

Heart failure handbook



**Ascension
Saint Thomas Heart**

Patient name:

Heart failure

Heart failure is a complex condition that results from any structural or functional impairment involving the filling or ejection of blood from the lower part of your heart.

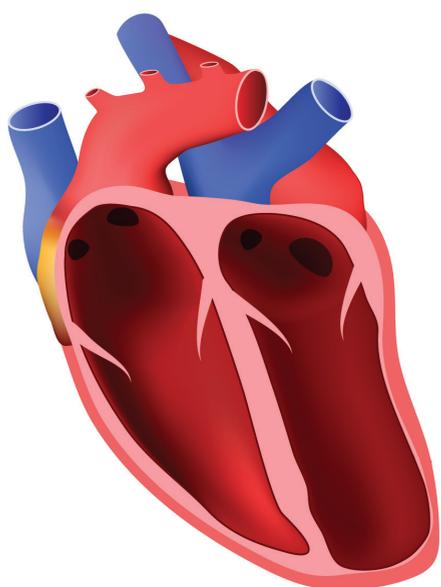
Types of heart failure

Heart failure is generally categorized by assessment of the ejection fraction or EF. This assessment is often done with an echocardiogram.

Ejection fraction

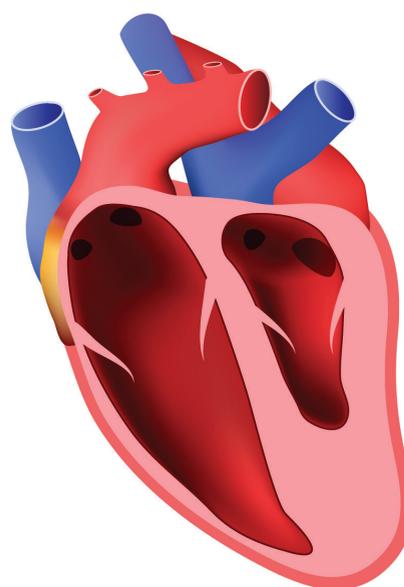
Ejection fraction (EF) is a measure of the blood your heart pumps out with each heartbeat.

- Heart failure with reduced ejection fraction (HFrEF): EF is less than or equal to 40 percent
- Heart failure with preserved ejection fraction (HFpEF): EF is greater than 40 percent



Weakened heart muscle can't squeeze as well

HFREF



Stiff heart muscle can't relax normally

HFPEF

You have _____ heart failure.

Ejection fraction

Your current ejection fraction is _____.

Common causes of heart failure

Causes of heart failure include, but are not limited to:

- Coronary artery disease
- Genetic abnormalities
- Heart valve problems
- Abnormal heart rhythm
- High blood pressure
- Diabetes
- Infection and inflammation of the heart muscle (myocarditis)
- Pregnancy
- Heavy alcohol use
- Drugs (recreational or therapeutic drugs such as some cancer treatments and cocaine/methamphetamine)

Other medical conditions may affect the severity of your heart failure symptoms

Testing for heart failure

- Echocardiogram to examine pump function and heart valves
- Heart catheterization to measure pressures in the heart and examine coronary arteries
- MRI to assess pump function and heart muscle scarring
- Specialized stress testing to determine the heart's ability to use fuel and oxygen
- Blood tests
- Other: _____



Medications and management



Lifestyle modification

- Low-sodium (salt) diet (no more than 2000 mg/day)
- Daily weight
- Limit alcohol
- Exercise/cardiac rehabilitation

Medications for heart failure

Medications	Common names	Common side effects
<p>ACE inhibitors</p> <p>Angiotensin receptor blockers (ARB)</p> <p>Angiotensin receptor blockers and neprilysin inhibitor (ARNI)</p> <ul style="list-style-type: none"> • All three classes work similarly by decreasing strain on heart, making it easier to pump and improving blood flow 	<p>ACE Enalapril, Captopril Lisinopril, Ramipril</p> <p>ARB Valsartan, Olmesartan Losartan, Candesartan</p> <p>ARNI Sacubitril/Valsartan (Entresto®)</p>	<p>Dizziness Cough — most common with ACE inhibitors (if swelling of the lips or tongue — seek medical/emergency care)</p>
<p>Beta-blocker</p> <ul style="list-style-type: none"> • Slows heart rate by blocking hormones (body chemicals) 	<p>Metoprolol Succinate Carvedilol Bisoprolol</p>	<p>Headache Dizziness Drowsiness</p>
<p>Diuretic</p> <ul style="list-style-type: none"> • Helps body eliminate excess water by increasing urination, which reduces swelling and may improve breathing 	<p>Furosemide Bumetanide Torsemide Metolazone</p>	<p>Hard stools (constipation) Dizziness upon standing</p>
<p>Aldosterone antagonist</p> <ul style="list-style-type: none"> • Decreases strain on heart by altering hormones that are damaging heart 	<p>Spirolactone Eplerenone</p>	<p>Breast tenderness (spironolactone)</p>
<p>SGLT2 inhibitors</p> <ul style="list-style-type: none"> • Improves symptoms of heart failure 	<p>Dapagliflozin Empagliflozin</p>	<p>Genital infections Dehydration</p>
<p>S-guanylate cyclase stimulant</p> <ul style="list-style-type: none"> • Dilates blood vessels and reduces how hard the heart has to work to pump blood 	<p>Vericiguat</p>	<p>Hypotension (low blood pressure)</p>

Medications and management

Medications	Common names	Common side effects
Digoxin <ul style="list-style-type: none"> Slows heart rate, helps heart pump more blood with each beat so more oxygen-rich blood travels to the body 	Digoxin	Abnormal heart rhythms Requires routine laboratory monitoring
Hydralazine and nitrate <ul style="list-style-type: none"> Lowers blood pressure and decreases how hard the heart has to work Two medications used together, sometimes combined in a single pill 	Hydralazine Isosorbide mononitrate Isosorbide dinitrate Hydralazine/isosorbide dinitrate	Headaches Dizziness Nausea
f-channel inhibitor <ul style="list-style-type: none"> Slows heart rate 	Ivabradine	High blood pressure Vision changes, including brightness
Additional medication options:		

Do's and don'ts



DO

- Take all prescribed medications, even if you feel good.
- Carry an up-to-date list of current medications you take, and bring it to all of your appointments.
- Use a pillbox to organize medications. Use your pharmacy's auto-refill or reminder service.
- Set an alarm to make sure you take your medication on time.
- Ask your doctor or pharmacist if you have questions or concerns about your medications.



DON'T

- Stop taking any medications without talking to your doctor.
- Miss doses or double-up on doses missed.
- Let your prescription run out or expire.
- Forget your medications when you go on vacation.
- Get discouraged about taking multiple medications; many patients need them to keep their hearts strong and healthy.
- Don't take over-the-counter medications or supplements without consulting with your medical team.

Weight monitoring

- Weigh yourself at the same time every day in the morning after urinating, in whatever clothing you sleep in.
- Weight gain may indicate water retention.
- Call your team if you gain 2 or more pounds in one day, or 5 or more pounds in one week.
- You and your team will determine what your optimal weight is.
- Your team may have other strategies for monitoring symptoms in addition to weight monitoring.

Dietary and lifestyle tips

Shaking the salt habit

Sodium (salt) causes the body to retain fluid, making the heart work harder. Too much sodium can worsen symptoms such as swelling, shortness of breath and weight gain. Use less than 2,000 mg of sodium per day.

Limit sodium

- Choose fresh vegetables and low-sodium foods instead of canned and processed foods.
- Do not add salt in cooking or at the table.
- Use salt-free seasonings.
- Ask your doctor before using salt substitutes. They may contain extra potassium, which may not be appropriate for you.
- Read the labels on packaged and canned foods for information on sodium content.
- Use caution when dining out. Restaurant foods generally contain high sodium. Try ordering fresh foods prepared without salt or sauces.

Select low-sodium versions or avoid:

- Boxed foods and dinners; frozen dinners
- Canned soup, canned vegetables and juices, or meats like ham
- Breaded foods, such as meat and vegetables
- Processed cheese, spreads and cottage cheese
- Snack foods such as pretzels, chips and crackers
- Deli foods like cole slaw and potato salad
- Canned or jarred gravies and gravy mixes
- Prepared meats like bologna and hot dogs
- Anything in brine: pickles, olives, sauerkraut, etc.
- Seasoned or flavored salt (garlic, onion), meat tenderizer, soy sauce and most condiments

Sodium-free solutions for kicking up the flavor

- Savory flavors such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion are the most effective in replacing the flavor of salt.
- If you are unsure how much spice or herb to use, begin with 1/4 teaspoon of most ground or dried spices and adjust to your taste. Start with only 1/8 teaspoon for garlic powder because it packs more of a punch.
- Over time, spices and herbs lose their potency. For best flavor, replace ground spices and dried herbs after a year, and whole spices every two years. Try labeling the date of purchase on the container with a permanent marker.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **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%

Dietary and lifestyle tips

Shopping for heart-healthy foods: reading food labels

- Is your **serving** the same size as the one on the label? If you eat double the serving size listed, then double the calories and other nutrient values.
- **Calories** are a measure of how much energy you get from a serving of food, and can help you manage your weight. Too many calories a day may lead to weight gain.
- Keep your intake of saturated and trans fats as low as possible as part of a nutritionally balanced diet.
- **Saturated fat** raises LDL (bad) cholesterol, increasing your risk of heart disease.
- **Trans fats** also raise LDL cholesterol while lowering HDL (good) cholesterol and raising your risk of heart disease. Trans fats are found in processed foods such as margarine, shortening, snack foods and baked goods.
- **Cholesterol** is found in foods of animal origin. Challenge yourself to eat less than 300 mg of cholesterol a day to reduce your risk of heart disease.
- Eating **fiber** can help lower cholesterol and reduce the risk of heart disease. Fruits, vegetables, whole-grain foods, beans and legumes are all good sources of fiber. Gradually increase your fiber intake to at least 25 grams per day.

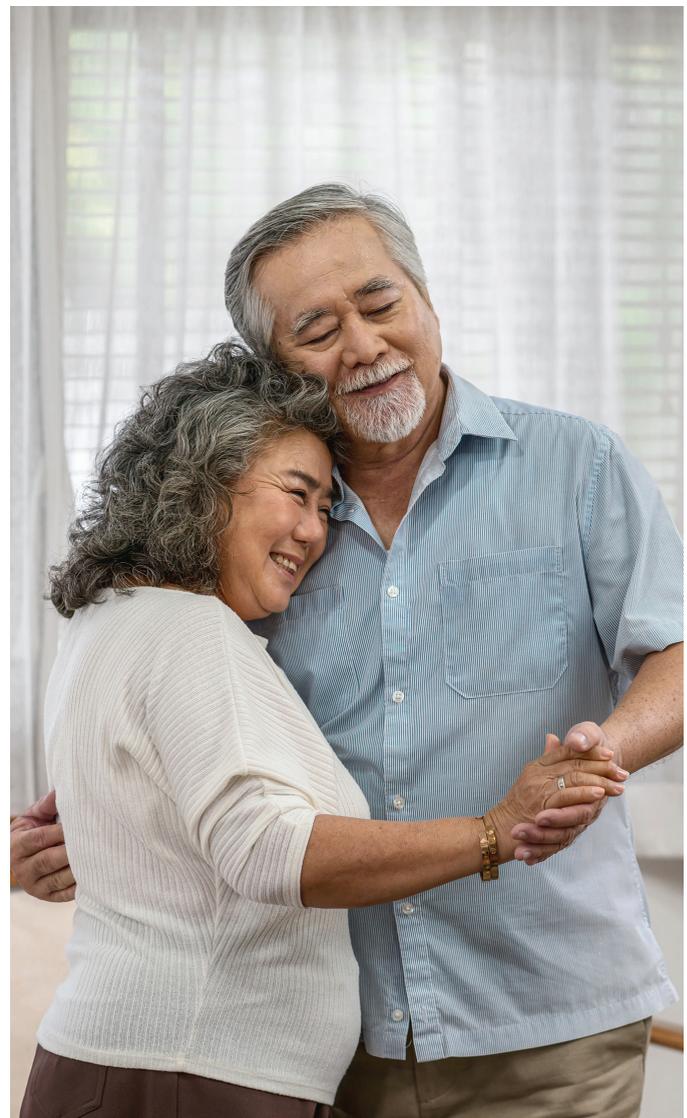
Sexual activity

Patients with heart failure often have concerns about sexual activity.

In most cases, sexual activity can be continued when your heart failure is controlled with medicine.

Here are some guidelines to help you remain sexually active:

- Make sure you are well-rested before you have sex.
- Make sure you avoid sex after a heavy meal or alcohol.
- Be sure to select a position that is comfortable. A side-by-side position may be less demanding for you.
- Be sure you stop if you become short of breath during intercourse. Prop yourself up with pillows, or sit in a chair.
- Tell your doctor if you have symptoms during sex such as chest discomfort (angina) or shortness of breath. Talking it over may help you find solutions to these problems.
- Some patients are unable to be sexually active because of their medications or symptoms.
- There are other forms of lovemaking such as hugging and kissing that everyone can do.



Physical activity

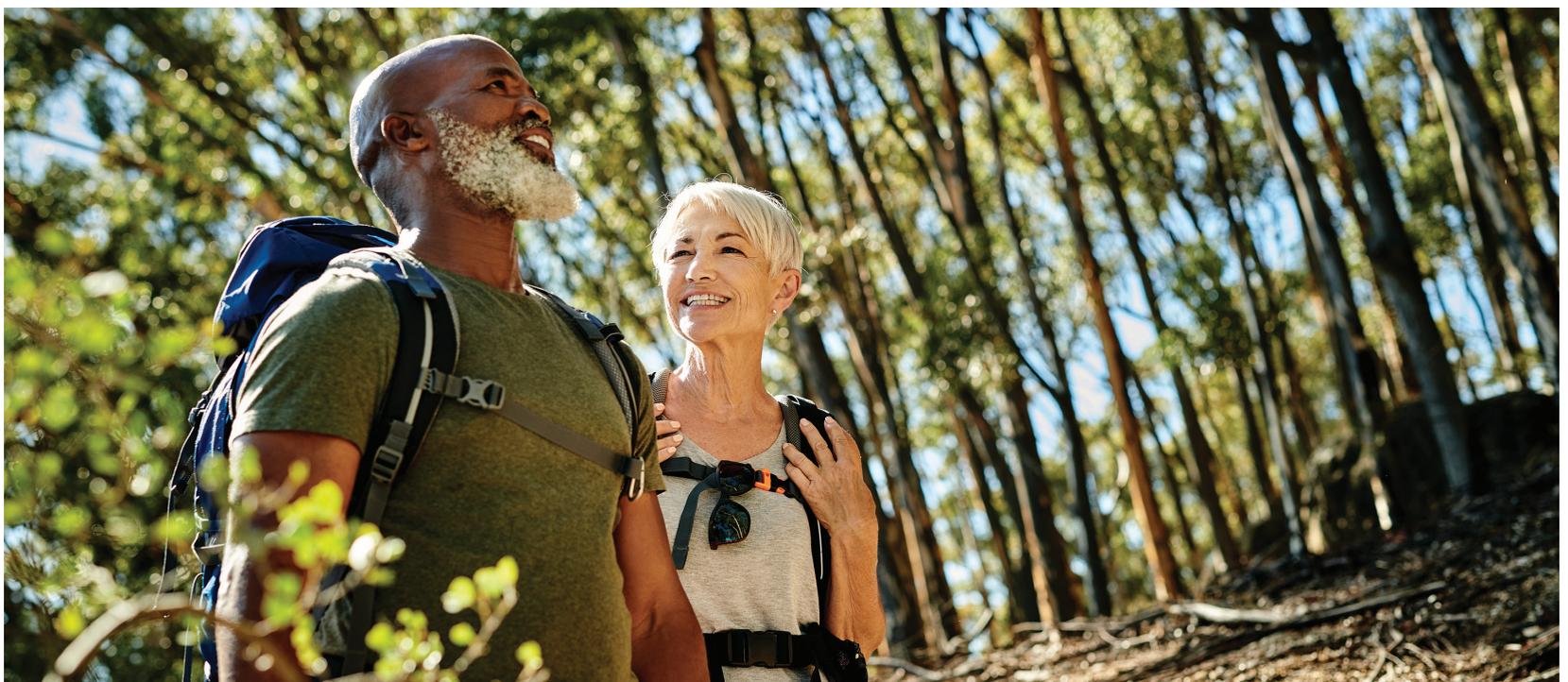
Recommendations

- Staying active will help strengthen your heart, decrease stress and improve sleep.
- Pace yourself with activities, taking breaks as needed.
- Organize your daily activities and get into a routine. Identify the best time of day for each activity.
- Think through how you can save your energy with everyday tasks (i.e. sitting vs. standing; slide objects vs. lifting; and delegating tasks to others).
- Exercise helps boost energy levels, which may allow for more activities without feeling tired or short of breath.
- Don't hold your breath while exercising. You should be able to talk, while feeling slightly breathless when exercising.
- Knowing when to stop exercising is important. Stop at the first sign of chest pain, heart racing, trouble catching your breath, dizziness or extreme tiredness.
- Use the Rate of Perceived Exertion (RPE) scale to gauge your exercise intensity.

RPE scale

How difficult is the activity for you to do, from 0 (not difficult at all) to 10 (maximum difficulty)?

0	Not difficult
1	Very light exertion
2	Light exertion
3	Moderate exertion
4	Somewhat heavy exertion
5	Heavy exertion
6	
7	Very heavy exertion
8	
9	
10	Maximum exertion



Heart failure zone stoplight tool

Which heart failure zone are you in today: **green**, **yellow** or **red**?



Every day

- Weigh yourself first thing in the morning and write it down.
- Take your medicine as instructed.
- Check for swelling in your feet, ankles, legs and abdomen.
- Eat low-sodium food — follow a 2-gram sodium diet.
- Balance activity and rest periods.



All clear (this zone is your goal)

Your symptoms are under control. You have:

- No shortness of breath
- No weight gain more than 2 pounds
- No swelling of your feet, ankles, legs or abdomen
- No chest pain



Caution (this zone is a warning — take action)

Call your doctor's office if you have:

- A weight gain of more than 2-3 pounds in one day, or a weight gain of 5 pounds or more in one week
- More shortness of breath with your usual activities
- More swelling of your feet, ankles, legs or abdomen
- No energy or feel more tired
- A sudden decrease in urination
- Dizziness
- Uneasiness; you know something is not right
- Increased shortness of breath when lying down, or you need to sleep sitting up in a chair



Emergency

Seek urgent medical help if you are:

- Struggling to breathe, or unrelieved shortness of breath while sitting still
- Having chest pain
- Having confusion or can't think clearly

My personal heart health plan

My name is _____

As healthcare professionals, we promise to help you take care of yourself. This means we will help you understand your condition and the care that you need. It also means that we will give you tools to help you live a heart-healthy lifestyle. Think about the state of your health right now and your goals for the future. You may have one main goal, such as “I want to go fishing with my grandchild” or “I want to have enough energy to go to an amusement park with my family.” To achieve your main goal, you must take small steps every day to meet smaller goals. A daily goal might be, “I will take my medications every day” or “I will quit smoking.”

My healthcare goals are: _____

This health plan will help you identify goals to strive for on your heart-healthy journey. We strongly encourage your health coaches and/or caregivers to work with you to help you reach these goals.

My primary doctor is _____
Name/phone number

My cardiologist is _____
Name/phone number

My preferred hospital is _____
Name/phone number

My pharmacy is _____
Name/phone number

My home health agent is _____
Name/phone number

Other _____
Name/phone number

Clinic locations

General heart failure clinics

Ascension Saint Thomas Heart West

4230 Harding Pike, Suite 450
Nashville, TN 37205
t 615-222-3945
f 615-222-5399

Ascension Saint Thomas Heart Midtown

301 21st Ave. N., Suite 100
Nashville, TN 37203
t 615-329-5144
f 615-284-2208

Ascension Saint Thomas Heart Rutherford

1840 Medical Center Parkway, Suite 401
Murfreesboro, TN 37129
t 615-396-5701
f 615-396-5703

Ascension Saint Thomas Heart Chattanooga

2501 Citico Ave., Suite 400A
Chattanooga, TN 37404
t 615-222-3945
f 615-222-5399

Ascension Saint Thomas Heart Clarksville

647 Dunlop Lane, Suite 200
Clarksville, TN 37040
t 615-222-3945
f 615-222-5399

Ascension Saint Thomas Heart Franklin

4323 Carothers Parkway, Suite 308
Franklin, TN 37067
t 615-222-3945
f 615-222-5399

Ascension Saint Thomas Heart McMinnville

1589 Sparta St., Suite 100
McMinnville, TN 37110
t 931-815-3420
f 931-815-3423

Ascension Saint Thomas Heart Turkey Creek

10800 Parkside Drive, Suite 331
Knoxville, TN 37934
t 615-222-3945
f 615-222-5399

Virtual-only heart failure clinic

Ascension Saint Thomas Heart Paris

1015 Kelley Drive, Suite 200
Paris, TN 38242
t 731-644-8226

Full-time clinics

Call center — 1-800-345-5016

Ascension Saint Thomas Heart West

4230 Harding Pike, Suite 330
Nashville, TN 37205
t 615-269-4545

Ascension Saint Thomas Heart Midtown

301 21st Ave. N., Suite 100
Nashville, TN 37203
t 615-329-5144

Ascension Saint Thomas Heart Rutherford

1840 Medical Center Parkway, Suite 201
Murfreesboro, TN 37129
t 615-867-5028

Ascension Saint Thomas Heart Franklin

4323 Carothers Parkway, Suite 308
Franklin, TN 37067
t 615-565-6670

Ascension Saint Thomas Heart Gallatin

300 Steam Plant Road, Suite 310
Gallatin, TN 37066
t 615-451-9200

Ascension Saint Thomas Heart Lebanon

100 Physician's Way, Suite 300
Lebanon, TN 37090
t 615-449-6868

Ascension Saint Thomas Heart Clarksville

647 Dunlop Lane, Suite 200
Clarksville, TN 37040
t 931-648-0064

Ascension Saint Thomas Heart Hermitage

5045 Old Hickory Blvd., Suite 200
Hermitage, TN 37076
t 629-888-5150

Ascension Saint Thomas Heart Manchester

1615 McMinnville Highway
Manchester, TN 37355
t 931-723-0731

Ascension Saint Thomas Heart McMinnville

1589 Sparta St., Suite 100
McMinnville, TN 37110
t 931-815-3420

Ascension Saint Thomas Heart Paris

1015 Kelley Drive, Suite 200
Paris, TN 38242
t 731-644-8226

Ascension Saint Thomas Heart outreach clinics

Call center — 1-800-345-5016

Antioch

3754 Murfreesboro Pike
Antioch, TN 37013
t 615-329-5144

Ashland City

342 Frey St.
Ashland City, TN 37015
t 615-329-5144

Bellevue

5700 Temple Road
Nashville, TN 37221
t 615-269-4545

Brentwood

789 Old Hickory Blvd.
Brentwood, TN 37027
t 615-565-6870

Carthage

107 Healthcare Drive, Building 3
Carthage, TN 37030
t 800-345-5016

Centerville

150 East Swan St.
Centerville, TN 37033
t 615-329-5144

Columbia

1609 Rose Wood Drive
Columbia, TN 38401
t 615-565-6670

Cookeville

120 Walnut Commons Lane, Suite C
Cookeville, TN 38501
t 615-329-5144

Crossville

1645 S. Main St.
Crossville, TN 38555
t 800-345-5016

Dover

1020 Dr. Robert H. Lee Dr.
Dover, TN 37058
t 931-648-0064

Fayetteville - South Elk

207 Elk Ave. S.
Fayetteville, TN 37334
t 800-345-5016

Fayetteville - Lincoln Medical Center

108 Medical Center Blvd., Suite 125
Fayetteville, TN 37334
t 800-345-5016

Franklin at Heritage Westgate

(Heritage patients only)
1622 Westgate Circle
Brentwood, TN 37027
t 615-565-6670

Gallatin - St. Blaise

110 St. Blaise Road
Gallatin, TN 37066
t 615-329-5144

Goodlettsville

900 Conference Drive, Suite 8
Goodlettsville, TN 37072
t 615-851-5551

Lenox Village

6130 Nolensville Road
Nashville, TN 37211
t 615-329-5144

Lawrenceburg

2121 N. Locust Ave., Suite 6
Lawrenceburg, TN 38464
t 800-345-5016

Lewisburg

1080 N. Ellington Parkway
Lewisburg, TN 37091
t 800-345-5016

Mount Juliet

108 Providence Trail
Mount Juliet, TN 37122
t 615-449-6868

Nashville at Ascension Medical Group Midtown

300 20th Ave. N.
Nashville, TN 37203
t 615-329-5144

Paducah, KY

Medical Park 2, Suite 401
2603 Kennedy Ave.
Paducah, KY 42003
t 800-345-5016

Parsons

526 Florida Ave. N.
Parsons, TN 38363
t 615-269-4545

Portland

934 South Broadway, Suite C
Portland, TN 37148
t 615-329-5144

Pulaski

215 S. Cedar Lane
Pulaski, TN 38478
t 800-345-5016

Russellville, KY

1623 Nashville St., Suite 104
Russellville, KY 42276
t 800-345-5016

Shelbyville

120 Frank Martin Road, Suite 201
Shelbyville, TN 37160
t 615-867-5028

Smithville

518 W. Main St.
Smithville, TN 37166
t 615-867-5028

Ascension Saint Thomas Heart outreach clinics *continued*

Call center — 1-800-345-5016

Sparta

417 Sewell Drive
Sparta, TN 38583
t 615-867-5028

Tompkinsville, KY

529 Capp Harlan Road
Tompkinsville, KY 42167
t 800-345-5016

Tullahoma

100 William Northern Blvd.
Tullahoma, TN 37388
t 931-723-0731

Waverly

110 Hillwood Drive
Waverly, TN 37185
t 615-329-5144

Winchester

186 Hospital Road, Suite 100
Winchester, TN 37398
t 931-967-0965

Woodbury

370 Doolittle Road, Suite 5
Woodbury, TN 37190
t 615-867-5028



Ascension Saint Thomas Heart

To learn more or to
schedule an appointment,
visit ascension.org

Additional heart failure information can be found at
cardiosmart.org

Developed in collaboration with the
Ascension Heart Failure Affinity Group

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