

Heart Failure Toolkit

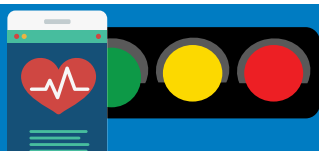


Use these tools to help manage heart failure (HF), also known as congestive heart failure (CHF).



Scale: Weigh daily in the morning after your first “pee” (urination) and before you get dressed and eat breakfast.

Weight Log: Write your weight down on [a tracking sheet or calendar](#). Compare the numbers to see if you have gained 2-3 pounds in one day or 5 pounds in one week – or follow any different instructions from your doctor or other health care provider.



Heart Failure Zone Tool: Use this [Zone Tool](#) to know what to do every day to keep feeling good (green zone). You'll also see what it feels like when you need to call for help (yellow zone) and avoid having to call 911 or go to the emergency room (red zone).doctor or other health care provider.



What is a Fluid? If you must limit your fluid intake (check with your doctor or health care provider), [this tool](#) will help you identify things that are fluids (they melt at room temperature) and show you how to measure to keep track. If you are on a fluid restriction, 2,000 milliliters/64 ounces per day is common.



Learn to Read Food Labels for Salt (or Sodium) – If you must limit your salt intake (check with your doctor or health care provider), it's important to know how much salt/sodium is in each serving of what you eat or drink. This [infographic](#), from the Food and Drug Administration (FDA), shows you how to read food labels to find out how much sodium is in each serving of the item.



Low Salt (or Sodium) Foods: When your heart is not pumping as strong and effectively as it once did, food items that contain salt/sodium may cause your body retain fluid—like a sponge! Extra fluid can be in your ankles or legs and in your lungs, which can make it hard to breathe. If you are on a salt/sodium restriction, 2,300 milligrams per day is common (check with your doctor or health care provider). See this [fact sheet](#) from the National Heart, Lung and Blood Institute (NHLBI) for tips on how to reduce salt and sodium.



If you exercise, your heart will be healthier even if you have heart disease. See the [Exercise and Older Adults Toolkit](#) from the National Institute on Aging (NIA) to learn about the value of exercise for older adults. See information about [cardiac rehabilitation](#) from Medicare.gov to see what programs are covered for you.



Medicine: When it comes to medicine, three things are important:

1. Can you afford all of your medicine?
2. Can you get it from the pharmacy? Refills, too?
3. Can you take it as you are supposed to?

If you answered “no,” to any of these questions, please discuss your situation with your doctor or health care provider. Use the [My Personal Health Record tool](#) to keep track of the medicine you take.

Learn more: [Centers for Disease Control and Prevention: Heart Failure](#)



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