



UNIVERSITY HOSPITAL
Newark, New Jersey



For any questions or concerns call:

973-972-1182

Table of Contents

Heart Failure Red Flags Zones.....	Page 3
Symptom Tracker.....	Page 4
About Heart Failure.....	Page 6
What is Heart Failure?.....	Page 7
Lifestyle and Exercise.....	Page 9
Consequences of Unhealthy Behaviors.....	Page 10
Managing Stress and Other Emotions.....	Page 11
Physical Activity.....	Page 12
Sexual Activity.....	Page 13
Nutrition and Diet.....	Page 14
1800mg Sodium Diet.....	Page 15
How to Eat Less Salt.....	Page 16
How Much Sodium?.....	Page 17
Reading Food Labels.....	Page 23
Nutrition Facts Label.....	Page 24
Fast Facts about Fast Food.....	Page 25
Heart Healthy Snacks and Desserts.....	Page 30
Weekly Diet Journal.....	Page 31
Medications.....	Page 32
Getting to Know your Medications.....	Page 33
Diuretics.....	Page 34
Ace Inhibitors.....	Page 34
Angiotensin Receptor Blockers (ARBs).....	Page 35
Beta Blockers.....	Page 35
Aldosterone Antagonists.....	Page 36
Bidil(hydralazine/isosorbide).....	Page 36
Digoxin.....	Page 36
Reading Prescription Labels.....	Page 37
Important Tips for Taking Your Medication.....	Page 38
My Medication Planner.....	Page 39
Medication Checklist.....	Page 40
Miscellaneous.....	Page 41
Caregiver Support.....	Page 42
Personal Health Record.....	Page 43
Preparing your Advance Directive and Health Care Proxy.....	Page 44
Advance Directive and Health Care Proxy Form.....	Page 45
My Chart.....	Page 46
References.....	Page 47



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Newark, New Jersey

HEART FAILURE RED FLAGS ZONES

EVERYDAY

EVERYDAY

- Weigh yourself in the morning before breakfast.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Have a 1800mg low salt diet.
- Balance activity and rest periods.

GREEN ZONE

ALL CLEAR- This zone is your goal

Your Symptoms are under control when you have:

- No shortness of breath.
- No more than 2 pounds weight gain in 1 day.
- 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 a weight gain of 3 pounds in 1 day or weight gain of 5 pounds or more in 1 week.
- More shortness of breath, breath is rapid.
- Your heart is beating faster than normal
- If it is harder to breathe when lying down and you need to sleep with more pillows.
- More swelling of your feet, ankles, or stomach.
- Feeling more tired. Dizziness. No energy.
- Dry hacky cough.
- You have a low urine output.

RED ZONE

EMERGENCY

CALL **911** if you have any of the following:

- Feelings of shortness of breath at rest.
- Struggling to breathe
- Severe chest pain or pressure.
- Fainting or passing out

Symptom Tracker

Circle the image that best describes your symptoms each day.



= no trouble/doing well



= mild/getting worse



= very bad

	Weight	Blood Pressure	Shortness of Breath	Tired/Weak	Swollen Legs	Appetite
Monday Date: _____						
Tuesday Date: _____						
Wednesday Date: _____						
Thursday Date: _____						
Friday Date: _____						
Saturday Date: _____						
Sunday Date: _____						

If you circled any → call your doctor immediately




Write notes or record any other symptoms here:

	Weight	Blood Pressure	Shortness of Breath	Tired/Weak	Swollen Legs	Appetite
Monday Date: _____						
Tuesday Date: _____						
Wednesday Date: _____						
Thursday Date: _____						
Friday Date: _____						
Saturday Date: _____						
Sunday Date: _____						




If you circled any → call your doctor immediately

Write notes or record any other symptoms here:



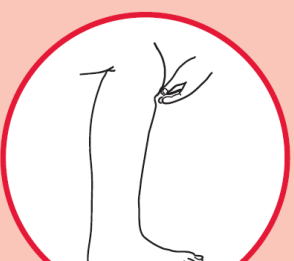
Symptom Tracker (continued)

 <p>Doing well — walk easily with no shortness of breath</p>	 <p>Getting worse — shortness of breath after walking a short distance</p>	 <p>Call your doctor — shortness of breath at rest</p>
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If you are out of breath and feel similar to the person in the yellow or red zone call your doctor or have a caregiver call your doctor immediately.

 <p>Doing well — Not dizzy or sometimes a little dizzy when standing up</p>	 <p>Doing worse — Dizzy for a long time</p>	 <p>Call your doctor — Almost passed out, passed out (fainted), or fallen</p>
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If you are tired or dizzy and feel similar to the person in the yellow or red zone 911 or have a caregiver call 911 immediately.

 <p>Doing well — no swelling</p>	 <p>Getting worse — swelling in ankle or shin</p>	 <p>Call your doctor — swelling in knee area</p>
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If you are swelling and feel similar to the person in the yellow or red zone call 911 or have a caregiver call 911 immediately.

About Heart Failure

What is Heart Failure?

Heart failure means that your heart muscle is weak and tires more easily. The walls of your heart are made of muscles that squeeze and relax. These strong muscles pump blood to all parts of your body.

Heart failure can cause many signs, such as:

- ♥ Swelling in feet, legs, and abdomen
- ♥ Loss of appetite
- ♥ Shortness of breath
- ♥ Chest pain
- ♥ Fatigue
- ♥ Liver and kidney problems
- ♥ Heart beats too fast or too slow or does not have a normal rhythm

Types of Heart Failure

Heart failure can happen in two ways:

- ♥ Systolic (sis-TAL-ik) dysfunction occurs when the heart muscle becomes weak and enlarged. The heart muscle cannot squeeze or pump blood as well.
- ♥ Diastolic (die-a-STAL-ik) dysfunction is present when the lower chambers of your heart or ventricles become stiff. The stiff muscle cannot relax between contractions, which keeps the ventricles from filling with enough blood.

Heart failure can occur on one or both sides of the heart.

- ♥ In left sided heart failure, the pressure from the left ventricle causes blood flow to back up into the lungs, making it hard for you to breathe. This can cause water to leak into the lungs, called pulmonary congestion.
- ♥ In right sided heart failure, the blood coming into the right side of your heart from the body backs up. This results in a backup of water in your legs and abdomen, often called edema

The amount of blood that pumps out of the heart with each beat is called the **ejection fraction** or **EF**. It is normal for some blood to stay in the chambers after each heartbeat. A “normal EF” is 55 to 60%. With the heart failure more blood may stay in the chambers. This results in a lower EF, often at or below 35 to 40%.

Causes of Heart Failure

The two most common causes of heart failure are heart attack and cardiomyopathy (car-de-o-mi-OP-ah-the).

A heart attack causes damage and scarring in an area of the heart muscle. This area is not able to pump blood as well as a healthy normal heart muscle. Over time, this area of heart muscle weakens. The size and location of the heart damage determines how well your heart is able to pump blood.

Cardiomyopathy is a disease that affects the heart muscle. The chambers enlarge and the heart muscle stretches. The heart weakens and the heart becomes a poor pump. Heart failure may be caused by other conditions that cause the heart muscle to become over worked such as:

- ♥ High blood pressure
- ♥ Heart valve disease
- ♥ Alcohol abuse
- ♥ Toxic effects of certain drugs
- ♥ Lung disease
- ♥ Heart defects from birth
- ♥ Infections
- ♥ Hereditary factors

The Heart's Way of Balancing

As heart failure develops over time, the heart tries to keep itself in balance or make up for its weakened state.

- ♥ The heart's pumping chambers may increase in size, so that more blood is able to enter them. This causes the heart muscle walls to stretch, resulting in stronger contraction. This way more blood is pumped with each heartbeat.
- ♥ The heart beats faster in order to pump more blood out of the body.
- ♥ The heart muscle may become thickened in response to the extra work. This is similar to the muscles in your arms or legs that increase in size and strength with weight lifting.

Through these measures, your heart tries to make up for its limited ability to pump blood, over time, these changes may not work and may not be enough to meet all of your body's needs.

The heart's muscular walls can be compared with a rubber band. The more you stretch the rubber band, the greater the force when it retracts. Likewise the increased size of the heart's chambers stretches the muscular walls. This causes a stronger contraction or squeezing, forcing more blood out of the heart. With time, like an over stretched rubber band, the heart muscle becomes a weak pump.

Heart failure often develops over a period of time, as the heart tends to balance the changes in the heart muscle. But, the heart failure also can occur quickly. In this situation, the heart may not be able to balance and symptoms may occur sooner. These symptoms may keep you from carrying out normal daily activities.

Adapted by:

http://www.heart.org/idc/groups/heartpublic/@wcm/@hcm/documents/downloadable/ucm_300315.pdf

Lifestyle and Exercise

Consequences of Unhealthy Behaviors

Effects of Alcohol and Heart Failure



- ♥ Increases high blood pressure.
- ♥ Increases chances of worsening heart failure.
- ♥ Can lead to stroke.
- ♥ Increases weight gain which can lead to more stress on the heart and diabetes.
- ♥ Can lead to death due to heart failure.

If you drink alcoholic beverages consult your doctor for more information on any adverse side effects.

Effects of Substance Abuse and Heart Failure



- ♥ Loss of motor control.
- ♥ Impaired judgment.
- ♥ Some of these don't dissolve in the blood stream and may become particles that block the blood flow. Others may cause a toxic reaction.
- ♥ Increases chances of worsening heart failure.

Effects of Tobacco and Heart Failure



- ♥ Leads to fatty buildup in arteries.
- ♥ Atherosclerosis (buildup of fatty substances in the arteries).
- ♥ Cause of coronary heart disease, which leads to a heart attack.

Resources for QUITTING!

- ♥ **1-800-QUIT-NOW (1-800-784-8669) is a FREE telephone support service that can help individuals who want to stop smoking or using tobacco.**

- ♥ **Call 1-888-684-1162 now for addiction treatment options**



Managing Stress and Other Emotions

♥ Think ahead about what may upset you. Some things you can avoid.



♥ Choose the right path. Learn to say “no.” Don’t make too many promises.



♥ Give up bad habits. Too much alcohol, cigarettes or caffeine can increase stress. If you smoke, make a decision to quit now.



♥ Slow down. Try to “pace” not “race.” Plan ahead and allow enough time to get the important things done.



♥ Get enough sleep. Try to get 6 to 8 hours of sleep each night.



♥ Get organized. Use “To Do” lists to help you focus on your most important tasks.



♥ Approach big tasks one step at a time.



Adapted from:

http://www.heart.org/idc/groups/heartpublic/@wcm/@hcm/documents/image/ucm_300690.pdf

Physical Activity



Exercise can be very beneficial to the heart failure patient. Some of the benefits of exercise are an increase in fitness, improved body weight, and improvement in HDL cholesterol measurements. It may also decrease blood pressure measurements and improve blood glucose levels just to name a few.

Exercise programs include mode of activity, frequency, duration, and intensity. **ALWAYS GET YOUR DOCTOR'S APPROVAL BEFORE STARTING AN EXERCISE PROGRAM.** After approval, you should start slowly. Wear loose comfortable clothing and sneakers with good support.

Mode of activity:	<ul style="list-style-type: none"> ♥ Walking. ♥ Stationary biking. ♥ Rowing. ♥ Swimming (good for joint pain). <p>It is good to mix up your exercise routine with different exercises to keep it interesting as long as you are safe.</p>
Frequency:	<ul style="list-style-type: none"> ♥ Almost every day with an average of 5 days per week
Duration:	<ul style="list-style-type: none"> ♥ Walking for 5-15 minutes per session and increase your time every few days. ♥ Long term goal: 30-60 minutes per session. ♥ If time is an issue, you can split sessions (15 minutes in the morning and 15 minutes in the afternoon).
Intensity:	<ul style="list-style-type: none"> ♥ Exercise at an intensity in which you can talk with someone. ♥ You should never exercise through pain. ♥ If you are so out of breath that you cannot talk, you should slow down or stop

NOTE:

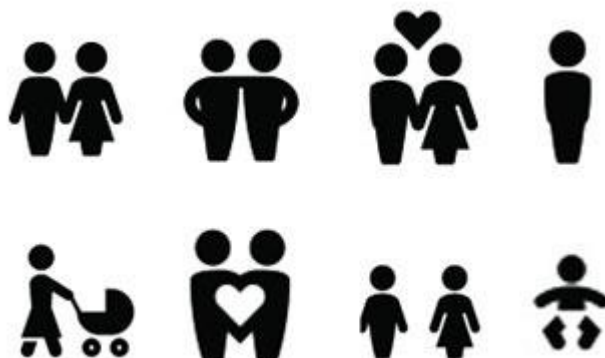
If you experience symptoms during your exercise routine such as chest pain, discomfort, significant shortness of breath, lightheadedness, or dizziness, stop exercising and call your doctor or call 911 if it is urgent.

Some Heart Failure Patients will benefit from a monitored Cardiac Rehabilitation Program. If you are interested, ask your doctor. Cardiac Rehabilitation is a specific program offered at most hospitals including University Hospital in Newark. It is a program where you are supervised and guided more specifically through your exercise program. Many insurances cover some or all of a Cardiac Rehabilitation Program.

Adapted from: "ACSM's Guidelines for Exercise Testing and Prescription" Eighth Edition by the American College of Sports Medicine. Wolters Kluwer/Lippincott Williams & Wilkins. Philadelphia. 2010

Sexual Activity

It is normal to wonder how much your heart can handle and to wonder if you will have a heart attack during sex. In most cases, sex will not damage your heart. If you have questions, make sure to talk to your doctor about your concerns. The exertion of sexual activity is equivalent to walking up two flights of stairs. Also, remember that there are other ways to be intimate besides having intercourse.



Below are some additional tips:

- ♥ It is important to discuss your feelings with your partner. Communication is very important. You may both have concerns about resuming sexual activity.
- ♥ Be patient with yourself. When you are faced with a heart problem, you can experience a lot of stress. As you get adjusted back into your life, it is good to ease into everything.
- ♥ Choose a relaxing environment to have sex. Also make sure that the temperature is comfortable.
- ♥ Wait at least one hour after eating before having sex and make sure that you are well rested.
- ♥ Sometimes you may have problems to resolve, that should involve another professional. It may be helpful to reach out to a counselor, or to talk with a doctor, nurse or spiritual leader.

Nutrition and Diet



1,800 mg Sodium Diet

It's Important to...
Eat less than 1,800 mg
of sodium each day.

WHY is it important to reduce sodium in my diet?

- ♥ **Sodium** (salt) acts like a sponge in your body and can make you hold onto **extra water** in your stomach, lungs, and legs.
- ♥ Too much sodium may also make your **blood pressure** too **high** and put **stress on your heart**.

HOW can I reduce sodium in my diet?



1. **Stop** adding salt to your food in cooking and at the table.



2. **Experiment** with low-sodium versions of your favorite foods.



3. **Buy** foods low in sodium.



4. **Learn** to read food labels.

WHAT foods are low in sodium?



Fresh and frozen
fruits and vegetables



Fresh meats
and seafood



Herbs and
spices



Hot cereals, shredded
wheat, puffed rice



Pasta, rice,
noodles

www.eatright.org www.nutritioncaremanual.org

DID YOU KNOW?

1 teaspoon of salt =
almost 2,300 mg of
sodium

Any type of salt you
consume (table,
Kosher, sea, etc.) is
going to react the same
way in your body and
cause high blood
pressure or fluid
retention.

It can be FUN to learn
new ways to season
your food. Do not be
afraid to try salt-free
herbs and spices.

Your taste buds will get
used to the salt-free
flavors. Be patient!

How to Eat Less Salt

When you eat at home...



- ♥ Do not add salt to food when you cook or eat it.
- ♥ Season foods with herbs and seasonings that do not have salt.
- ♥ Make your own or choose low sodium sauces, salad dressings, breads, and desserts.
- ♥ Avoid “instant foods” that come in a bag or box.
- ♥ Drain and rinse canned foods (even canned fish) before cooking and eating them.
- ♥ Read food labels and choose foods that have less than 140 mg of sodium per serving.

When you eat out...



- ♥ Ask for food cooked without salt.
- ♥ Avoid butter, cheese, or sauces.
- ♥ Avoid fried foods. Choose grilled, baked, or steamed foods.
- ♥ Choose oil and vinegar salad dressing.
- ♥ Limit or choose fast food items with less salt.
- ♥ Avoid bacon, sausage, and ham







HOW MUCH SODIUM?











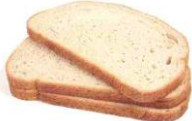
My Sodium Goal:










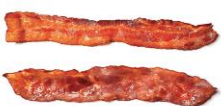

My goal is to eat less than **1,800 mg** of sodium each day.






Low sodium foods have **140 mg or less per serving**. Low sodium options are the highlighted foods on these charts.








Keep track of the daily amount of sodium you eat in your diet journal. Make sure to follow your sodium goal!







<i>Fruits and Vegetables</i>		<i>Serving Size</i>	<i>Sodium (mg)</i>
	Tomatoes, canned, unsalted	½ cup	10
	Tomatoes, canned	½ cup	155
	Vegetable juice, low sodium	1 cup	140
	Vegetable juice	1 cup	620
	Peas, green, frozen	½ cup	70
	Peas, green, canned	½ cup	230
	Corn, yellow, frozen	½ cup	Less than 5
	Corn, yellow, canned	½ cup	155
	Fruits and vegetables, fresh or frozen	1 cup	0-20
	Soup, canned, condensed	½ cup	870-930

Grain Products		Serving Size	Sodium (mg)
	Rice, white or brown	1 cup	0-10
	Pasta, cooked in unsalted water	½ cup	5
	Corn tortilla	1 medium	10
	Flour tortilla	1 medium	365-460
	Hot cereal (oatmeal, wheat, bran)	¾ cup	5
	Hot cereal, instant	¾ cup	180
	Pizza, frozen	4 oz	445-660
	Rice noodles	½ cup	105
	Macaroni and Cheese, box mix	1 cup	870
	Rice dish mix	1 cup	880-1,025
	Instant noodle soup, any flavor	1 package with flavor packet	1,610
	Bread, whole wheat	1 slice	130
	Rye Bread	1 slice	195

Meat and Fish		Serving Size	Sodium (mg)
	Egg, whole, hard-boiled	1	60
	Chicken, roasted	3.5 oz	70
	Chicken, fried, skin and breading	1 piece	860
	Cod, broiled	3.5 oz	75
	Tuna, light, canned, drained	3 oz	350
	Hamburger patty, cooked, broiled	3.5 oz	75
	Hot dog, beef and pork	1	370
	Ham	3.5 oz	895
	Sardines	3 small	110
	Bacon, cured, baked	2 slices	355
	Deli meat (turkey, roast beef, bologna, salami, pepperoni)	2 oz	220-320

Nuts and Beans		Serving Size	Sodium (mg)
	Peanut butter, smooth, unsalted	2 tablespoons	5
	Peanut butter, smooth, salted	2 tablespoons	150
	Beans, kidney, boiled, unsalted	½ cup	5
	Beans, refried, canned, traditional	½ cup	535
	Beans, pinto, canned, drained	½ cup	110
	Mixed nuts, salted	1 oz	120-250
	Mixed nuts, unsalted	1 oz	3-10

Snack Foods and Side Items		Serving Size	Sodium (mg)
	Popcorn, popped, unsalted	1 cup	0
	Popcorn, microwave, buttered	1 cup	145
	Tortilla chips, plain, salted	1 oz, about 10 chips	90
	Tortilla chips, nacho cheese	1 oz, about 10 chips	175
	Pretzels, plain, unsalted	1 oz	80
	Pretzels, plain, salted	1 oz	325
	Pickles	1 spear	300
	Olives	¼ cup	320-570
	Sauerkraut	½ cup	485
	French fries	1 cup	230

<i>Dairy Products</i>	<i>Serving Size</i>	<i>Sodium (mg)</i>	
	Cheese, Swiss	1 oz	54
	Cheese, cheddar	1 oz	175
	Cheese, parmesan, grated	1 tablespoon	75
	Cheese, processed	1 oz or 2 tablespoons	310
	Milk, reduced, low, or fat free	1 cup	100-115
	Buttermilk	1 cup	210-260
	Yogurt	1 cup	140
	Cottage cheese, low sodium	1 cup	30

Condiments and Spices		Serving Size	Sodium (mg)
	Baking powder, low sodium	1 teaspoon	5
	Baking powder	1 teaspoon	400-550
	Garlic powder	1 teaspoon	1
	Garlic salt	1 teaspoon	1,480
	Bouillon cube, low salt	1	40
	Bouillon cube	1	610
	Soy sauce, low sodium	1 tablespoon	530
	Soy sauce	1 tablespoon	900
	Ketchup	1 tablespoon	155
	Mustard, yellow	1 teaspoon	60
	Barbecue sauce	1 tablespoon	175
	Vinegar	1 tablespoon	5
	Flavored extracts (vanilla, almond, etc.)	1 teaspoon	0
	Herbs (allspice, basil, pepper, cinnamon, parsley, ginger, lemon juice, nutmeg, sage, etc.)	1 teaspoon	Less than 5
	Salt (Kosher, Lite, MSG, sea salt, salt sense, seasoned salt)	1 teaspoon	2,325
	Sauces and powder mixes (alfredo, cocktail, meat marinade, salad dressing, horseradish, taco sauce, steak sauce)	1 teaspoon	100-300

Adapted from: Krames Staywell. *Living Well with Heart Failure* and <http://www.supertracker.usda.gov>

Reading Food Labels

Choose items labeled:

- ♥ “low sodium”
- ♥ “no salt added”
- ♥ “sodium free”
- ♥ “free of salt”

LOW SALT

LOW SODIUM

Be careful with items labeled:

- ♥ “lower sodium”
- ♥ “less sodium”
- ♥ “lightly salted”
- ♥ These items may still not be a low sodium choice.



Nutrition Facts		Nutrition Facts	
Serving Size (120g)		Serving Size (120g)	
Amount Per Serving		Amount Per Serving	
Calories 280	Calories from Fat 35	Calories 320	Calories from Fat 90
% Daily Values*		% Daily Values*	
Total Fat 4g	8%	Total Fat 15g	23%
Saturated Fat 2g	10%	Saturated Fat 5g	25%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 10mg	3%	Cholesterol 15mg	5%
Sodium 430mg	18%	Sodium 900mg	38%
Total Carbohydrate 47g	15%	Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%	Dietary Fiber 1g	4%
Sugars 5g		Sugars 3g	
Protein 11g	22%	Protein 12g	24%
*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.		*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.	

The regular sodium version on the right has 900 mg. The label on the left said “lower sodium”. It does have lower sodium than the regular version. But, it is still a high sodium food. Both of these products are not good choices.

Read the nutrition facts label.

- ♥ 140 mg or less of sodium per serving is a good choice.
- ♥ Remember that if you eat more than that serving size, you will also get more sodium.

NUTRITION FACTS LABEL



Check serving size

1

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 **Calories from Fat** 40

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Enriched wheat flour, water, milk protein concentrate, canola oil, eggs, vanilla, natural flavoring, sugar, salt, ferrous sulfate, vitamin A palmitate, calcium pantothenate, beta carotene, vitamin B12

Low fat is good
(Less than 3 grams per serving)

3

Low sodium is good
(Aim for less than 300 mg of sodium per serving)

2

Eat less cholesterol

High fiber is good
(3 grams or more per serving)

4



Read the ingredients
(this item is *not* a good choice if 'salt' or 'sodium' are in the first 5 ingredients)

5

FAST FACTS ABOUT FAST FOOD



Burger King

Food Item	Total Calories	Total Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Protein (gm)
BK® Apple Fries (4 oz order)	70	0 Sat fat: 0 Trans: 0	0	40	16 Fiber: 1 Sugar: 10	0
Side Salad without dressing	70	3.5 Sat fat: 2 Trans: 0	10	90	7 Fiber: 4 Sugar: 3	4
French Toast Sticks (5-piece order)	350	11 Sat fat: 2 Trans: 0	0	280	59 Fiber: 2 Sugar: 25	3
Chicken Tenders® (4-piece order)	190	11 Sat fat: 2 Trans: 0	25	310	10 Fiber: 1 Sugar: 0	10
Hamburger	260	10 Sat fat: 4 Trans: 0	35	490	27 Fiber: 1 Sugar: 6	13
French Fries (small)	340	17 Sat fat: 3.5 Trans: 0	0	530	44 Fiber: 4 Sugar: 0	3
Onion Rings (medium)	400	21 Sat fat: 3.5 Trans: 0	0	630	47 Fiber: 4 Sugar: 6	6
Breakfast Muffin Sandwich	410	26 Sat fat: 9 Trans: <1	125	860	24 Fiber: 1 Sugar: 2	17
Cheesy Bacon BK Wrapper™	380	24 Sat fat: 7 Trans: <1	185	1020	28 Fiber: 2 Sugar: 2	13
Original Chicken Sandwich	630	39 Sat fat: 7 Trans: <1	65	1390	46 Fiber: 3 Sugar: 4	24
Whopper® with Cheese	760	47 Sat fat: 16 Trans: 1	100	1410	53 Fiber: 3 Sugar: 10	33

<http://www.bk.com/pdfs/nutrition.pdf>

Chick-Fil-A

Food Item	Total Calories	Total Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Protein (gm)
Fruit Cup (large: 7 oz order)	110	0 Sat fat: 0 Trans: 0	0	5	27 Fiber: 3 Sugar: 23	1
Yogurt Parfait with Granola (8 oz)	290	6 Sat fat: 2 Trans: 0	10	85	53 Fiber: 1 Sugar: 39	7
Side salad without dressing	70	4.5 Sat fat: 3 Trans: 0	15	110	5 Fiber: 2 Sugar: 2	5
Waffle Potato Fries® (med: 4 oz order)	390	21 Sat fat: 3 Trans: 0	0	180	48 Fiber: 5 Sugar: 0	5
Carrot and Raisin Salad (large: 9 oz order)	390	18 Sat fat: 2.5 Trans: 0	10	240	60 Fiber: 5 Sugar: 47	2
Hot Buttered Biscuit	310	14 Sat fat: 7 Trans: 0	0	700	41 Fiber: 2 Sugar: 5	5
Chicken Salad Cup (6 oz order)	350	22 Sat fat: 4 Trans: 0	120	1130	9 Fiber: 1 Sugar: 6	28
Chicken Caesar Cool Wrap®	460	15 Sat fat: 6 Trans: 0	65	1510	47 Fiber: 8 Sugar: 6	40

<http://www.chick-fil-a.com/Food/Meal>

KFC

Food Item	Total Calories	Total Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Protein (gm)
Corn on the Cob	70	<1 Sat fat: 0 Trans: 0	0	0	16 Fiber: 2 Sugar: 3	2
Sweet Corn (3.5 oz order)	100	<1 Sat fat: 0 Trans: 0	0	0	21 Fiber: 2 Sugar: 3	3
House Side Salad without dressing	15	0 Sat fat: 0 Trans: 0	0	10	3 Fiber: 1 Sugar: 2	1
Caesar Side Salad without dressing or croutons	40	2 Sat fat: 1 Trans: 0	5	90	2 Fiber: 1 Sugar: 1	3
Green Beans (3 oz order)	25	0 Sat fat: 0 Trans: 0	0	260	4 Fiber: 2 Sugar: 1	1
Mashed	120	4	0	530	19	2

Potatoes with gravy (5 oz order)		Sat fat: 1 Trans: 0			Fiber: 1 Sugar: 0	
Extra Crispy™ Chicken (1 breast)	510	33 Sat fat: 7 Trans: 0	110	1010	16 Fiber: 0 Sugar: 1	39
Honey BBQ Hot Wings® (1 Value Box meal)	540	28 Sat fat: 4.5 Trans: 0	55	1530	58 Fiber: 3 Sugar: 6	15
Double Down with Original Filet	610	37 Sat fat: 11 Trans: <1	150	1880	18 Fiber: 1 Sugar: 1	52

<http://www.kfc.com/nutrition/>

McDonald's

Food Item	Total Calories	Total Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Protein (gm)
Apple Dippers (2.25 oz package)	30	0 Sat fat: 0 Trans: 0	0	0	8 Fiber: 0 Sugar: 6	0
Side Salad without dressing	20	0 Sat fat: 0 Trans: 0	0	10	4 Fiber: 1 Sugar: 2	1
Fruit 'N Yogurt Parfait with Granola	160	2 Sat fat: 1 Trans: 0	5	85	31 Fiber: 1 Sugar: 21	4
Southwest Salad without dressing	140	4.5 Sat fat: 2 Trans: 0	10	180	20 Fiber: 6 Sugar: 6	6
Hash Browns (2 oz pattie)	150	9 Sat fat: 1.5 Trans: 0	0	310	15 Fiber: 2 Sugar: 0	1
Filet-O-Fish®	380	18 Sat fat: 3.5 Trans: 0	40	640	38 Fiber: 2 Sugar: 5	15
Sausage McGriddles®	420	22 Sat fat: 8 Trans: 0	35	1030	44 Fiber: 2 Sugar: 15	11
Big Mac®	540	29 Sat fat: 10 Trans: 1.5	75	1040	45 Fiber: 3 Sugar: 9	25

<http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf>

Subway

Food Item	Total Calories	Total Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Protein (gm)
Veggie Delight Salad	50	1 Sat fat: 0 Trans: 0	0	65	9 Fiber: 4 Sugar: 4	3
Oven Roasted Chicken Breast Salad	130	2.5 Sat fat: <1 Trans: 0	50	270	9 Fiber: 4 Sugar: 4	19
Veggie Delight (6" sandwich)	230	2.5 Sat fat:<1 Trans: 0	0	310	45 Fiber: 5 Sugar: 6	8
Roast Beef (6" sandwich)	320	5 Sat fat: 1.5 Trans: 0	45	700	45 Fiber: 5 Sugar: 7	24
Chicken and Bacon Ranch (6" sandwich)	570	28 Sat fat: 10 Trans: <1	95	1090	48 Fiber: 5 Sugar: 7	35
Pepperoni Pizza (8" pizza)	790	32 Sat fat: 13 Trans: 0	60	1350	96 Fiber: 4 Sugar: 8	38

<http://www.subway.com/nutrition/nutritionlist.aspx>

Taco Bell

Food Item	Total Calories	Total Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Protein (gm)
Cinnamon Twists	170	7 Sat fat: 0 Trans: 0	0	200	26 Fiber: 1 Sugar: 10	1
Mexican Rice (3 oz portion)	120	3.5 Sat fat: 0 Trans: 0	0	200	20 Fiber: 1 Sugar: 1	2
Crunchy Taco (1 taco)	170	10 Sat fat: 3.5 Trans: 0	25	290	12 Fiber: 3 Sugar: 1	8
Soft Beef Taco (1 taco)	200	9 Sat fat: 4 Trans: 0	25	510	19 Fiber: 3 Sugar: 1	10
Baja® - Chicken (1 Gordita)	310	15 Sat fat: 3.5 Trans: 0	35	600	28 Fiber: 3 Sugar: 6	17
7-Layer Burrito	500	18 Sat fat: 6 Trans: 0	20	1090	69 Fiber: 12 Sugar: 5	17
Crunchwrap Supreme®	540	21 Sat fat: 6 Trans: 0	30	1110	71 Fiber: 7 Sugar: 7	16

<http://www.tacobell.com/nutrition/>

Wendy's

Food Item	Total Calories	Total Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Protein (gm)
Frosty (Chocolate or Vanilla small: 12 oz cup)	250-260	6-7 Sat fat: 4-4.5 Trans: 0	25	115-125	41-43 Fiber: 0 Sugar: 35-37	6-7
Apple Slices (2.5 oz cup)	40	0 Sat fat: 0 Trans: 0	0	0	9 Fiber: 2 Sugar: 7	0
French Fries (value: 3.25 oz order)	230	11 Sat fat: 2.5 Trans: 0	0	250	30 Fiber: 3 Sugar: 0	3
Garden Side Salad with Caesar Dressing	170	14 Sat fat: 4.5 Trans: 0	20	290	6 Fiber: 2 Sugar: 3	6
Kids' Meal Hamburger	220	8 Sat fat: 3 Trans: 0	30	370	26 Fiber: 1 Sugar: 5	12
Kids' Chicken Nuggets (4-piece order)	180	11 Sat fat: 2.5 Trans: 0	25	370	11 Fiber: 1 Sugar: 1	8
Chili (small: 7.5 oz bowl)	201	6 Sat fat: 2.5 Trans: 0	40	880	21 Fiber: 6 Sugar: 6	17
Jr. Bacon Cheeseburger	400	24 Sat fat: 9 Trans: 1	65	920	25 Fiber: 2 Sugar: 5	20
Apple Pecan Chicken Salad with Grilled Chicken (without pecans/dressing)	340	11 Sat fat: 7 Trans: 0	105	1150	28 Fiber: 5 Sugar: 20	35
Baconator Single	660	40 Sat fat: 17 Trans: 1.5	120	1430	40 Fiber: 2 Sugar: 9	35

<https://www.wendys.com/en-us/nutrition-info/>

Heart Healthy Snacks and Desserts

1 Apple + 1 TBSP Peanut Butter



6 baby carrots + 10 sugar snap peas + 6 cherry tomatoes + 1 TBSP reduced-fat ranch dressing



1 small baked potato + 2 TBSP salsa + 1 ounce low-fat, low-sodium cheese



1 toaster waffle + 1/2 cup any fruit (like blueberries) + 2 TBSP low-fat yogurt



5 whole wheat crackers + 1 slice low-fat cheese



1 6-inch flour tortilla + 1/4 cup black beans + 2 TBSP salsa



Fruit smoothie: blend 1 cup reduced fat or fat free milk + 1/2 cup frozen strawberries + 1/2 banana



2 cups mixed greens + 1/2 cup mandarin oranges + 1 TBSP sliced almonds + oil and vinegar



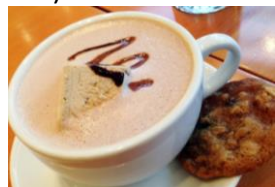
Banana Split: 1 banana sliced in half length-wise + 1/2 cup frozen yogurt + 1 TBSP chopped walnuts



1/2 whole wheat English muffin + 1 TBSP low-fat cream cheese + 1/2 cup diced vegetables + 1 oz low-fat, low-sodium cheese



1 cup hot chocolate (made with water, low-fat or fat-free milk) + 1 small oatmeal cookie



4 ounces fat-free vanilla pudding + 1/2 cup fresh fruit



Adapted from: <http://www.eatright.org/nnm/handoutsandtipsheets/>

Weekly Diet Journal

Write down the food and serving size of every meal, drink, and snack you ate for each day. Then, add up the total amount of sodium for that day.








	Breakfast (Goal: <500 mg Sodium)	Lunch (Goal: <500 mg Sodium)	Dinner (Goal: <500 mg Sodium)	Snacks (<300 mg Sodium)	Sodium
SAMPLE	1 cup oatmeal + 1 cup 1% milk (115 mg) 1 medium banana (1 mg) 1 slice whole wheat bread + 1 tbsp unsalted peanut butter (135 mg) 1 cup decaf coffee (5 mg)	3 ounces grilled chicken (330 mg) 1 cup green salad + olive oil + vinegar (120 mg) 1 cup mixed fresh fruit (0 mg) 5 unsalted crackers (10 mg)	3 ounces herb-baked salmon (365 mg) 1 baked potato + 2 teaspoons soft margarine (40 mg) ½ cup steamed spinach + lemon juice (60 mg)	¼ cup dried cranberries + 6-oz yogurt (130 mg) 3-inch square of angel food cake + fresh strawberries (140 mg)	1,450 mg
Monday					_____ mg
Date: _____					
Tuesday					_____ mg
Date: _____					
Wednesday					_____ mg
Date: _____					
Thursday					_____ mg
Date: _____					
Friday					_____ mg
Date: _____					
Saturday					_____ mg
Date: _____					
Sunday					_____ mg
Date: _____					

REMEMBER: Try to eat less than 1,800 mg (milligrams) of sodium each day!

MEDICATIONS

Getting to Know Your Medication

The following groups are medications that are commonly prescribed in heart failure. You might not be prescribed all of these medications, but it is good to be familiar with each group.

Medication Group	Purpose
<p>Diuretics</p>	<p>Keep fluid off “water pill”</p> 
<p>ACE Inhibitors</p>	<p>Reduce workload on the heart muscle and reduce weakening of the heart</p> 
<p>Beta Blockers</p>	<p>Reduce the work on the heart</p> 
<p>Aldosterone Antagonists</p>	<p>Keep fluid off and reduce weakening of the heart</p>  
<p>Digoxin</p>	<p>Strengthens the heart</p> 
<p>Bidil (hydralazine/isosorbide)</p>	<p>Helps your blood vessels relax and reduces workload on the heart</p> 



Diuretics

Furosemide (Lasix)	Torsemide (Demadex)
Bumetanide (Bumex)	Metolazone (Zaroxolyn)

Purpose	Keep fluid off and help you urinate more
Benefits	Keep you out of the hospital if taken correctly
Possible Side Effects	<ul style="list-style-type: none"> ♥ You may feel thirsty. Follow your doctor's recommendation to limit your fluid intake. ♥ You may need to urinate often, but after a few weeks this should decrease. ♥ Let your doctor know if you have weakness, dizziness, or leg cramps.
Labs Tests?	Your doctor will need to check labs on your kidneys (BUN & creatinine) and potassium levels
What should I do?	<ul style="list-style-type: none"> ♥ You need to weigh yourself daily ♥ Call your doctor if you gain more than 2 pounds in a day or 5 pounds in a week. ♥ Always make sure you have a well-balanced diet.



Ace Inhibitors (ACEs)

Lisinopril (Zestril or Prinivil)	Trandolapril (Mavik)
Enalapril (Vasotec)	Fosinopril (Monopril)
Ramipril (Altace)	Benazepril (Lotensin)
Captopril (Capoten)	Quinapril (Accupril)
Moexpril (Univasc)	Perindopril (Aceon)

Purpose	Reduce your blood pressure and reduce weakening of the heart.
Benefits	Help you live longer! ACE Inhibitors have been proven to help heart failure patients reduce risk of death by 20-40%.
Possible Side Effects	Get immediate medical attention if your tongue, lips, or face swell. If this does occur, it is usually within the first few doses.
Labs Tests?	Your doctor will need to check labs on your kidneys (BUN & creatinine) and potassium levels
What should I do?	<ul style="list-style-type: none"> ♥ Limit the amount of potassium in your diet according to your physician. ♥ Always make sure you have a well-balanced diet.

Angiotensin Receptor Blockers (ARBs)



ARB's are like ACE inhibitors. They are given when a patient cannot take an ACE inhibitor.

Candesartan (Atacand)	Irbesartan (Avapro)
Losartan (Cozaar)	Valsartan (Diovan)
Olmesartan (Benicar)	Telmisartan (Micardis)
Eprosartan (Tevetan)	

Purpose	Reduce your blood pressure and reduce weakening of the heart.
Benefits	Like ACE Inhibitors, ARBs have been proven to help heart failure patients reduce risk of death.
Possible Side Effects	Get immediate medical attention if your tongue, lips, or face swell. If this does occur, it is usually within the first few doses.
Labs Tests?	Your doctor will need to check labs on your kidneys (BUN and creatinine) and potassium levels
What should I do?	<ul style="list-style-type: none"> ♥ Limit the amount of potassium in your diet according to your physician. ♥ Always make sure you have a well-balanced diet.



Beta-Blockers

Carvedilol (Coreg)	Metoprolol Succinate (Toprol XL)
Bisoprolol (Zybetta)	

Purpose	Help reduce the workload of your heart and slow your heart rate.
Benefits	Beta-blockers have been proven to increase the lifespan of heart failure patients!
Possible Side Effects	<ul style="list-style-type: none"> ♥ You may feel tired, weak, or dizzy when you first start taking this medication. ♥ For men: may make it more difficult to obtain an erection. Talk to your doctor if this occurs.
Labs Tests?	None needed
What should I do?	<ul style="list-style-type: none"> ♥ Talk to your doctor if you have asthma or diabetes. ♥ Always take Coreg with food.



Aldosterone Antagonists

Spironolactone (Aldactone)	Eplerenone (Inspra)
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Purpose	Keep fluid off and reduce weakening of the heart.
Benefits	Have been proven to help heart failure patients live longer.
Possible Side Effects	You may feel tired and have headaches.
Labs Tests?	Your doctor will need to check labs on your kidneys (BUN & creatinine) and potassium levels.
What should I do?	<ul style="list-style-type: none"> ♥ Limit the amount of potassium in your diet according to your physician. Contact your doctor if: (Not a problem with eplerenone) ♥ Men: breast tenderness or trouble getting an erection ♥ Women: irregular menstrual cycle



Bidil (hydralazine/isosorbide)

Purpose	Helps relax the blood vessels and reduces the workload of your heart.
Benefits	Works very well in African Americans and increases lifespan in these patients.
Possible Side Effects	Headache often occurs during the first few doses but it is usually not a problem after that.



Digoxin

Digoxin has several different names: Digitek, Lanoxicaps, Lanoxin, Digitalis.

Purpose	Helps strengthen the heart and allows it to beat stronger.
Benefits	Can make you feel better and keep you out of the hospital.
Possible Side Effects	<p>Let your doctor know if you experience any of the following:</p> <ul style="list-style-type: none"> ♥ Loss of appetite or unexpected weight loss ♥ Nausea or vomiting ♥ Vision Changes ♥ Dizziness or rapid heart beat
Labs Tests?	Your doctor may need to check your Digoxin level and/or Kidney function.



Drug Safety: Reading Labels and Patient Information

Why Read Labels and Information Sheets?

Your prescription drug comes in a bottle or a box with a label. You also receive written information about the drug from your pharmacy. Both the label and the information sheet tell you important safety information.



How to Read a Drug Label

Pharmacy labels have a lot of information. Here are the things to look for on a drug label. Each pharmacy may put the information in a different place. To learn more, visit our free website, www.ConsumerReportsHealth.org/BestBuyDrugs.

Pharmacy name and address — CENTRAL PHARMACY
45 Main St, Anytown, US 12345

Prescription number — (800) 555-5555

Who the prescription is for — Dr. Jones, John C
DATE 06/24/10

Directions for taking the drug — TAKE ONE TABLET ORALLY DAILY OR EVERY SIX TO EIGHT HOURS AS NEEDED FOR SYMPTOMS.

Quantity in the container — 24

Brand name of the drug — FAZACLO

Refills left — NO REFILLS

Generic name of the drug — CLOZAPINE

Dose, or strength, of the drug — TAB 10-500MG

Expiration date of the drug — USE BEFORE 06/24/12

Safety reminders — DO NOT TAKE THIS DRUG IF YOU BECOME PREGNANT. DO NOT DRINK ALCOHOLIC BEVERAGES WHEN TAKING THIS MEDICATION. MAY CAUSE DROWSINESS OR DIZZINESS.

Doctor who wrote the prescription —

Date the prescription was filled —

Phone number of the pharmacy —

CAUTION FEDERAL LAW PROHIBITS TRANSFER OF THIS DRUG TO ANY PERSON OTHER THAN THE PATIENT FOR WHOM PRESCRIBED.

Important Tips for Taking Your Medication

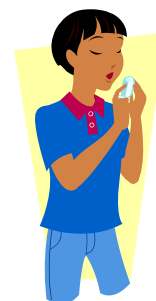
1. Take all of your medication every day at the correct times.



2. Have a reminder and/or organizer to take your meds such as a pill box, calendar, or medication planner.



3. Whether you have symptoms or not, you should always take your medication.



4. If you think you are having side effects from your medicines, don't stop taking them!

Talk to your doctor immediately.



5. If you are having trouble paying for your medicine, talk to your doctor, pharmacist or social worker.









6. If you are planning to travel or simply running errands, always bring your medication with you!

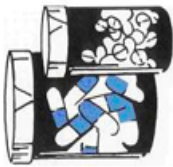


7. Bring all of your medications to your doctor visits, and do not start any new medications without talking to your doctor first.



MY MEDICATION PLANNER

MEDICATION	DOSE	HOW I TAKE IT	TIME	WHY I TAKE IT
MORNING MEDICATION				
				
				 Heart medication
MID-DAY MEDICATION				
				 Heart medication
EVENING MEDICATION				
				 Heart medication



MEDICATION CHECKLIST

Please bring this checklist to your next doctor's visit
Updated 11/10/2014

Name: _____

MIRN: _____

DOB: _____

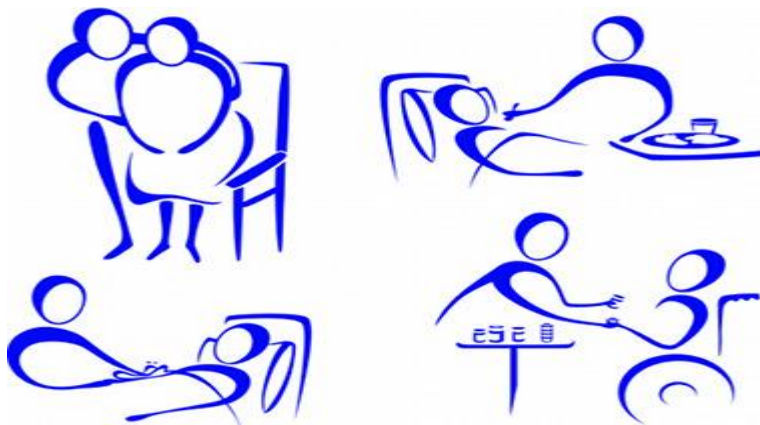
Medication	Dose	Time	MON	TUES	WED	THUR	FRI	SAT	SUN

Week of _____

It is important to understand what medications you should be taking, as well as the dosage, time(s) of day to take them, what each medication is for and possible side effects. Please call your pharmacist or physician for any questions regarding your medication list.

Miscellaneous

Caregiver Support



<p>♥ Decision Makers</p>	<p>Can help you make better decisions such as your lifestyle choices (eating, medication, quitting smoking, explore treatment options, etc.)</p>
<p>♥ Advocate</p>	<p>Will help you with organizing and making bill payments. They can speak to healthcare professionals about other medical options that are best for you.</p>
<p>♥ Communicator</p>	<p>Will be your second set of ears at doctor visits and will help you and the doctor understand your diagnoses better.</p>
<p>♥ Hands-on Care Provider</p>	<p>They can remind you to take your medication, help you with your groceries, or prepare your meals.</p>
<p>♥ Social Support</p>	<p>They can be your support system through a very hard time. You can do activities together such as walking or cooking.</p>

NOTE:

We encourage you to bring someone you trust to your doctor's appointments. Having a caregiver present while talking to your doctor can give you and the physician a better understanding of your health needs.

PERSONAL HEALTH RECORD

I was in the Hospital because:

My Appointments:

On ___/___/___ at ___:___ am/pm

For: _____

On ___/___/___ at ___:___ am/pm

For: _____

On ___/___/___ at ___:___ am/pm

For: _____

On ___/___/___ at ___:___ am/pm

For: _____

Test and issues I need to talk with my doctor(s) about at my next clinic visit:

1. _____

2. _____

3. _____

4. _____

5. _____

Other Instructions:

1. _____

2. _____

3. _____

4. _____

5. _____

Important contact Information

My Primary doctor:

() _____

My Hospital Doctor:

() _____

My Pharmacy:

() _____

My Visiting Nurse:

() _____

I understand my treatment plan. I feel able and willing to participate actively in my care.

Signature:

Date: _____

Questions for my Primary Care Doctor:

Preparing your Advance Directive and Health Care Proxy

An Advance Directive is a document in which you can declare specific healthcare requests and name another person (Health Care Proxy) to make healthcare decisions when you are no longer able to speak for yourself. Advance Directives may say that you do or do not want any life-sustaining procedures, if it is unlikely that you will have a meaningful recovery. An example of an Advance Directive is a Living Will.

The following list includes several treatment options that may be considered when you are at the end of your life. There are three important questions that need to be considered by you or your proxy: 1) What are the goals of care? 2) What are the benefits and burdens of the proposed treatment (will they cause pain and suffering)? and 3) Are there other options? (e.g. hospice).

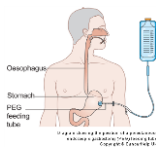
- ♥ **CPR (cardio pulmonary resuscitation)** tries to restart your heart and lungs if they stop working.



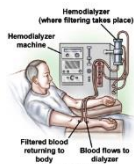
- ♥ **A respirator** is a machine that pumps air into your lungs through a tube that's put in your windpipe.



- ♥ **Tube Feeding** provides you with artificial nutrition through a tube or IV. It is given if you can't chew or swallow.



- ♥ **A kidney (dialysis) machine** cleans your blood when you kidneys can no longer work on their own.



- ♥ **Hospice Care** means comfort care. Hospice nursing staff may provide support for you and your family. This care is given during the last stages of an illness.



- ♥ **Pain medication** can be given to help keep you comfortable.

LIVING WILL AND HEALTH CARE PROXY

(Print Your Name Above)

If I cannot make or communicate decisions about my medical care, those around me should care for me according to the following instructions:

I **do not** want medical treatment (including feeding and water by tube) that will keep me alive if:

- I am unconscious and there is no reasonable chance that I will ever be conscious again, **or**
- I am near death with no reasonable chance of recovery, **or**
- I have an incurable and irreversible illness and the burdens of continued life with life-sustaining treatment become greater than the benefits I experience.

I **do** want medicine and other care to make me more comfortable and to take care of pain and suffering. I understand that pain medicines may dull consciousness and indirectly shorten my life.

Optional special instructions: _____

I know that the above instructions are general and will have to be interpreted. I also know that other decisions about my care may have to be made. Therefore, I am appointing a trusted person who knows me well to decide for me in accordance with my previously expressed wishes.

This person is called a **health care representative** or **proxy** and is authorized to make any and all health care decisions for me if I cannot make them myself. This proxy becomes effective when I become incapable of making or communicating decisions about my case.

I appoint _____
(Print Name of Health Care Representative or Proxy)

Who lives at _____

Phone Number _____

If my first choice health care proxy cannot or decides not to act for me, I appoint as my second choice:

Name _____
(Print name of Second Choice)

Who lives at _____

Phone number _____

Signed (Your Signature) _____

Address _____

Date _____

**A witness may be any competent adult other than a person named as a health care representative or alternate in this document.*

Witness 1 Signature _____ Witness 2 Signature _____

Name (Print) _____ Witness (Print) _____

Address _____ Address _____



Whether you are at work, on the road, or at home, [MyChart](#) allows you to view test results and key medical information. You can even access your family's records and request your next appointment online. See any member of your health team to sign up for [MyChart](#) and get connected to your health.

After signing up please visit the website below to stay updated with your medical health records.

<https://mychart.uhnj.org/MyChart-PRD/>

You may receive a patient satisfaction survey in the mail. If you do, we hope that you will take a few minutes to fill it out and return it because we rely on your feedback to improve our services. Your evaluation is very important to us and we are grateful for your time.

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