



HEART FAILURE ZONES

EVERY DAY:

- ☐ Weigh in the morning before breakfast and write it down.
- ☐ Take your medicine the way you should take it.
- ☐ Check for swelling in feet, ankles, legs and stomach.
- ☐ Eat low salt/sodium foods.
- ☐ Balance activity and rest periods.

Which Zone Are You In Today? **GREEN** **YELLOW** or **RED**

GREEN ZONE

ALL CLEAR — You Are Feeling Good

Your symptoms are under control and you have:

- ☐ No shortness of breath.
- ☐ No weight gain more than 2 pounds (it may change 1 or 2 pounds some days).
- ☐ No swelling of your feet, ankles, legs or stomach.
- ☐ No chest pain.

YELLOW ZONE

CAUTION — This Zone Is A Warning

Call your doctor if you have:

- ☐ Weight gain of 3 pounds in 1 day or a weight gain of 5 pounds or more in 1 week.
- ☐ More shortness of breath.
- ☐ More swelling of your feet, ankles, legs or stomach.
- ☐ No energy or feeling more tired.
- ☐ Dry hacking cough.
- ☐ Dizziness.
- ☐ Feeling uneasy, you know something is not right.
- ☐ Difficulty breathing when lying down. Feeling the need to sleep sitting up in a chair.

RED ZONE

EMERGENCY — You Feel You Are In Danger

Or GO TO THE HOSPITAL EMERGENCY ROOM if you have the following:

- ☐ Struggling to breathe.
- ☐ Unrelieved shortness of breath while sitting still.
- ☐ Chest pain.
- ☐ Confusion or can't think clearly.

LOW SODIUM EATING PLAN

Salt is also called “sodium” and is found in most of the foods we eat.

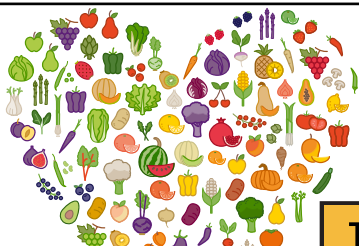
WHY DO YOU NEED TO LIMIT SODIUM IN YOUR DIET?



Sodium acts like a sponge and makes your body hold onto water. Eating too much sodium can cause you to gain weight, make your legs swell, and cause water to collect in your lungs.

HOW MUCH SODIUM CAN YOU HAVE EACH DAY?

Doctors recommend that you eat less than 2000mg of sodium each day. This means taking the salt shaker off of your table and paying attention to the types of foods you eat.



FIRST STEPS...

Do Not add salt to foods when you cook.

Take the salt shaker off the table.

Use herbs and seasonings that are sodium free.

Start with **fresh** foods.

Do Not use instant foods that come from a **can, bag, or box.**

EAT LESS ADDED SALT

CHOOSE:



Chives

Mrs. Dash
Spices
Herbs
Lemon Juice
Hot Sauce
Fresh Garlic, Onion, Green Pepper
Ketchup labeled “No Salt Added”
Onion Powder
Garlic Powder
Oil & Vinegar
Pepper



Basil



Sage

DO NOT CHOOSE:

Salt	Sea Salt
Seasoning Salts	Mustard
Meat Tenderizer	Ketchup
Soy Sauce	BBQ Sauce
Garlic Salt	Onion Salt
Bottled Salad Dressing	Boullion
Olives	Saurkraut
Relishes	Pickles
Cheese Sauce	Onion Soup Mix

What is heart failure?

Our bodies need oxygen and nutrients in the blood to function properly. Heart failure develops when the heart cannot pump enough blood for the body's needs. It does not mean the heart has stopped working. Heart failure is a chronic condition that can get worse over time. With heart failure, the heart becomes enlarged and gets weaker over time.

Heart failure can affect different people in different ways. For some people, their hearts cannot fill with enough blood. For others, their hearts do not have the power to pump enough blood throughout the body. Most people with heart failure have both of these problems.

There is no known cure for heart failure, but it can be managed. Treatment may include a combination of heart failure medicines and lifestyle changes. You can learn more about heart failure and talk to your healthcare provider about what you can do.

What are some of the symptoms of heart failure?

People with heart failure may feel tired and short of breath.

Climbing stairs, walking, and some other daily activities may be difficult for them.

Some people get swelling in their feet, ankles, legs, liver, stomach, and veins in their necks.

What causes heart failure?

Some of the most common causes of heart failure are:

Coronary heart disease (CHD)

High blood pressure

Diabetes

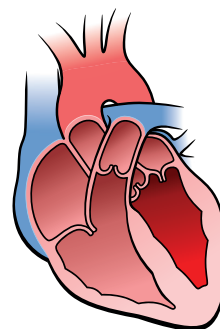
How does the heart change with heart failure?

Heart Muscle Thickens

As the heart muscle gets weaker, its walls may start to get thicker. This is called **dilated cardiomyopathy (DCM)**.

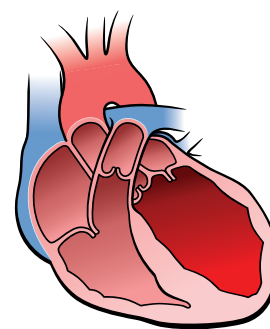
Heart May Pump Faster

Also, as the heart gets weaker, it may start to pump faster in an attempt to get more blood out.



NORMAL HEART

A healthy heart pumps oxygen-rich blood (red) throughout your body.



ENLARGED HEART

In heart failure, the weakened heart cannot pump as strongly.

Talk to your healthcare provider about a treatment plan to help manage heart failure.



GlaxoSmithKline

This material was developed by GlaxoSmithKline.



CHF LOG



Date	Weight	Blood Pressure	Daily Medication for CHF	Dosage	Symptoms	New Medication or Change in Treatment
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						

CHF LOG

Date	Weight	Blood Pressure	Daily Medication for CHF	Dosage	Symptoms	New Medication or Change in Treatment
16.						
17.						
18.						
19.						
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