

Managing

Heart Failure

A Program for Patients & Caregivers



CardioSmart
American College of Cardiology

Your Prescription for a Healthy Heart

In Partnership With:



Mended Hearts

Supported by:



NOVARTIS

Managing

Heart Failure

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- **About heart failure – what it is, who gets it, symptoms, what to expect**
- **Treatment options**
- **Your health care team and doctor visits**
- **Tips for managing heart failure**
- **Resources for support**



Managing

Heart Failure

About Heart Failure



- **Increasing risk with age; however young people can be affected**
- **Being overweight or obese**
- **Previous heart attack, persistent high blood pressure, certain congenital heart defects or other heart conditions**
- **Family history**
- **African Americans are more likely to develop heart failure**
 - **Also tend to develop symptoms at a younger age and are admitted to the hospital and die more often**
- **Women tend to have more severe symptoms, limits in activity**

Who is at Risk

“I remember thinking to myself that this cannot be possible, I’m only 30 years old.” –Brenda, Heart Failure Patient



“At 47 years old, I weighed a whopping 120 pounds, didn’t smoke and walked several miles a day, so I didn’t fit the bill for someone who would have heart disease.” –Lori, Heart Failure Patient

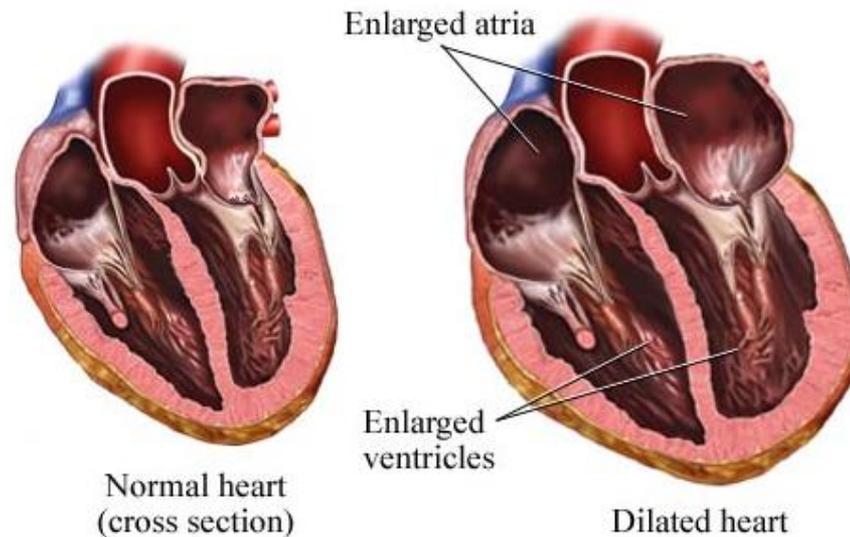


You're not alone.

- Almost **6 million Americans** have heart failure
- **500,000+** new cases each year
 - Aging population
 - Advances in treating heart disease, better survival from heart attack, etc.
- Heart failure is the leading cause of hospitalization among people 65+
- **1 in 3** people with heart failure return to the hospital within a month of leaving
- Roughly half of people who develop heart failure are at risk of dying within 5 years of diagnosis

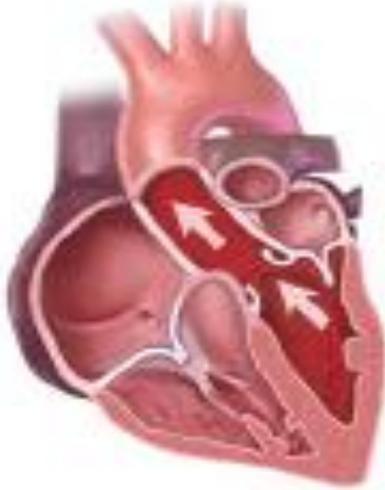
What is Heart Failure

- Your heart is still working, BUT it isn't pumping the way it should (it's inefficient)
- The heart either:
 - can't fill with enough blood (diastolic) and/or
 - it can't pump blood to the rest of the body with enough force (systolic)

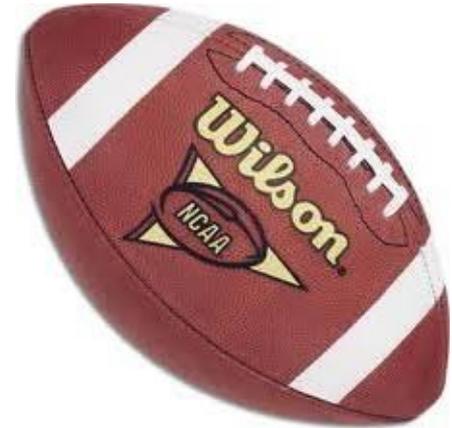


What is Heart Failure

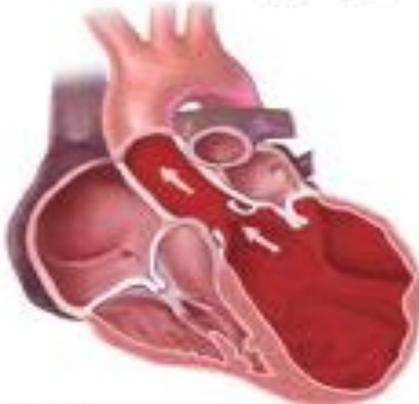
Normal



Normal Heart



Dilated cardiomyopathy



Development of
Heart Failure



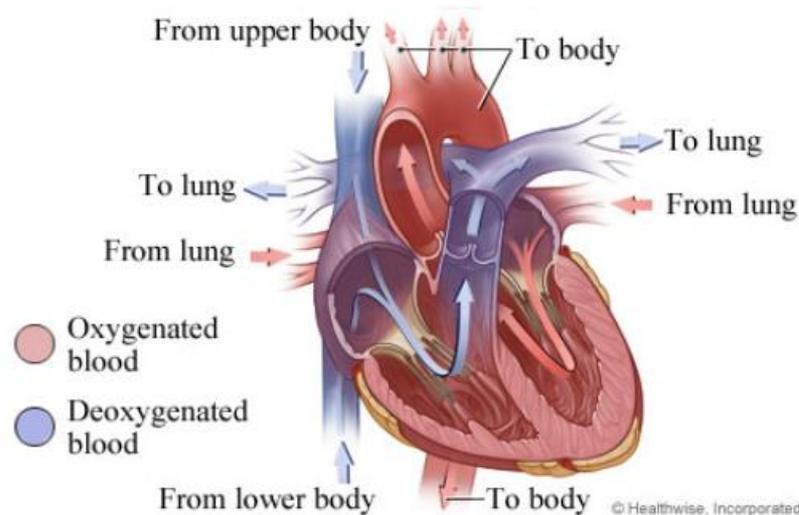
What is Heart Failure

- It is a serious, lifelong condition
 - It can't be cured, but like diabetes, it can be managed
 - Occurs in episodes—someone is said to be “in heart failure”
 - Often results in frequent hospital visits



How Your Heart Pumps

Your heart pumps oxygen and nutrient-rich blood to your body with every heartbeat.



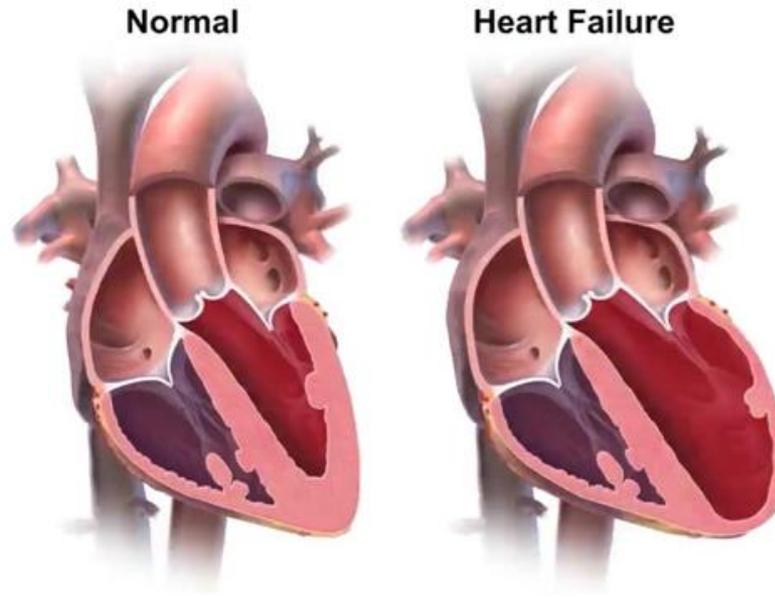
When your heart relaxes, it fills with blood. When it contracts, it pushes the blood forward in one direction to nourish and fuel the body.

How Your Heart Pumps

With heart failure:

- the heart doesn't relax enough to fill with the amount of blood that's ideally needed and/or
- it can't squeeze sufficient blood out

People can either have heart failure with preserved or “normal” ejection fraction (EF) or lowered EF.



How Your Heart Pumps

Measuring the ejection fraction (EF) – the total amount of blood that is squeezed out with each heartbeat

An ejection fraction of:

55-70%	the heart is pumping normally
36-49%	pumping ability is below normal
≤35%	squeezing capacity is low, setting the stage for dangerous heart rhythms and sudden cardiac death

We assess the patient's symptoms

We assess the patient's functional status

Heart failure develops mainly as we age or because of other health issues or behaviors that force the heart to work harder.

The heart's ability to squeeze and pump grows weaker over time.

Diseases that can damage or strain the heart

- Heart disease (heart attack/CAD)
- High blood pressure (hypertension)
- Diabetes
- Genetic conditions
- Problem with the heart muscle (cardiomyopathy) or heart valves
- Congenital heart problems (present at birth)
- Kidney problems
- Some types of infections

Some treatments for cancer (chemotherapy), certain thyroid conditions, heavy alcohol or drug use have also been linked to damage to the heart muscle

Managing

Heart Failure

Signs and Symptoms



Signs and Symptoms

It's not always obvious, and symptoms can vary. Speak up if you think something is wrong.

“I had been having trouble catching my breath and assumed I was coming down with bronchitis or pneumonia.”

–Brenda, Heart Failure Patient



Signs and Symptoms

Think **FACES**...

Fatigue – constant lack of energy

Activities limited – difficulty with everyday tasks

Chest congestion – dry cough or producing white/pink-tinged phlegm

Edema or ankle swelling – swelling of the feet, ankles, legs, abdomen, or unexplained weight gain

Shortness of breath – breathlessness during activity, at rest, or while sleeping

Additional symptoms: Lack of appetite, nausea, increased heart rate, irregular heart rhythm

Signs and Symptoms

NOTE: Gaining weight quickly (over a period of days), swelling or developing a cough, especially one that worsens at night, could be a red flag that fluid is building up in the body – **medical attention is needed.**



Signs and Symptoms

Some people may also report:

- Feeling full more quickly, lack of appetite, wasting (cardiac cachexia)
- Nausea and vomiting
- Pressure or heaviness in the chest when lying flat
- A noticeable drop in how often they urinate

Other things to keep in mind:

- Symptoms tend to get worse as your heart grows weaker.
- They can be different in women
- Talk with your doctor about any changes in how you feel. Keep a notepad handy to track symptoms.

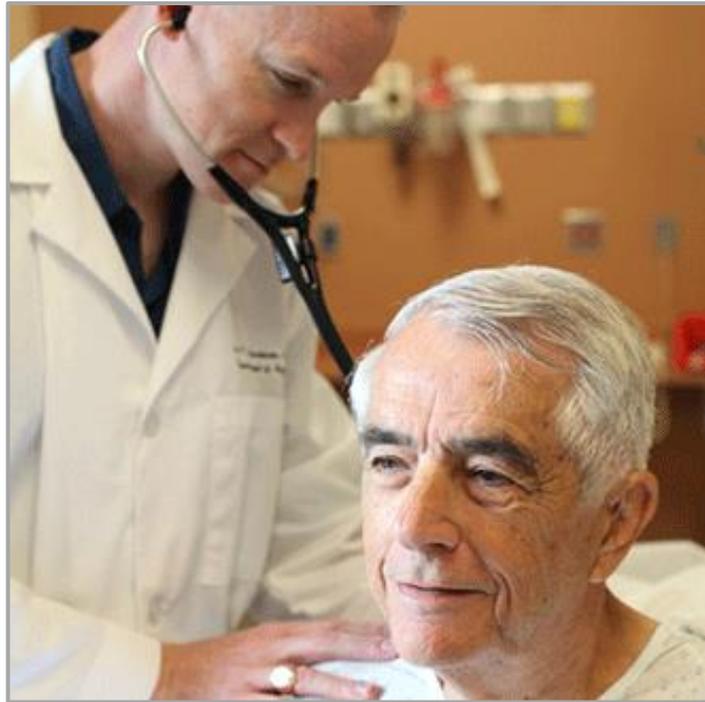


“Knowing the symptoms is the most critical part to staying alive.”

– Lori, Heart Failure Patient

How it's Diagnosed and Tracked

- Detailed medical history and physical exam
- The doctor will listen to your heart and lungs, ask how you are feeling and note any personal/family medical history, etc.



How it's Diagnosed and Tracked

- **Order blood and/or imaging tests to assess any damage to your heart and check how well your heart pumps blood**
 - **B-type natriuretic peptide (BNP) and/or thyroid blood test; when heart failure develops or worsens, BNP is released**
 - **EKG, chest X-ray, echocardiogram, ultrasound or cardiac MRI**
 - **Possible stress test or heart catheterization**



What to Expect Long-Term

To manage heart failure, you must make your health your #1 priority.

That means:

- ✓ **Going to all of your doctor appointments (to track your heart function, adjust treatments if needed, talk about how you feel)**
- ✓ **Learning to pace yourself and rest when needed**
- ✓ **Making important lifestyle changes, especially related to diet and exercise**
- ✓ **Accepting a new normal – your heart is compromised and you will feel it**

“Heart failure is a chronic disease ... but you can live a long and rewarding life. I am living proof of that.”
–Lori, Heart Failure Patient



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Treatment Options

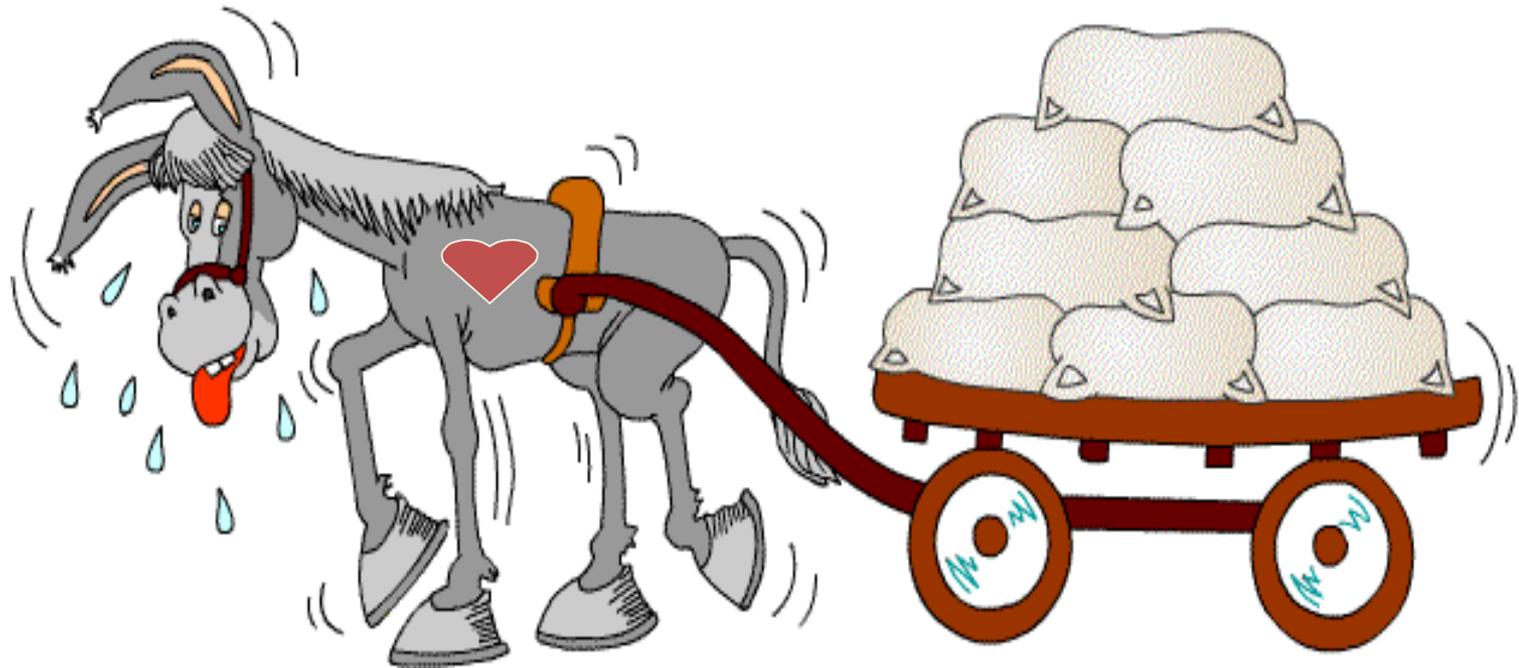


Treatment of heart failure is a “team sport”

- The patient
- Caregivers, family, and other support
- Health care professionals
- Pharmacists
- Nutritionists
- Exercise physiologists (cardiac rehab)

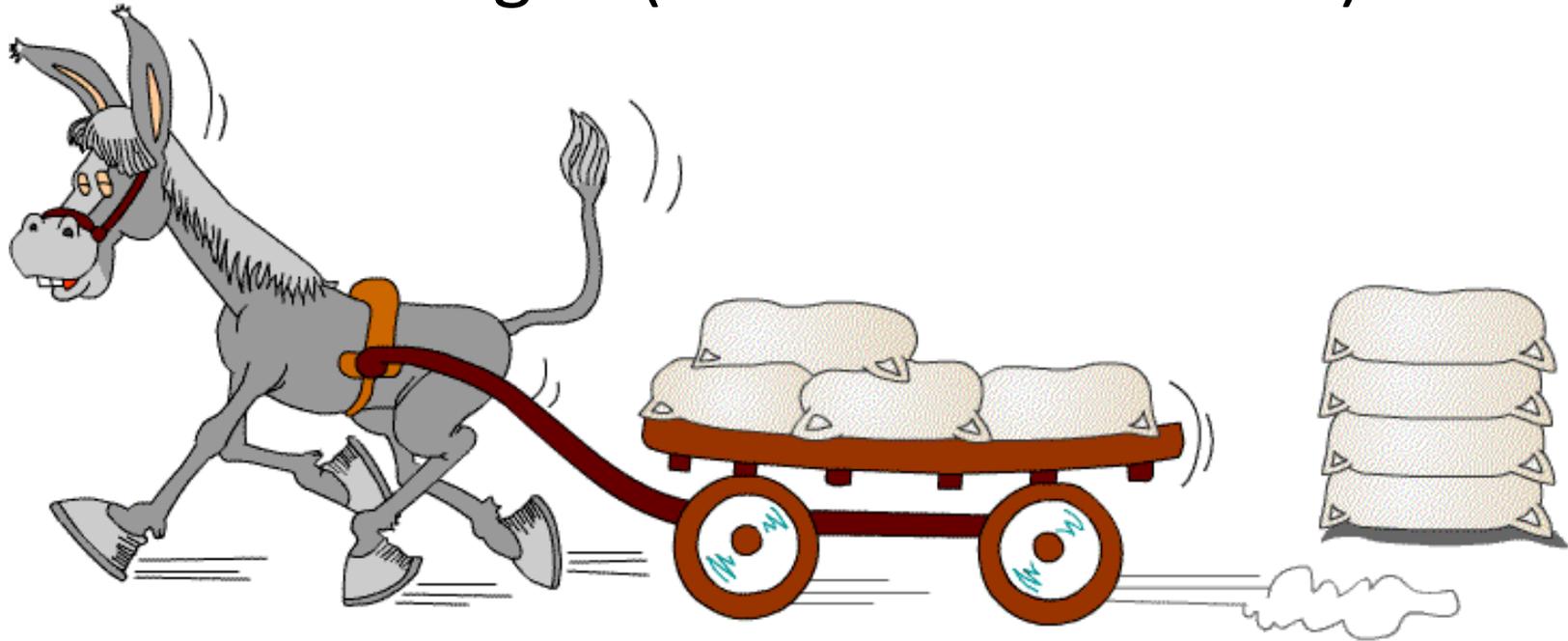
General treatment principles

Heart failure limits a patient's ability to perform the routine activities of daily living...



General treatment principles

Reduce the number of sacks on the wagon (or load on the heart)



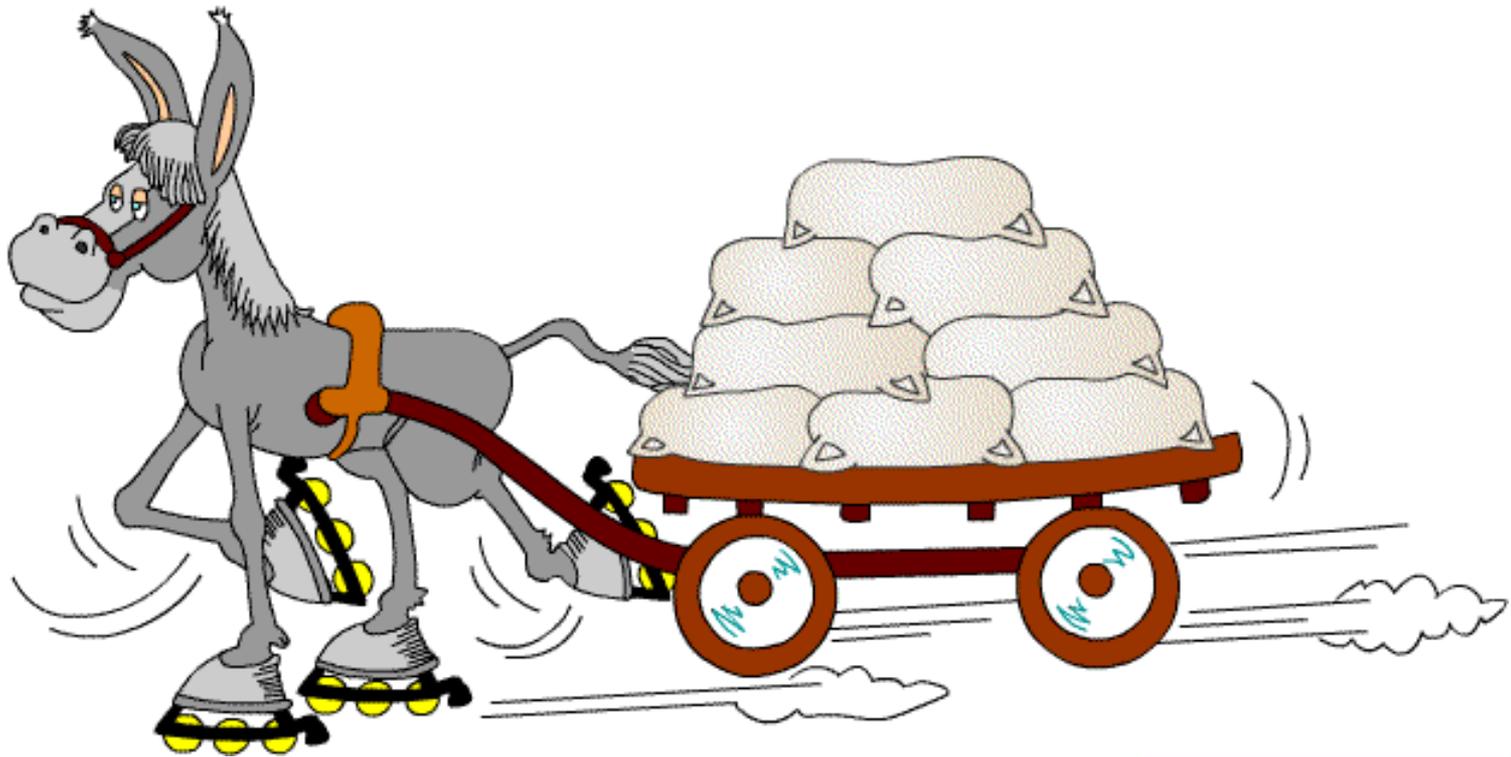
General treatment principles

Limit the speed, thus saving energy



General treatment principles

Increase the heart's efficiency



Treatment for Heart Failure

There is no cure for heart failure, but there are treatments to help you live a longer, more active life.

These include:

- ✓ **Lifestyle changes**
- ✓ **Ongoing medical care**
- ✓ **Medications**
- ✓ **Procedures in certain cases**
- ✓ **Heart pumps (left ventricular assist devices) or a heart transplant for more severe cases or as a last resort**

Treatment will depend on your:

- ✓ **Age**
- ✓ **Overall health**
- ✓ **Other medical conditions**
- ✓ **Personal preferences**



Make Lifestyle Changes

Adopt a healthier way of life.

- **Eating a heart-healthy, low sodium diet**
- **Watching your fluid intake**
- **Getting regular exercise**
 - Find a safe and reasonable level of physical activity
 - Don't overexert yourself
- **Losing weight if needed**
 - Excess body weight makes your heart work harder
- **Avoiding alcohol, tobacco and stimulants like cocaine, methamphetamines, anabolic steroids, etc.**



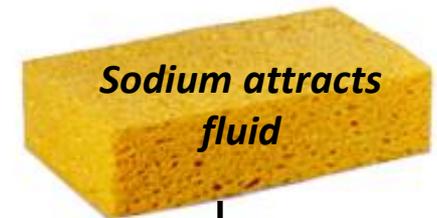
Salt and Heart Failure

Sodium is a component of salt

- Naturally occurring in many foods
- Added during processing
- In most foods eaten away from home

Your body needs only a small amount of sodium to keep a normal fluid balance.

Too much sodium causes your body to hold onto fluid and cause symptoms of weight gain, shortness of breath, and fatigue.



Fluid build-up in body

Extra work on heart & kidneys to get rid of fluid

Higher BP often results

Heart failure symptoms, heart attack, stroke

The more sodium (salt) you take in, the more fluid your body holds on to

Low sodium diets

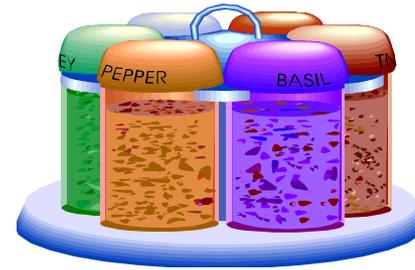
In addition to heart failure patients, the American Heart Association recommends

- 1) All adults older than 51
- 2) All African Americans
- 3) Anyone with high blood pressure

limit their daily intake to **1500 mg**

Plan your meals for 2000 mg intake

<u>MEAL</u>	<u>mg Sodium</u>
Breakfast	600mg
Lunch	600mg
Dinner	600mg
Snack	200mg



Use alternative seasonings!

- | | |
|------------------|--------------------------|
| <i>Basil</i> | <i>Parsley</i> |
| <i>Chives</i> | <i>Paprika</i> |
| <i>Dill weed</i> | <i>Pepper</i> |
| <i>Garlic</i> | <i>Sage</i> |
| <i>Tarragon</i> | <i>Mrs. Dash</i> |
| <i>Thyme</i> | <i>Lemon, lime juice</i> |

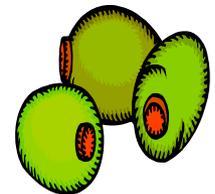
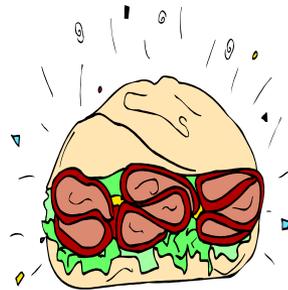
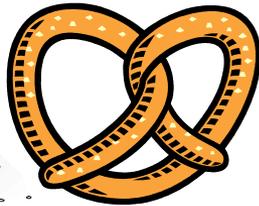


¼ tsp salt = 600 mg sodium

½ tsp salt = 1200 mg sodium

1 tsp salt = 2300 mg sodium *More than daily recommendation*

Even a small amount of salt counts!



½ tsp salt

= 1 serving
pretzels

= 3 slices of ham
soy sauce

= 2 packets of
olives

= 3 pickles

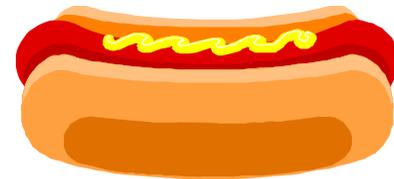
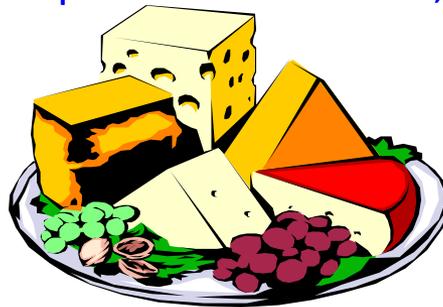
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Common high sodium foods

- * Frozen meals
- * Canned foods
- * Breads, baked goods
- * Lunch & smoked meats
- * Cheese
- * Condiments (salad dressing)
- * Olives
- * Pretzels
- * Pickles
- * Bacon
- * Anchovies
- * Soy sauce
- * Seasoning mixes
- * Gravy
- * Salted crackers
- * **FAST FOOD**



Rule of thumb: the more processed the food, the more sodium it contains



1. Look for Sodium
Listed as milligrams or mg
2. Next, look at serving size
If you eat 2 servings of a food you need to double what you see on the label
3. Reduced-sodium products still contain sodium

Always read the label

Example of Nutrition Facts Label			
Serving Size 1/2 cup (114 g) Servings per Container 4			
Calories 90	Calories from Fat 30 % Daily Value *		
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			4%
Sugars 3g			
Protein 3g			
Vitamin A 80%	•	Vitamin C 60%	
Calcium 4%	•	Iron 4%	
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturate Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

Sodium Guidelines

< 140 mg = low sodium

Enjoy these foods!

140-400 mg = medium sodium

Use food in moderation

> 400 mg = high sodium

Use this food sparingly

Low sodium **140 mg or less sodium per serving**

Very low sodium **35 mg or less sodium per serving**

Sodium-free **Less than 5 mg sodium per serving**

1. Use salt substitute or other spices when cooking (watch for high potassium in some substitutes)
2. Don't add salt at the table

Ongoing Medical Care

- **Expect frequent follow-up visits and tests to assess how your heart is working**
- **Keep other cardiovascular risk factors and other conditions such as diabetes or sleep apnea in check**
- **Take steps to prevent other illnesses**
 - **Ask about vaccinations for the flu and pneumococcal disease**
- **Report any changes in your health (quick weight gain, noticeable swelling, etc.)**
- **Ask for a referral to a cardiac rehabilitation program**
- **Tools such as telemedicine and CardioMEMS to reduce hospital readmissions**



- Medications are an essential part of treating heart failure.
- Some people take an average of 11+ medications – that's a lot to keep track of!
- Medications are mainly used to
 - help your body get rid of extra fluid and/or
 - reduce the strain on the heart so it doesn't have to work as hard to pump blood



The CardioSmart Med Reminder App, is a free and easy-to-use app to help you take your medications as prescribed.

Available in the Apple App Store!

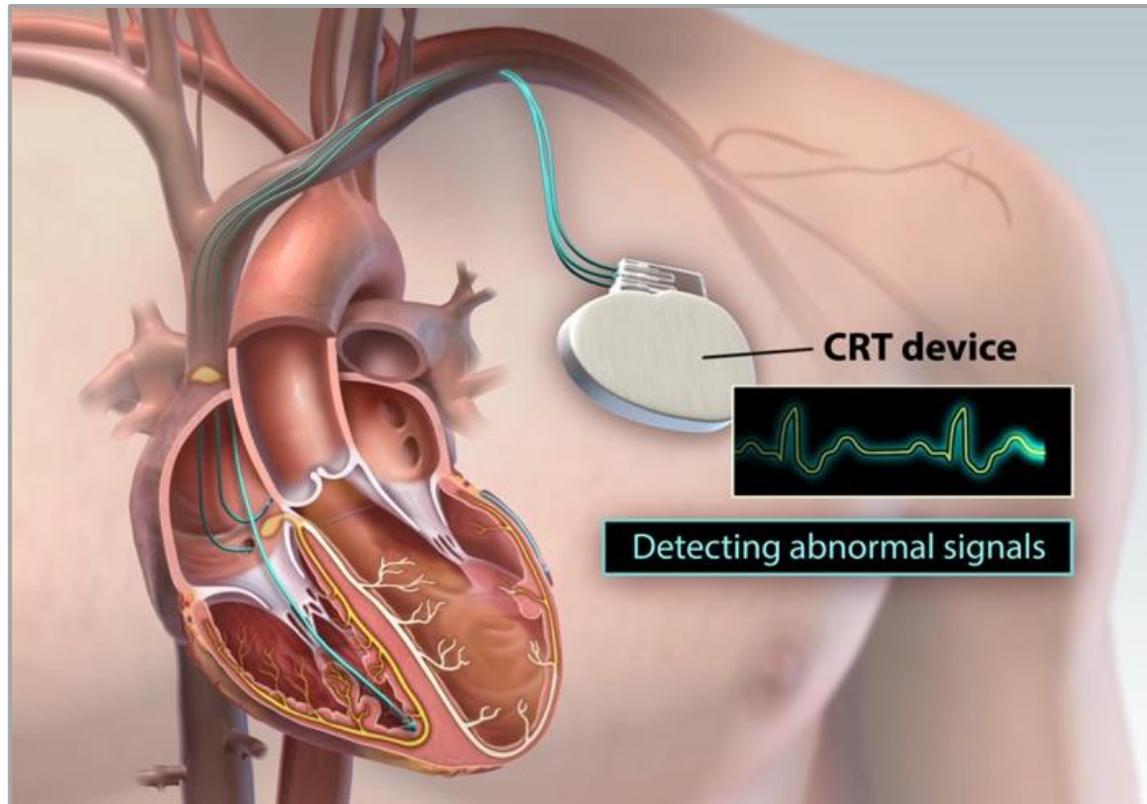
- **When taking medications, always:**
 - take them as directed by your doctor and read the labels
 - report side effects
 - keep follow-up appointments – sometimes medications, dosages and/or how often you take each need to be adjusted
 - tell your doctor if you have a hard time taking or paying for your medications (ask about pill boxes, Rx assistance programs, etc.)



- **You may be prescribed one or more of the following:**
 - **Diuretics (water or fluid pills)** help keep fluid from building up in your body or lungs – they will also make you urinate more frequently
 - **ACE inhibitors/ARB/ARNI** relax your blood vessels to lower blood pressure and reduce strain on your heart and improve blood flow
 - **Aldosterone antagonists** help the body to get rid of salt and water through urine. This lowers the volume of blood that the heart must pump.
 - **Beta blockers** can slow a rapid heart rate and lower your blood pressure
 - **Digoxin** makes the heart pump better and pump more blood
 - **Nodal agents** slow the heart

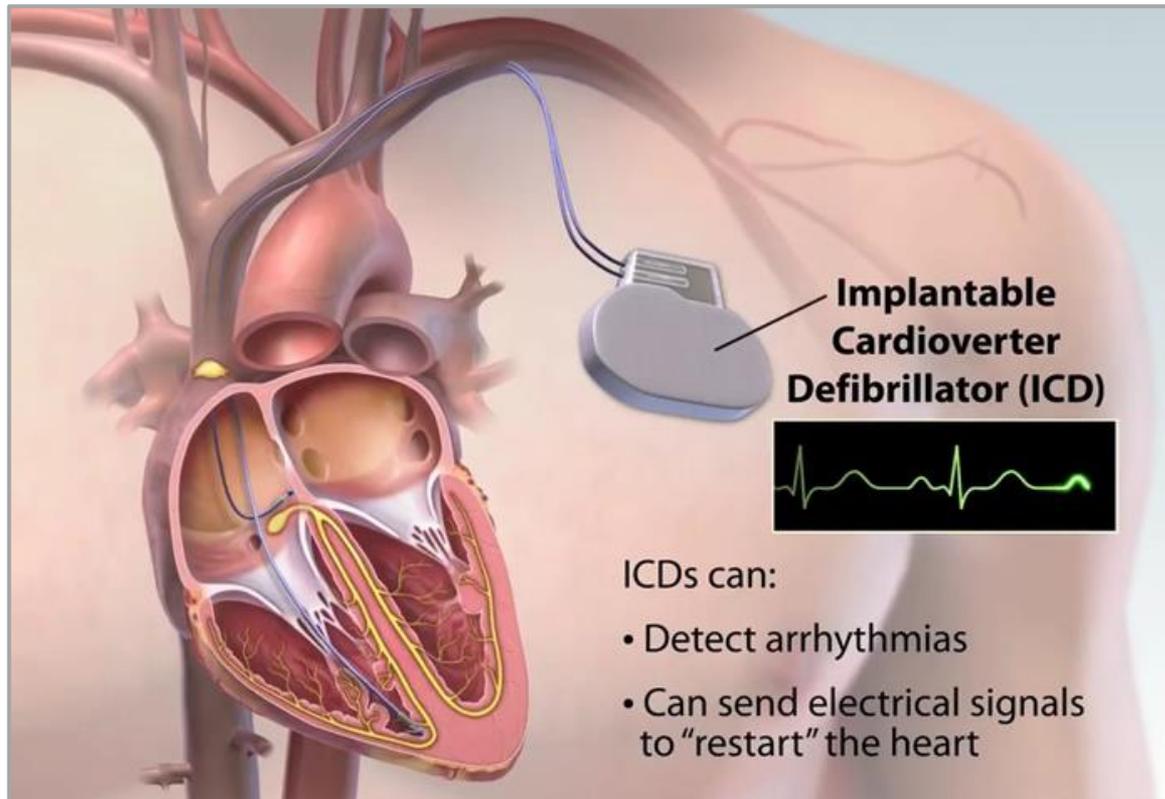
Some common procedures include implantable devices:

Cardiac resynchronization therapy (CRT) helps coordinate both sides of the heart to pump at the same time.



Source: CardioSmart Explorer App

Implantable cardioverter defibrillator (ICD) is a battery-powered device placed under the skin that keeps track of your heart rate and if a problem is detected it will send electrical impulses or a shock to restore a normal heart beat.



Source: CardioSmart Explorer App

Sleep Apnea is very common in HF patients

Between 60-75% of HF patients have some form



Sleep Apnea is inefficient breathing patterns at night

Patients may sleep “fine”

But the inefficiency can cause increased adrenaline



For end-stage heart failure:

- **Heart transplant**, if eligible
- **Left ventricular assist devices** to help the heart pump better
- **Home inotropes** for patients on transplant/VAD waiting lists or, for some, as part of hospice care

There are also a lot of therapies being investigated in clinical trials. For example, stem cells, gene therapies and novel drugs.



Managing

Heart Failure

Your Health Care Team and Doctor Visits



Your Primary Care Doctor

For heart failure, a comprehensive, multidisciplinary approach is needed.

Your primary care doctor can help:

- **Monitor your overall and heart health**
- **Coordinate with or refer you to a cardiologist — a doctor who specializes in diseases of the heart and blood vessels**



A cardiologist is a doctor who specializes in finding, treating and preventing diseases of the heart and blood vessels

- **Your cardiologist may work with your family doctor to help track and manage your heart failure**
- **Many people with heart failure also have problems with the way their heart beats; you may be referred to an electrophysiologist, a cardiologist who specializes in the diagnosis and treatment of abnormal heart rhythms**



Your Nurse or Physician Assistant

Your cardiology nurse or PA:

- **Works closely with your cardiologist**
- **Can educate you and your caregivers about your specific condition and the treatments or procedures you might need**
- **Helps you understand the side effects of medications**
- **Can offer advice on integrating lifestyle changes**



Your pharmacist can:

- Answer questions about your medications
- Review all of the medications you have been prescribed or take over the counter
- Help you understand your insurance coverage of medications
- Educate you about appropriate use of medications
- Assist with ways to adhere to/take medications properly



A dietitian or nutritionist is an expert who will:

- **Assess your eating habits by interview or by having you keep a food diary**
- **Offer strategies and tips to adopt and stick to a heart-healthy diet**
- **Explain why certain foods raise cholesterol and other heart disease risk factors**
- **Work with you to come up with creative recipes/menus and meals that you will still enjoy**

If your insurance doesn't cover this, there are other resources.



Preparing for Appointments

Be ready to report:

- **When you feel your best and worst**
 - Are there certain activities or times of day that make you feel less well?
- **How heart failure is affecting your life**
 - Have you cut back on activities or work?
 - Is it affecting your family?
 - Your emotional wellbeing?
- **Other concerns (side effects of treatment, diet and exercise, etc.)**

For a full list of “Questions to Ask Your Doctor,” visit:
CardioSmart.org/HFQuestions

The screenshot shows the CardioSmart website interface. At the top left is the CardioSmart logo (American College of Cardiology). A search bar is located at the top right. Below the logo is a navigation menu with options: Heart Conditions, Drugs & Treatments, Heart Basics, Healthy Living, Connect With Others, News & Events, and My Dashboard. The main content area is titled 'Heart Failure' and features a sidebar with links: Heart Failure Home, Understand Your Condition, Questions to Ask Your Doctor (highlighted), Your Responsibilities, Your Care Team, Getting Support, and The Research. Below the sidebar is a 'HELPFUL RESOURCES' section with a link to 'Heart Failure Treatment Guidelines'. The main content area has a heading 'Questions to Ask Your Doctor' followed by an introductory paragraph and a list of questions. On the right, there is a 'Get CardioSmart' section with 'YOU'RE INVITED' challenges: 'June Blood Pressure Challenge' (Jun 01, 2015 - Jul 01, 2015, 11 Participants) and 'Men's Health Month Challenge' (Jun 01, 2015 - Jul 01, 2015, 7 Participants). At the bottom right, there is a 'Cardio Smart Points' section with a 'Log in to Check Your Balance and Go Shopping' button.

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American College of Cardiology

Search

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Heart Conditions | Drugs & Treatments | Heart Basics | Healthy Living | Connect With Others | News & Events | My Dashboard

Heart Failure

Heart Failure Home
Understand Your Condition
Questions to Ask Your Doctor
Your Responsibilities
Your Care Team
Getting Support
The Research

HELPFUL RESOURCES —
Heart Failure Treatment Guidelines

Questions to Ask Your Doctor

If you've been diagnosed with heart failure, there are several key questions that you should ask your cardiologist during your next visit. These questions will ensure that you and your doctor have discussed your major risk factors so that you can become or stay as healthy as possible.

- What is heart failure and what is the cause of mine?
- What is my current heart function?
- What is my prognosis?
- What are my treatment options?
- Which of my medicines is for heart failure?
- Would I benefit from advanced therapy like a defibrillator or left ventricular assist device?

Get CardioSmart

YOU'RE INVITED

June Blood Pressure Challenge
Jun 01, 2015 - Jul 01, 2015
11 Participants

Men's Health Month Challenge
Jun 01, 2015 - Jul 01, 2015
7 Participants

ALL CHALLENGES »

Cardio Smart Points
Log in to Check Your Balance and Go Shopping

Managing

Heart Failure

Tips for Managing Heart Failure



Tips for Managing Heart Failure

Learn about your specific type of heart failure

- **Know how to recognize the signs that things might be getting worse**
 - **worsening shortness of breath**
 - **swelling**
 - **gaining weight very quickly (for example, more than 5lbs in 36-72 hours)**
 - **coughing at night**
 - **heaviness in your chest, not being able to lie flat**

Tips for Managing Heart Failure

- **Your doctor may want you to keep a log of your:**
 - **Blood pressure**
 - **Heart rate**
 - **Daily weight**
 - **ICD therapies**

- **It's also important to carry:**
 - **Information about your devices, stents, etc.**
 - **Keep a list of current medications, dosage and who prescribed each**
 - **Ask about a health alert bracelet**



Tips for Managing Heart Failure

- **Try to do something good for your heart every day**
 - **Exercise**
 - **Breathe deep**
 - **Eat lots of fresh fruits and vegetables**
 - **Watch your fluid intake**
- **Stick with your treatment plan**
- **Stay positive**
 - **Advances in treatment; patients living better and longer**
- **Pay close attention to your symptoms and don't delay getting care**
- **Join a support group**

Tips for Managing Heart Failure

- **Involve caregivers and get support**
 - **Managing heart failure can feel overwhelming**
- **Caregivers can help:**
 - **Manage your medications**
 - **Go with you to doctor visits and ask questions**
 - **Monitor your progress**
 - **Support you in making healthy changes in your life**
 - **Weigh different treatment options**
 - **Lift your spirits when you feel down**
 - **Keep you connected to the things you love**



Tips for Managing Heart Failure

Plan ahead

- Be sure you have a current living will and health care proxy in place
- This assures your loved ones know your wishes for end-of-life care when the time comes

“You have to be your own advocate. I looked at my beautiful daughter’s face and was determined to make sure she had her mother growing up. She needed me, and I needed to be there for her.” – Kimberly, Heart Failure Patient



Tips for the Caregiver

You, the caregiver, are a very important part of the care team.

Here are some tips to help you manage the details and stay organized:

- **Educate yourself about your loved one's condition**
- **Go to medical appointments when you can and take notes**
- **Keep track of test results**
- **Make sure you know what medications are being taken and why**



Tips for the Caregiver

Although it might sound selfish, the best thing you can do for your loved one is to take care of YOU.

- Put yourself first
- Find ways to recharge
- Welcome distractions every now and again
- Don't forget to eat a balanced diet
- Get enough sleep
- Set limits. It's OK to say "no" sometimes.
- Widen your circle of support.
- Assign tasks to others and accept help
- Cut yourself some slack



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Resources for Support and Information



Managing

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Resources for Support and Information

www.CardioSmart.org



CardioSmart is an ongoing patient education and empowerment initiative offered by the American College of Cardiology. Our mission is to help individuals prevent, treat and manage cardiovascular disease.

In Partnership With:



Supported by:



For more information, you can also visit:

Mended Hearts

www.mendedhearts.org

American Heart Association

www.heart.org

National Heart Blood and Lung Institute

www.nhlbi.nih.gov

WomenHeart: The National Coalition for Women with Heart Disease

www.womenheart.org



About Mended Hearts

➤ Peer-to-Peer Support Network

- ♥ Visiting Program
- ♥ Support Group Meetings
- ♥ Online Support
- ♥ Patient Education



➤ For more information

- ♥ www.mendedhearts.org
- ♥ 1-888-HEART99 (1-888-423-7899)

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Questions?

