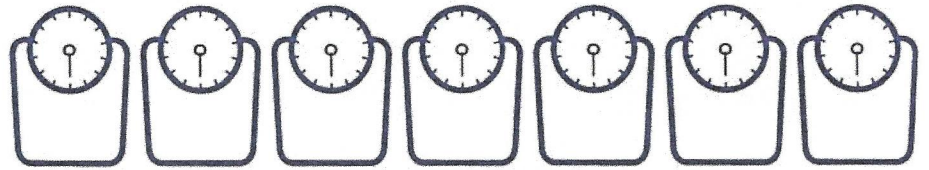
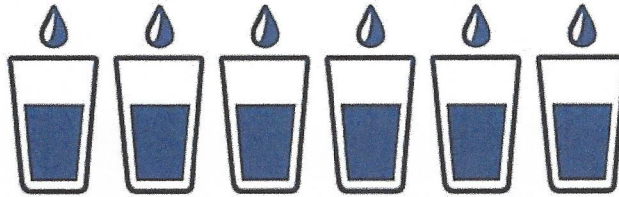


SEVEN STEPS FOR SUCCESSFUL MANAGEMENT OF Congestive Heart Failure

7 DAYS A WEEK
WEIGHT
MANAGEMENT



6 GLASSES
OF FLUID
A DAY



No more than **6**
8oz/250mL glasses
of fluid in one day

5 TIPS TO
STAY
HEALTHY

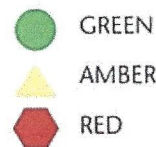


Physically
active at
least **5**
days of
the week



Annual
flu shot

Know the zones



Balanced
Diet



Keep my
Healthcare
Appointments

4 SIGNS
AND
SYMPTOMS



Weight
gain,
feeling
bloated

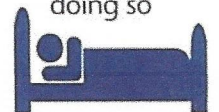


Increased
shortness
of breath



Swelling of
feet, ankles
or leg

Unable to lay flat or
need to cough when
doing so



3 THE 3 NO'S
TO REDUCE
SALT INTAKE



NO
added
salt at
home

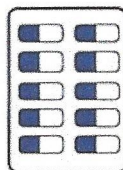


NO
added salt
when eating
out



NO
processed
foods

2 THINGS I
NEED TO
KNOW

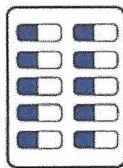


I know what
my water pill
(Diuretic) is for
and when to
take extra.

WHO TO CALL:

Family Doctor: _____
Cardiologist: _____
Nurse/Nurse Practitioner: _____
HF Clinic (905) 895-4521 Ext. 2171
***Bring medications to every appointment.**

1 I AM
NUMBER
ONE



I know my
meds and
when to
take them



I know my daily
weight and my
target weight

lbs/kg



I know my fluid and
salt restrictions



SOUTHLAKE
REGIONAL HEALTH CENTRE

Re Order #512062_04 July '17 © Southlake Regional Health Centre, 2017

Heart Failure Zones

CHECK WEIGHT DAILY

- ✓ Weigh yourself in the morning before breakfast and after you void. Write it down. Compare your weight today to your weight yesterday.
- ✓ Keep the total amount of fluids you drink to only 6 to 8 glasses each day. Fluids include all drinks, soups, ice, and popsicles. (6 to 8 glasses equals 1500 to 2000mL or 48 to 64 oz)
- ✓ Take your medicine as instructed.
- ✓ Check for swelling of your feet, ankles, legs and stomach every day.
- ✓ Eat foods that are low in salt or salt-free.
- ✓ Balance activity and rest periods.

WHICH HEART FAILURE ZONE ARE YOU TODAY? GREEN, YELLOW OR RED

ALL CLEAR - GREEN ZONE IS YOUR GOAL!

Your symptoms are under control. You have:

- ✓ No shortness of breath.
- ✓ No chest discomfort, pressure or pain.
- ✓ No swelling or increase in swelling of your feet, ankles, legs or stomach.
- ✓ No weight gain of more than 4lbs (2kg) over 2 days in a row or 5lbs (2.5kg) in 1 week.



CAUTION - YELLOW ZONE IS A WARNING!

Call your Healthcare provider (e.g. Doctor, Nurse) if you have ANY of the following:

- ✓ You gain more than 4lbs (2kg) over 2 days in a row or 5lbs (2.5kg) in 1 week.
- ✓ You have vomiting and/or diarrhea that lasts more than two days.
- ✓ You feel more short of breath than usual.
- ✓ You have increased swelling in your feet, ankles, legs or stomach.
- ✓ You have a dry hacking cough.
- ✓ You feel more tired and don't have the energy to do daily activities.
- ✓ You feel light headed or dizzy and this is new for you.
- ✓ You feel uneasy, like something does not feel right.
- ✓ You find it harder for you to breathe when you are lying down.
- ✓ You find it easier to sleep adding pillows or sitting up in a chair.



Healthcare Provider: _____ Phone: _____

EMERGENCY - RED ZONE MEANS ACT FAST!

Go to an emergency room or call 911 if you have ANY of the following:

- ✓ You are struggling to breathe.
- ✓ Your shortness of breath does not go away while sitting still.
- ✓ You have a fast heartbeat that does not slow down when you rest.
- ✓ You have chest pain that does not go away with rest or with medicine.
- ✓ You are having trouble thinking clearly or are feeling confused.
- ✓ You have fainted.



The information in this document is intended solely for the person to whom it was given by the healthcare team.

For more information, refer to: www.heartandstroke.ca/heart/conditions/heart-failure

Source: Adapted from www.bcheartfailure.ca