

PATIENT REMINDERS

Heart Failure	Steps to Help Reduce Symptoms	When to Call or Visit Your Doctor	Common Medications for Heart Failure
<p>Heart Failure (HF) is a condition that usually happens over a period of time.</p> <p>With HF, the heart muscle is weakened and does not pump well.</p> <p>This can result in poor blood circulation to tissues and organs of the body. Blood can also “back up” causing symptoms such as:</p> <ul style="list-style-type: none"> • Shortness of breath • Swelling of the hands and lower legs • Sensation of bloating • Irregular heart beat • Waking at night with sudden shortness of breath • Trouble breathing when lying flat 	<ol style="list-style-type: none"> 1. Weigh yourself daily before breakfast. Your goal weight is: <input style="width: 100px; height: 20px;" type="text"/> 2. Limit fluid intake to 6-8 cups per day 3. Avoid salty foods 4. Do not take extra salt on your food 5. Take your medications as prescribed 6. Try to get little exercise each day 7. Avoid alcohol and smoking 	<p>If you gain 5lbs in a week or 4lb in 2 days</p> <p>If you are thinking of changing any of your medications (including non-prescription)</p> <p>If you notice any of the following:</p> <ul style="list-style-type: none"> • Chest Pain • Sudden dizziness or heart palpitations • Increased fatigue • Trouble breathing when lying flat • Increased shortness of breath • Difficulty breathing at night • Increased signs of swelling such as swollen ankles, bloating, or clothing feels tighter 	<p><u>ACE Inhibitors</u> These are drugs such as ramipril, enalapril, captopril. And lisinopril. They help improve your heart’s pumping action and prevent your disease from getting worse. Angiotensin receptor blockers (ARBs) have a similar function.</p> <p><u>Beta Blockers</u> These are drugs such as carvedilol, bisoprolol, and metoprolol. They reduce how hard your heart has to work and prevent your disease from getting worse. They also help to prevent and treat irregular heartbeat.</p> <p><u>Diuretics</u> These are drugs such as furosemide. They work to improve symptoms by relieving fluid overload.</p> <p><u>Aldosterone Antagonists</u> Drugs such as spironolactone blocksome of the negative complications and keep potassium level steady when you are on a diuretic.</p> <p><u>Digoxin</u> Usually called digoxin or lanoxin. This drug works to help relieve symptoms or control irregular heartbeat.</p> <p><u>Anti-coagulants</u> Drugs such as aspirin is used to prevent heart attack and/or stroke.</p>