



# Managing Your Heart Failure — At a Glance

For an Emergency, Call 911

Daily Weight	Limit the Sodium (Salt) You Eat	Medicines	Activity/Exercise	Call Your Health Care Provider if:
 <ul style="list-style-type: none"> <li>■ Weigh yourself every morning after you urinate and before you eat or drink anything.</li> <li>■ Use the same scale.</li> <li>■ Weigh yourself without clothes.</li> <li>■ Keep a log of your weights.</li> <li>■ Call your health care provider right away if you have a weight gain of 3 pounds in 1 day or 5 pounds in 1 week.</li> </ul> <p><b>Allina Health</b> </p> <p><a href="http://allinahealth.org">allinahealth.org</a></p> <p><small>© 2015 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS. THIS BOOKLET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE. IT IS ONLY A GUIDE. cvs-ah-43732 (4/15)</small></p>	 <ul style="list-style-type: none"> <li>■ Do not use sodium (salt) at the table or for cooking.</li> <li>■ Limit sodium to 1,500 to 2,000 mg each day.</li> <li>■ Read food labels to find out the milligrams of sodium in one serving. Low sodium means 140 mg or less per serving.</li> <li>■ Avoid foods that are high in salt, such as canned items, processed meats (hot dogs, sausage, ham), pickles, olives, prepackaged or convenience foods, fast foods.</li> <li>■ Ask your health care provider about using salt substitutes.</li> </ul>	 <ul style="list-style-type: none"> <li>■ Take your medicines as prescribed each day.</li> <li>■ Carry a current list of your medicines with you at all times.</li> <li>■ Avoid over-the-counter medicines, supplements, and herbal or natural products unless they are recommended by your health care provider.</li> <li>■ Call your pharmacy at least 1 week in advance to refill prescriptions.</li> </ul>	 <ul style="list-style-type: none"> <li>■ Stay active! Try to exercise every day by walking, biking or swimming.</li> <li>■ Use common sense. Do not exercise outside in hot, cold or windy weather.</li> <li>■ If you become short of breath or develop discomfort, stop and rest. If your symptoms don't go away with rest, call your health care provider right away.</li> <li>■ <b>Do not use tobacco.</b> Resources are available for help with quitting. Ask your health care provider. </li> </ul>	 <ul style="list-style-type: none"> <li>■ you gain 3 pounds in 1 day or 5 pounds in 1 week</li> <li>■ you are more short of breath than usual</li> <li>■ you have more swelling of your feet, ankles, legs or stomach than usual</li> <li>■ you feel more tired than usual or unable to do daily activities</li> <li>■ breathing is harder when lying down</li> <li>■ are unable to take medicines</li> </ul> <div style="border: 2px solid red; padding: 5px; margin-top: 10px;"> <p><b>Call 911 if you:</b></p> <ul style="list-style-type: none"> <li>■ struggle to breathe</li> <li>■ have chest pain</li> <li>■ are confused or can't think clearly</li> </ul> </div>