style="list-style-type: none"> Carvedilol (Coreg) Metoprolol succinate (Toprol-XL) Bisoprolol (Zebeta) 	<ul style="list-style-type: none"> Increased fatigue (often temporary) Dizziness 	These medications work together to block the body's increased neurohormonal response to the development of heart failure.
	Angiotensin Converting Enzyme (ACE) Inhibitors	<ul style="list-style-type: none"> Lisinopril (Zestril) Enalapril (Vasotec) 	<ul style="list-style-type: none"> Dizziness Cough High potassium levels in the blood 	
	Angiotensin Receptor Blockers (ARBs)	<ul style="list-style-type: none"> Losartan (Cozaar) Valsartan (Diovan) Candesartan (Atacand) 	<ul style="list-style-type: none"> Dizziness High potassium levels in the blood 	Blocking this response is the key to the treatment of heart failure and the potential recovery of heart function over time.
	Angiotensin Receptor Blocker/Neprilysin Inhibitor (ARNI)	<ul style="list-style-type: none"> Sacubitril/Valsartan (Entresto) 	<ul style="list-style-type: none"> Dizziness Cough High potassium levels in the blood 	
	Aldosterone Antagonists	<ul style="list-style-type: none"> Spironolactone (Aldactone) Eplerenone (Inspra) 	<ul style="list-style-type: none"> High potassium levels in the blood Breast tenderness 	Higher doses of these agents have been shown to provide more benefit even if your blood pressure is well-controlled.
	Vasodilators	<ul style="list-style-type: none"> Hydralazine (Apresoline) Isosorbide dinitrate (Isordil) Hydralazine/Isosorbide dinitrate (Bidil) 	<ul style="list-style-type: none"> Dizziness Headache Stomach upset 	
To reduce symptoms of heart failure and need for hospitalization	Loop Diuretics (water pills)	<ul style="list-style-type: none"> Furosemide (Lasix) Bumetanide (Bumex) Torsemide (Demadex) 	<ul style="list-style-type: none"> Low potassium or magnesium levels Dizziness Cramping 	Relieves the body of the extra fluid
	Cardiac Glycoside	<ul style="list-style-type: none"> Digoxin (Digitek, Lanoxin) 	<ul style="list-style-type: none"> Stomach upset Vision changes Palpitations 	<p>Causes the heart to beat with more strength</p> <p>Increases the amount of blood that gets pumped out of the heart and reaches the rest of the body</p>
	f-channel Blocker (If Channel Inhibitor)	<ul style="list-style-type: none"> Ivabradine (Corlanor) 	<ul style="list-style-type: none"> Fatigue Dizziness Vision changes 	Lowers the heart rate

EXERCISE

Another recommended measure to manage heart failure and ward off heart disease is exercise and physical activity. Exercise is central to a healthier heart and can help control blood cholesterol, diabetes and obesity. Plus, it is proven that living an active lifestyle can lower blood pressure, as well as the likelihood of having a stroke in some people. For most people, it is recommended to exercise three-to-five times a week for 30 minutes. As always, consult your doctor prior to starting any new exercise routine.

It is important to find the right balance of exercise and rest.

- Plan rest periods throughout the day. Put your feet up for a couple of minutes every few hours.
- Low-level exercise can lessen your symptoms and increase your level of energy.

Getting Started

- Talk to your doctor about the type of exercise you are considering.
- Start slowly.
- Set goals you can reach.
- Find an activity that does not make you too tired (you want to be able to talk and walk comfortably).
- Ask someone to exercise with you.
- Include a warm up/stretch to begin.
- Finish with a cool down.
- Avoid heavy lifting.
- Avoid extreme temperatures.
- Exercise about one hour after eating or taking medications.
- If you are too tired the next day, do less exercise for a few days and gradually build up. Stop if you have any symptoms.

I plan to exercise
_____times per week.

WEIGHT MONITORING AND CONTROL

It is important to weigh yourself each day to ensure you are not having side effects, such as retaining fluids. Sudden weight gain is a sign that fluid is building up in your body.

Weight gain may occur slowly or quickly. Retaining water, while eating normally or between dialysis, may mean that your treatment needs to be adjusted.

Follow these guidelines.

- Talk with your doctor or registered dietitian about what a healthy weight is for you.
- Weigh yourself every morning after urinating and before eating.
- Keep a daily record of your weight.
- Call your doctor if you gain two or more pounds over night or five or more pounds in a week. (Your doctor may adjust your medicine to get rid of extra fluid.)
- Discuss what type of physical activity is best for you.

I plan to weigh myself
at _____ am every day.



NUTRITION THERAPY AND DIET

Better nutrition and following a proper diet will help you manage your heart failure. Not only will you feel better overall, but following a nutrition therapy plan helps support heart health and makes your heart muscle stronger.

Reading the Food Label:

How much sodium is too much?

- The nutrition plan for heart failure usually limits the sodium you get from food and drinks to 2,000 milligrams per day. Salt is the main source of sodium. Read the nutrition label to find out how much sodium is in one serving of a food.
- Select foods with 140 milligrams of sodium or less per serving.
- Foods with more than 300 milligrams of sodium per serving may not fit into a reduced sodium meal plan.
- Check serving sizes. If you eat more than one (1) serving, you will get more sodium than the amount listed.

Cutting Back on Sodium (Salt)

Avoid processed foods. Eat more fresh foods.

- Fresh or frozen fruits and vegetables without added juices or sauces are naturally low in sodium.
- Fresh meats are lower in sodium than processed meats such as bacon, sausage and hot dogs. Read the nutrition label, or ask your grocery store's butcher to help you find a fresh meat that is low in sodium.

Eat less salt at the table and when cooking.

- Just one (1) teaspoon of table salt has 2,300 milligrams of sodium.
- Leave the salt out of recipes for pasta, casseroles and soups.
- Ask your dietitian how to cook your favorite recipes without sodium.



A GOOD NUTRITION THERAPY PLAN FOCUSES ON:

- **LIMITING SODIUM IN YOUR DIET.**
Limiting sodium helps control buildup of fluids in your abdomen, lungs and legs. Too much sodium may make your blood pressure too high and put stress on your heart.
- **LIMITING FLUID IN YOUR DIET.**
Eating or drinking too much fluid may also make your heart work harder. Too much fluid can cause shortness of breath, poor appetite and weight gain from swelling or edema.
- **MANAGING YOUR WEIGHT.**
Your registered dietitian nutritionist (RDN) can help you choose a healthy weight for your body type.

You can achieve these goals by:

- Reading food labels to keep track of how much sodium is in the foods you eat.
- Limiting foods that are high in sodium.
- Checking and monitoring your weight to make sure you're not retaining too much fluid.

Be a smart shopper.

- Look for food packages that say “salt-free” or “sodium-free.” These items contain less than five (5) milligrams of sodium per serving.
- “Very-low-sodium” products contain less than 35 milligrams of sodium per serving.
- “Low-sodium” products contain less than 140 milligrams of sodium per serving.
- “Unsalted” or “no added salt” products may still be high in sodium. Check the nutrition label.

Add flavors to your food without adding sodium.

- Try lemon juice, lime juice, fruit juice or vinegar.
- Dry or fresh herbs add flavor. Try basil, bay leaf, dill, rosemary, parsley, sage, dry mustard, nutmeg, thyme and paprika.
- Pepper, red pepper flakes and cayenne pepper can add spice to your meals without adding sodium. Hot sauce contains sodium, but if you use just a drop or two, it will not add up to much.
- Buy a sodium-free seasoning blend or make your own at home.

Use caution when you eat outside your home.

- Restaurant foods can be very high in sodium.
- Ask for nutrition information. Many restaurants provide nutrition facts on their menus or websites.
- Let your server know that you want your food to be cooked without salt. Ask for your salad dressing sauces to come “on the side.”

Fluid Restriction

Your doctor may ask you to follow a fluid restriction in addition to taking diuretics (water pills). Ask your doctor how much fluid you can have. Foods that are liquid at room temperature are considered a fluid, such as popsicles, soup, ice cream and Jell-O®. Here are some common conversions that will help you measure your fluid intake every day.

- 1,000 milliliters = 1 liter or 4 cups
- 1 cup = 240 milliliters
- 1,500 milliliters = 1 ½ liters or 6 cups
- 1 fluid ounce = 30 milliliters
- 2,000 milliliters = 2 liters or 8 cups

Source: Academy of Nutrition and Dietetics.
Learn more at EatRightPro.org.



When it comes to your diet after heart failure...

Always follow your physician's instructions on how much salt and liquid to include in your diet. If you use certain medications that help your body get rid of fluid, you may often feel thirsty. If you feel thirsty, do not drink more than directed, but instead, try sucking on sugar-free candy to keep your mouth from getting too dry. The reason your doctor may recommend a low-salt diet is because too much salt may cause your body to hold on to water. This may lead to swelling, shortness of breath and lack of energy.

DIETARY AND NUTRITION GUIDELINES

Recommended Foods by Food Group

Food Group	Foods to Enjoy The following foods will keep your heart healthy.	
Grains	<ul style="list-style-type: none"> Bread with less than 80 milligrams sodium per slice (yeast breads usually have less sodium than those made with baking soda) Homemade bread made with reduced-sodium baking soda 	<ul style="list-style-type: none"> Many cold cereals, especially shredded wheat and puffed rice Oats, grits or cream of wheat Dry pastas, noodles, quinoa and rice
Vegetables	<ul style="list-style-type: none"> Fresh and frozen vegetables without added sauces, salt or sodium Homemade soups (salt free or low sodium) 	<ul style="list-style-type: none"> Low-sodium or sodium-free canned vegetables and soups
Fruits	<ul style="list-style-type: none"> Fresh and canned fruits 	<ul style="list-style-type: none"> Dried fruits, such as raisins, cranberries and prunes
Dairy (Milk and Milk Products)	<ul style="list-style-type: none"> Milk or milk powder Rice milk and soy milk Regular or soft cream cheese and low-sodium cottage cheese 	<ul style="list-style-type: none"> Small amounts of natural, block cheese or reduced-sodium cheese (Swiss, ricotta and fresh mozzarella are lower in sodium than others) Yogurt, including Greek yogurt
Proteins (Meat, Poultry, Fish, Beans)	<ul style="list-style-type: none"> Fresh meats and fish Turkey bacon (check the nutrition label to make sure it's not packaged in a sodium solution) Canned or packed tuna (no more than 4 ounces at 1 serving) 	<ul style="list-style-type: none"> Dried beans and peas; edamame (fresh soybeans) Eggs Unsalted nuts or peanut butter
Desserts and Snacks	<ul style="list-style-type: none"> Fresh fruit or applesauce Angel food cake Unsalted pretzels, popcorn or nuts Pudding or Jell-O with Cool Whip® topping 	<ul style="list-style-type: none"> Homemade Rice Krispies® treats Vanilla wafers Frozen fruit bars
Fats	<ul style="list-style-type: none"> Tub or liquid margarine 	<ul style="list-style-type: none"> Unsaturated fat oils (canola, olive, corn, sunflower, safflower, peanut)
Condiments	<ul style="list-style-type: none"> Fresh or dried herbs; low-sodium ketchup; vinegar; lemon or lime juice; pepper; salt-free seasoning mixes and marinades such as Mrs. Dash® or McCormick® salt-free blend; simple salad dressings, such as vinegar and oil 	<ul style="list-style-type: none"> You can purchase salt-free barbecue sauce and many others on the Internet. Ask your RDN if you're not sure about a specific condiment.

Bad-For-Your-Heart Foods by Food Group

Food Group	Foods to Avoid The following foods are bad for your heart.	
Grains	<ul style="list-style-type: none"> • Breads or crackers topped with salt • Cereal (hot/cold) with more than 300 milligrams sodium per serving • Prepackaged bread crumbs 	
Vegetables	<ul style="list-style-type: none"> • Canned vegetables (unless they are salt free or low sodium) • Frozen vegetables with seasoning and sauces • Sauerkraut and pickled vegetables 	
Fruits	<ul style="list-style-type: none"> • Dried fruits preserved with sodium-containing additives 	
Dairy (Milk and Milk Products)	<ul style="list-style-type: none"> • Buttermilk • Process cheeses such as Cheese Whiz, Velveeta® and queso dip • Feta cheese • “Singles” slices and string cheese 	
Proteins (Meat, Poultry, Fish, Beans)	<ul style="list-style-type: none"> • Meats: bacon, ham, sausage, pepperoni and hot dogs • Canned meats: chili, Vienna sausage, sardines and Spam • Smoked fish and meats 	
Fats	<ul style="list-style-type: none"> • Salted butter or margarine 	
Condiments	<ul style="list-style-type: none"> • Salt, sea salt, kosher salt, onion salt and garlic salt • Seasoning mixes containing salt, such as lemon pepper or Lawry’s® • Bouillon cubes • Catsup or Ketchup 	
Alcohol	<ul style="list-style-type: none"> • Check with your doctor 	

Sample 1-Day Menu After Heart Failure

Food Group	Recommended Menu of Foods	
Breakfast	<ul style="list-style-type: none"> • 1 cup regular oatmeal made with water or milk • 1 cup reduced-fat (2%) milk 	<ul style="list-style-type: none"> • 1 medium banana • 1 slice whole wheat bread • 1 tablespoon peanut butter
Morning Snack	<ul style="list-style-type: none"> • ½ cup dried cranberries 	
Lunch	<ul style="list-style-type: none"> • 3 ounces grilled chicken breast • 1 cup salad greens • Olive oil and vinegar dressing (for greens) 	<ul style="list-style-type: none"> • 5 unsalted or low-sodium crackers • Fruit plate with ¼ cup strawberries, ½ sliced orange and 1 peach half
Afternoon Snack	<ul style="list-style-type: none"> • ½ low-sodium turkey sandwich made with 1 ounce low-sodium turkey and 1 piece whole wheat bread 	
Evening Meal	<ul style="list-style-type: none"> • 3 ounces herb-baked fish • 1 baked potato • 2 teaspoons soft margarine (trans fat–free) (for potato) • Sliced tomatoes 	<ul style="list-style-type: none"> • ½ cup steamed spinach drizzled with lemon juice • 3-inch square of angel food cake • 2 fresh strawberries (for cake) • 2 tablespoons Cool-Whip (for cake)
Evening Snack	<ul style="list-style-type: none"> • 2 tablespoons salt-free peanut butter 	<ul style="list-style-type: none"> • 5 low-sodium crackers

RISK REDUCTION AND PREVENTION OF HEART FAILURE

Recent studies indicate improved outcomes for patients who have been diagnosed with heart disease or suffered heart failure. Of course, there are certain risk factors that can't be controlled, such as personal/family history of cardiovascular disease or heart failure, ethnicity and age. However, there are several steps you can take to reduce your risk of developing heart problems including:

- Lose and control weight if you are overweight.
- Eat a healthy diet (low in saturated fat and cholesterol, and high in fruits, vegetables and whole grains).
- Lower and manage cholesterol levels.
- Lower and manage blood pressure if high.
- Manage diabetes if diagnosed.
- Quit smoking.
- Increase physical activity.
- Exercise three-to-five times a week for 30 minutes.
- Schedule annual checkups with a physician.
- Get recommended tests and screenings.

About the AdventHealth Cardiovascular Institute

AdventHealth Cardiovascular Institute treats more cardiology patients than any other medical facility in the United States*. From around the world, patients seek out our specialists for treatment for a wide range of cardiac conditions. Increasingly, other hospitals and physicians are referring their most challenging cardiac cases to us because they know our highly skilled specialists — using the latest technologies— will provide quality care.

Treating highly complex cases means patients are inherently at higher risk. Using evidence-based care practices and comprehensive treatment, we are committed to providing quality cardiac care to all patients at each stage of their disease. The Heart Success Center and Trina Hidalgo Heart Care Center help recovering patients adopt a heart-healthy lifestyle — promoting long-term health and lifestyle changes.

Source: *2016 Medpar data



More people choose AdventHealth.

- Number one in cardiology volume in the nation*
- Number one in vascular surgery volume in the nation*
- Number one in open-heart surgery in Florida*
- Number one in heart-transplant surgery in the Southeast **

*2016 Medpar data, and

**2019 Scientific Registry of Transplant Recipients

LEARN MORE

[AdventHealthCardiovascularInstitute.com](https://www.AdventHealthCardiovascularInstitute.com)

AdventHealth: Then & Now

Established 1866: Today:

30 DOCTORS

1 UNIQUE
FACILITY

106
PATIENTS
SERVED

**MORE THAN
80,000**
PHYSICIANS
AND STAFF

47 AWARD-
WINNING
HOSPITALS IN
NINE STATES

5 MILLION+
PATIENTS
SERVED
ANNUALLY



AdventHealth is
recognized by
*U.S. News
& World Report*
as one of
America's best hospitals.



AdventHealth Heart Care Locations

Call the AdventHealth location nearest you or ask your physician about participating in a cardiac rehabilitation program closer to where you live or work. If you have questions or need guidance in your recovery after treatment, call AdventHealth Cardiac Rehabilitation at 407-303-9360.

Altamonte Springs

AdventHealth Altamonte Springs
601 East Altamonte Drive
Altamonte Springs, FL 32701
407-830-4321

Apopka

AdventHealth Apopka
2100 Ocoee Apopka Road
Apopka, FL 32703
407-889-1000

Celebration

AdventHealth Celebration
400 Celebration Place
Celebration, FL 34747
407-764-4000

Daytona Beach

AdventHealth Daytona Beach
301 Memorial Medical Parkway
Daytona Beach, FL 32117
386-231-6000

DeLand

AdventHealth Deland
701 West Plymouth Avenue
DeLand, FL 32720
(386) 943-4716

Kissimmee

AdventHealth Kissimmee
2450 North Orange Blossom Trail
Kissimmee, FL 34744
407-846-4343

New Smyrna Beach

AdventHealth New Smyrna Beach
401 Palmetto Street
New Smyrna Beach, FL 32168
386-424-5000

Orange City

AdventHealth Fish Memorial
1055 Saxon Boulevard
Orange City, FL 32763
386-917-5125

Orlando

AdventHealth East Orlando
7727 Lake Underhill Road
Orlando, FL 32822
407-303-8110

AdventHealth Orlando

601 East Rollins Street
Orlando, FL 32803
407-303-5600

Palm Coast

AdventHealth Palm Coast
60 Memorial Medical Parkway
Palm Coast, FL 32164
386-586-2000

Tavares

AdventHealth Waterman
1000 Waterman Way
Tavares, FL 32778
352-253-3396

Winter Park

AdventHealth Winter Park
200 North Lakemont Avenue
Winter Park, FL 32792
407-646-7000

CREATION HEALTH: OUR PHILOSOPHY OF HEALTH AND WELLNESS

CREATION Health is a whole-person lifestyle that helps people live a healthier, happier life, no matter what stage of life they might be in. Each letter of the word CREATION stands for one of the eight principles of health found in the Bible's creation story — Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition. Our entire staff uses this philosophy as a guide to providing holistic health care to the families we serve.

**My doctor
appointment is _____.**

Our Health Equity Promise

Patient Protection and Affordable Care Act: Section 1557

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. This facility does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

AdventHealth provides free aid and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

AdventHealth provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, please call 407-303-5600 x1106707.

If you believe that this facility has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance or request that someone assist you with filing a grievance at 407-200-1324 or FH.Risk.Management@AdventHealth.com.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically, through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

The statements below direct people whose primary language is not English to translation assistance.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

注意: 如果您使用中文, 您可以免费获得语言协助服务。请拨打下面电话号码。

Atansyon: Si ou pale kreyòl Ayisyen, gen sèvis asistans nan lang ou ki disponib gratis pou ou. Rele nimewo ki anba an.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래의 번호로 전화하십시오.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany poniżej.

ملحوظة: إذا كنت لا تتحدث اللغة الإنجليزية فإن خدمات الترجمة متوفرة لك مجاناً. الرجاء الإتصال بالرقم أدناه.

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro ci-dessous.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero sa ibaba.

ВНИМАНИЕ! Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Для этого позвоните по нижеуказанному номеру.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie die untere Nummer an.

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. નીચેના નંબર પર ફોન કરો.

ATENÇÃO: Se você fala português, disponibilizamos serviços lingüísticos gratuitos. Ligue para o número abaixo.

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। नीचे लिखे नम्बर पर सम्पर्क करें।

اگر شما فارسی زبان هستید، خدمات کمکی زبان بطور مجانی در دسترس شما قرار دارد. تو شماره زیر زنگ بزنید.

توجہ فرمائیے۔ اگر آپ اردو بولتے/بولتی ہیں تو آپ کے لئے لسانی خدمات مفت میسر ہیں۔ ذیل میں دئیے گئے نمبر پر کال کریں۔

注意: 日本語でお話になりたい場合には、無料の通訳サービスをご利用いただけます。下記の番号にお電話してください。

ໄປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອ ດ້ານພາສາ, ໄດ້ອະໄພສິດ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ກະລຸນາໃຫ້ເບິ່ງເລື່ອງລຸ່ມ

LUS CEEB TOOM: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu tus xojtooj hauv qab no.

ATTENZIONE: Se parlate italiano, sono disponibili dei servizi di assistenza linguistica gratuiti. Chiamare il numero sotto indicato.

407-303-5600 ☎ 407-303-3025

Educational Information and Resources

There are several helpful resources for learning about and managing heart failure and cardiovascular disease. From your local book or grocery store, to the Internet, assistance is both easy to find and simple to follow.

ONLINE RESOURCES

American Heart Association
Heart.org

Heart Failure Matters
HeartFailureMatters.org

Mended Hearts
MendedHearts.org

Fight Against Heart Failure
FightAgainstHeartFailure.com

Heart Failure Society
of America
HFSA.org

COOKBOOKS AND BOOKS

Cookbooks

American Heart Association
Low-Salt Cookbook, 4th Edition:
A Complete Guide to Reducing
Sodium and Fat in Your Diet 2013

American Heart Association
Healthy Slow Cooker Cookbook:
200 Low-Fuss, Good-for-You
Recipes

American Heart Association
Quick & Easy Cookbook,
2nd Edition:
More Than 200 Healthy Recipes
You Can Make in Minutes

Books

Thriving with Heart Disease: Live
Happier, Healthier, and Longer.
Wayne M. Stotile, PhD Free
Press, New York 2003

Take a Load Off Your Heart: 109 Things You Can Actually Do to Prevent,
Halt and Reverse Heart Disease. Joseph C. Piscatella and Barry Franklin
Ph.D., Workman Publishing, New York 2003



Patient Resource Materials

MEDICATION LIST

[illegible]

The Three Heart Health Zones

SIMPLE STEPS TO KNOW YOUR ZONE

Use this as a simple guide to assess and manage your level of heart failure by identifying which one of the three zones your heart health falls under at any time.

Discharge weight _____

1st weight at home _____

Doctor's name _____

Doctor's phone _____

Green Zone This Zone is Your Goal	I know my symptoms are under control if: <ul style="list-style-type: none"> • I have no shortness of breath • No weight gain of more than 2 pounds in one day • No swelling in my ankles, feet, hands or stomach • No chest pain 	What to Do <ul style="list-style-type: none"> • Keep up the good work • Take your medicine • Eat a low salt diet • Weigh yourself every day • Increase activity each day
Yellow Zone Caution or Warning Zone	Call your health care provider if: <ul style="list-style-type: none"> • You have gained more than 2 pounds in a day or five pounds in a week • More shortness of breath, hard to breathe when lying down • More swelling in your feet, ankles, legs or stomach • Feeling more tired • New or unusual coughing • Dizziness • New or increased chest pain 	What to Do <ul style="list-style-type: none"> • Call your doctor or nurse
Red Zone Danger Zone or Emergency	Your symptoms are severe if: <ul style="list-style-type: none"> • Struggling to breathe, shortness of breath at rest • Unrelieved chest pain • Wheezing or chest tightness at rest • Need to sit in a chair to sleep due to shortness of breath • Weight gain of more than 5 pounds in two days with shortness of breath • Confusion • Feeling faint 	What to Do <ul style="list-style-type: none"> • Call 911 • Get help and go to the emergency room (ER)

Daily Chart and Checklist to Monitor Heart Health

CHART YOUR PROGRESS

Record your daily weight, medication, diet and activity on this chart that serves as a checklist toward optimal heart health.

	SUN	MON	TUES	WED	THUR	FRI	SAT
Morning Weight							
Water Pill							
No Salt/ Low Sodium							
Activity							

	SUN	MON	TUES	WED	THUR	FRI	SAT
Morning Weight							
Water Pill							
No Salt/ Low Sodium							
Activity							

Weight when I left
the hospital: _____

Fluid Restriction:
Yes or No

How many glasses
per day: _____

	SUN	MON	TUES	WED	THUR	FRI	SAT
Morning Weight							
Water Pill							
No Salt/ Low Sodium							
Activity							

	SUN	MON	TUES	WED	THUR	FRI	SAT
Morning Weight							
Water Pill							
No Salt/ Low Sodium							
Activity							

	SUN	MON	TUES	WED	THUR	FRI	SAT
Morning Weight							
Water Pill							
No Salt/ Low Sodium							
Activity							

Daily Heart Health Reminders Worksheet

PERSONAL TREATMENT PLAN WORKSHEET AFTER HEART FAILURE

Follow this treatment plan and record your findings every day to stay out of the hospital and feel better.

Weight Control and Monitoring	<ul style="list-style-type: none">• Weigh yourself daily on the same scale first thing in the morning.• If you have gained 2 pounds in a day or 5 pounds in a week, call your health care provider.	My target weight is _____.
Fluid Intake	<ul style="list-style-type: none">• Your fluid intake should be ____glasses (8 ounce) daily.• Remember fluid does not only include water.	My fluid intake per day is _____ glasses.
Salt Reduction	<ul style="list-style-type: none">• Reduce sodium in your diet to 2,000 mg daily.• Eat healthy foods low in fat and sugars.	I will limit my salt/sodium to _____ mg /day.
Activities	<ul style="list-style-type: none">• Exercise three-to-five times per week for 30 minutes or as tolerated.• Remember to avoid extreme temperatures and heavy lifting.	My doctor tells me to exercise _____ times a day.
Medication	<ul style="list-style-type: none">• Take your medicine as prescribed.• Call your doctor if you are having problems with your medications.	<p>Make sure to take your water pill every day.</p> <p>Do not split meds to make them last longer.</p>
Heart Failure Warning Signs	<p>Call your doctor if you have an onset or increase in any of the following.</p> <ul style="list-style-type: none">• Shortness of breath• Dizziness or fainting• Swelling of feet and/or hands• Constant cough• Abdominal pain or bloating• If you have gained two pounds in a day or five pounds in a week	Weight gain and shortness of breath are signs of problems.



[AdventHealth.com](https://www.AdventHealth.com)

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.