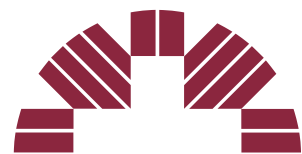


MOUNT CARMEL Heart Failure Management



Living a Healthy Life



MOUNT CARMEL
Heart & Vascular Center



Welcome

This book will help you learn to manage your heart failure. Making lifestyle changes and following your treatment plan can improve your symptoms and help you lead a full, active life.

You are the most important member of your healthcare team. You and your doctor will work together to manage your care and control your heart failure. By participating in your care, you are taking steps towards a healthier life.

For your continued health education, this booklet and others are available on mountcarmelhealth.com.

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Understanding Heart Failure

How Your Heart Works

Your heart is a muscle that pumps blood through your body to supply oxygen and nutrients. A healthy heart pumps the right amount of blood to all areas of the body. It has four hollow heart chambers surrounded by muscle and other tissue. Your heartbeat is your heart contracting to pump blood to your lungs and throughout your body. This is similar to a balloon filled with water that you hold in your hand. When you squeeze your hand around the balloon, the water is pushed out of it.

The flow of blood is controlled by heart valves. Valves are like one-way doors that prevent blood from flowing backwards. When the valves work correctly, blood can only go in one direction.

If your heart is damaged or weakened, it cannot efficiently pump blood throughout your body. Your heart has to work harder to supply your body's organs with enough blood to work normally.

What is Heart Failure?

Heart failure is a chronic condition in which the heart muscle is unable to pump blood efficiently. When this happens, your body does not get enough oxygen, blood, and nutrients. The heart works harder to keep blood flowing through your body. Over time, this leads to fluid buildup, causing swelling and shortness of breath. This is called congestive heart failure. Heart failure is progressive; it starts slowly and gets worse over time.

Heart failure is a very common condition. About 6.5 million people in the United States have heart failure. Currently, heart failure has no cure. However, treatments such as medicines and lifestyle changes can help people who have the condition lead more active lives.

Types of Heart Failure

Heart failure generally begins on the left side of the heart, but it can affect one or both sides.

Left-Sided Heart Failure

- ▶ **Systolic Heart Failure (HFrEF)**
Systolic heart failure, also called HFrEF (heart failure with reduced ejection fraction), occurs when the heart muscle has weakened and can't contract normally. The heart cannot pump hard enough to push the blood through the body.
- ▶ **Diastolic Heart Failure (HfpEF)**
Diastolic heart failure, also called HfpEF (heart failure with preserved ejection fraction), occurs when the heart has a normal amount of strength but the muscle becomes stiff and doesn't fully relax. This means the heart can't fill properly and the amount of blood entering the heart is less than normal.

Right-Sided Heart Failure

Right-sided heart failure usually occurs as a result of left-sided failure. When the right side of the heart is damaged and is unable to pump, blood backs up into the body's veins. This usually causes swelling in the legs, ankles and abdomen.

Causes of Heart Failure

Talk with your doctor about the cause of your heart failure. Causes include:

- ▶ **Heart Disease (Coronary Artery Disease)**
If arteries of the heart become narrow or blocked, the heart does not receive enough blood supply.
- ▶ **High Blood Pressure (Hypertension)**
When blood pressure is too high, the heart has to work harder.
- ▶ **Heart Valve Disease**
When a heart valve is not working well, blood may leak back in the wrong direction or blood may have trouble moving forward.
- ▶ **Lung Diseases**
Lung diseases cause the heart to work harder and include bronchitis, chronic obstructive pulmonary disease, emphysema, and asthma.
- ▶ **Cardiomyopathy**
Cardiomyopathy is a disease of the heart muscle that can cause the heart to have trouble pumping. The heart muscle becomes enlarged, thick, or rigid and is less able to pump blood through the body. Cardiomyopathy can be caused by many different things, including infections, viruses, heart disease, and pregnancy.
- ▶ **Takototsubo Cardiomyopathy (Broken Heart Syndrome)**
is a condition brought on by a stressful event. It is treatable and usually reverses itself.
- ▶ **Other Conditions**
Conditions that make the heart work harder can cause heart failure. This includes: diabetes, obesity, atrial fibrillation, chemotherapy, drug and alcohol use, viral illnesses, thyroid or kidney disease, and multiple other conditions.



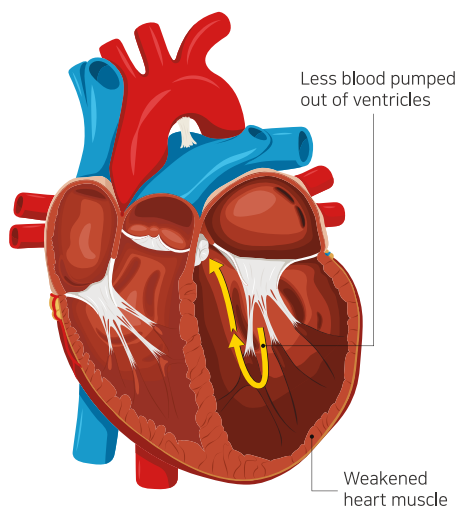
Diagnosing Heart Failure

Heart failure is diagnosed based on your medical history, signs and symptoms, and the results of medical tests. Your doctor will order tests based on your individual situation. Common tests include:

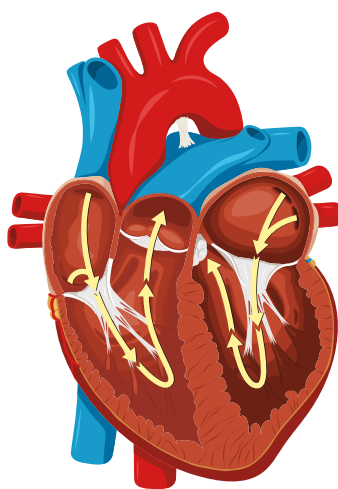
- ▶ Blood tests
- ▶ Chest X-ray
- ▶ Electrocardiogram (often called "EKG" or "ECG")
- ▶ Echocardiogram

An echocardiogram — commonly called an "echo" — is an ultrasound of the heart that measures the ejection fraction. Ejection fraction (EF) is a measurement of how well the heart is pumping. It compares the amount of blood in the heart with the amount of blood pumped out each time it beats. Because the heart does not pump all the blood out with each beat, normal EF is about 50% to 65%.

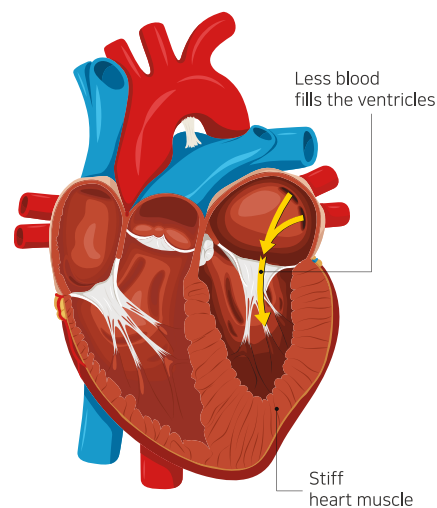
My EF is _____%



Systolic Dysfunction



Normal



Diastolic Dysfunction

Caring for Yourself

Heart Failure Zones

To help you manage your heart failure symptoms and prevent them from getting severe, review and learn your heart failure zones.

Just as the colors on a stoplight tell a driver what to do, the green, yellow, and red zones tell you how to manage your heart failure.

Every day:

- ▶ Weigh yourself. Write it down and compare to yesterday's weight.
- ▶ Limit sodium intake to 2000 milligrams each day.
- ▶ Take your medications as prescribed.
- ▶ Check for zone symptoms.

Heart Failure Zone Action Plan

Green Zone



You have:

- ▶ No shortness of breath
- ▶ No weight gain of more than 2 pounds in a day
- ▶ No swelling of your feet, ankles, legs or stomach
- ▶ No chest discomfort, pressure, or pain

Yellow Zone



Call your healthcare provider (doctor or Heart Failure Management)

- ▶ Feel short of breath
- ▶ Develop a cough or chest congestion
- ▶ Gain more than 2 pounds in one day or more than 5 pounds in one week
- ▶ Wake up in the middle of the night feeling like you can't breathe
- ▶ Find it easier to sleep by adding pillows or sitting up in a chair
- ▶ Have swelling in your feet, ankles, legs, or stomach
- ▶ Feel more tired after usual activities
- ▶ Feel restless, dizzy, or lightheaded

Red Zone

911

Go to emergency room or call 911 right away!

- ▶ Have a hard time breathing or short of breath while sitting still
- ▶ Have chest discomfort, pressure or pain that does not go away with rest
- ▶ Faint or pass out

Get help right away – do not drive.

Weighing Yourself

Follow these guidelines when weighing yourself:

- ▶ Weigh yourself when you get up in the morning (after you go to the bathroom but before you eat breakfast).
- ▶ Write your weight in a weight diary.
- ▶ When possible, place your scale on a hard floor, and in the same place each time. Weigh yourself in your pajamas or in the nude.
- ▶ If you are unsteady when stepping onto the scale, place the scale where you can hold onto a counter. Let go of the counter briefly to check your weight.

If you are unable to weigh yourself, talk with your physician on how to assess for weight gain.

Eating Less Salt

Most people eat more salt than their body needs. Eating less salt (sodium) is a key part of managing your heart failure. Where salt goes, water follows.

Patients with heart failure should eat no more than 2000 mg of salt (sodium) per day.

Ways to Cut Down on Sodium

Follow these key steps in reducing your sodium:

- ▶ Avoid using the salt shaker at the table or when preparing meals. One teaspoon of salt is equal to 2,300 mg of sodium.
- ▶ Choose unprocessed meats (fresh or fresh-frozen poultry, fish, or meats). Avoid deli or canned meats.

- ▶ Avoid pre-made, processed foods. Fresh or fresh-frozen fruits and vegetables are naturally low in sodium compared to canned options.
- ▶ Rinse canned vegetables and tuna before eating.
- ▶ Avoid salt substitutes. If you want to try a salt substitute, check with your healthcare provider first. Some salt substitutes should not be used because they contain potassium.

Seasoning Guide

Try using fresh or dried herbs and other seasonings. Use this guide to get started. Experiment and find your favorites.

Allspice: Lean ground meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies, lean meat

Almond extract: Puddings, fruits

Basil: Fish, lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails

Bay leaves: Lean meats, stews, poultry, soups, tomatoes

Caraway seeds: Lean meats, stews, soups, salads, breads, cabbage, asparagus, noodles

Chives: Salads, sauces, soups, lean meat dishes, vegetables

Cider vinegar: Salads, vegetables, sauces

Cinnamon: Fruits (especially apples), breads, pie crusts

Curry powder: Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise

Dill: Fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish



Garlic (not garlic salt): Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes

Ginger: Chicken, fruits

Lemon juice: Lean meats, fish, poultry, salads, vegetables

Mace: Hot breads, apples, fruit salads, carrots, cauliflower, squash, potatoes, veal, lamb

Mustard (dry): Lean ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, mayonnaise, sauces

Nutmeg: Fruits, pie crust, lemonade, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding

Onion powder (not onion salt): Lean meats, stews, vegetables, salads, soups

Paprika: Lean meats, fish, soups, salads, sauces, vegetables

Parsley: Lean meats, fish, soups, salads, sauces, vegetables

Peppermint extract: Puddings, fruits

Pimento: Salads, vegetables, casserole dishes

Rosemary: Chicken, veal, lean meat loaf, lean beef, lean pork, sauces, stuffing, potatoes, peas, lima beans

Sage: Lean meats, stews, biscuits, tomatoes, green beans, fish, lima beans, onions, lean pork

Savory: Salads, lean pork, lean ground meats, soups, green beans, squash, tomatoes, lima beans, peas

Thyme: Lean meats (especially veal and lean pork), sauces, soups, onions, peas, tomatoes, salads

Turmeric: Lean meats, fish, sauces, rice

Eat foods naturally low in sodium

This chart shows which foods are better choices for sodium:

Food group	Choose these	Avoid these
Dairy	Skim or low-fat milk, yogurt, low-sodium cheese, cream cheese	Buttermilk, processed cheese, blue cheese, feta cheese, Roquefort cheese
Meat	Fresh or frozen lean meat, poultry, fish, shellfish; dried beans, unsalted nuts, or seeds	Kosher, canned, salted, cured, or smoked meat, poultry, or fish. Examples: bacon, ham, sausage, bologna, pastrami, salami, cold cuts, hot dogs, corned beef, canned hash or stew, beef jerky, caviar, and breaded poultry, fish, and other meats; canned beans, salted nuts, or seeds
Vegetables	Fresh, frozen, or low-sodium canned vegetables; low-sodium canned vegetable juice. Regular canned vegetables if rinsed with water	Regular canned vegetables and vegetables juices — including V8® juice, olives, pickles, sauerkraut, vegetables in cream or cheese sauce
Fruit	All fresh, canned, or frozen fruit or juice	
Bread, Cereal, Rice, Pasta	Whole grain breads and cereals, plain pasta or rice, unsalted snack crackers	Baked goods prepared with salt, baking powder, or baking soda. Salted crackers, pretzels, frozen or boxed seasoned rice, pasta, and stuffing
Other	Low-salt soup, low-salt or unsalted snack chips, low-sodium seasonings and low-sodium salad dressing, reduced-sodium frozen dinners (less than 700 mg)	Canned soup, salad dressing, gravy, meat tenderizer, salty snack chips, salty seasonings, boxed or frozen meals or side dishes, ketchup, mustard, sea salt, soy sauce, hoisin sauce, MSG, and bouillon cubes and granules

Learning to Read Food Labels

You can learn the sodium content of foods by reading the food label.

Plan your meals so that you eat only 1500 to 2000 mg sodium each day. When buying prepackaged foods, remember that many different sodium compounds are added to foods, and they are listed on food labels. Watch for the words “soda” and “sodium” and the symbol “Na” on labels, which warn you that these products contain sodium compounds.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55 g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Review the serving size and sodium content information. The serving size for this food is $\frac{2}{3}$ cup.

The sodium content for that serving is 160 mg.

If you eat the same serving size, you are eating the amount of sodium that is listed.

If the amount you eat is either larger or smaller, the amount of sodium will be larger or smaller, too.

For this example, if you increase the serving size to 1 cup, the sodium content will increase to 240 mg.

Choosing Healthful Foods When Eating Out

Choosing low-sodium foods when eating out at restaurants, friends' homes, or parties can be a challenge. You can still eat low-sodium meals when eating out.

- Before going to a restaurant, check its website for a nutrition guide or ask for one when you arrive.
- A sit-down restaurant usually has more low-sodium choices than a fast food restaurant.
- Be specific about what you want and how you want your food prepared.
- Order plain grilled meats or fish and steamed vegetables.
- Avoid foods that are described as fried, creamed, buttery, breaded, escaloped, au gratin, pickled, smoked, corned, or marinated.
- Choose foods that are steamed, broiled, or grilled.
- Order sandwiches and other items without cheese.
- Ask for the food to be prepared without seasonings and sauces that contain sodium.
- Ask for salad dressing, sauce, and gravy on the side.
- Choose plain fresh fruit or vegetables instead of chips and dips for appetizers.
- Select plain meat sandwiches instead of egg salad, tuna salad, chicken salad, or luncheon meats.

Fluid Intake Guidelines

Some people with heart failure have fluid restrictions. Fluid restriction means limiting the total amount of fluid that you drink or eat during a 24-hour period. Ask your doctor how much fluid you can have each day. Many people with heart failure are limited to 8¼ cups of fluid, which is 2 liters or 66 ounces, every 24 hours.

- Fluids are foods and drinks that are liquid at room temperature. All drinks such as water, coffee, tea, pop, alcohol, milk, juice, and sport drinks are fluids. Nutritional drinks and milkshakes are also fluids.
- Food that is eaten when solid but is liquid at room temperature is also counted as fluid. This includes ice, ice cream, frozen yogurt, sherbet, and popsicles. Some food items that are not counted as fluid are nonfrozen yogurt, pudding, and cooked cereal.

Here are some tips to lessen your thirst:

- Nibble on frozen fruit, such as grapes.
- Suck on ice chips, not cubes.
- Cover your lips with petroleum jelly or other moisturizer.
- Suck on hard candy or suckers.
- Chew gum.

Taking Medications

Although heart failure is a chronic disease, medications can help slow the progression and help manage symptoms. Your medications or doses may be adjusted at each visit. Talk to your doctor or pharmacist before taking any over-the-counter medication, supplements, or herbal remedies as they could interfere with your prescription medications.

Guidelines for Taking Medications

Take your medications as prescribed.

It is important to take your medications as directed. If you have concerns about side effects or other issues, talk to your healthcare provider. Never change or stop a medication without checking with your doctor first. Stopping some medications quickly can be dangerous.

Have a routine for taking your medications.

Using a pillbox can be helpful. It is a way to remind you to take your medications on time.

Make a medication list.

Keep a list of your medications and the dose you are taking. If medications are changed, ask for an updated list. Keep a copy in your wallet or purse.

Refill your medications before the bottle is empty. Talk with your doctor, nurse, or pharmacist if you have trouble getting your medications.

Medications for Heart Failure

ACE Inhibitors and ARBs (Vasodilators)

ACE inhibitors and ARBs make blood vessels relax and expand. This allows the blood to flow through the vessels with less work on the heart. The heart does not have to pump as hard.

The full name for ACE inhibitors is angiotensin-converting enzyme inhibitors.

ACE Inhibitors	
Generic Name	Brand Name
Lisinopril	Prinivil®, Zestril®
Enalapril	Vasotec®
Captopril	Capoten®
Fosinopril	Monopril®
Quinapril	Accupril®
Ramipril	Altace®
Perindopril	Coversyl®, Coversum®, Aceon®
Trandolapril	Mavik®

The full name for ARBs is angiotensin receptor blockers. These may be recommended for people who cannot tolerate an ACE inhibitor.

ARBs	
Generic Name	Brand Name
Losartan	Cozaar®
Candesartan	Atacand®
Valsartan	Diovan®

Diuretics

Heart failure will cause the body to hold onto fluid. Diuretics, or water pills, work by helping the body to remove excess fluid. When there is too much fluid in your body, the heart has to work harder. When you take a diuretic, you will have fewer symptoms.

- Do not take extra diuretic pills unless directed by your doctor.
- Do not increase your fluid intake when you are taking diuretics.

Diuretics	
Generic Name	Brand Name
Furosemide	Lasix®
Chlorothiazide	Diuril®
Hydrochlorothiazide (HCTZ)	HydroDIURIL®
Bumetanide	Bumex®
Torsemide	Demadex®
Metolazone	Zaroxolyn®
Chlorthalidone	Hygroton®

Some diuretics help the kidneys to produce more urine without losing too much potassium. These are called potassium-sparing diuretics.

Potassium-Sparing Diuretics	
Generic Name	Brand Name
Spironolactone	Aldactone®
Eplerenone	Inspra®

Combinations of diuretics include Dyazide® (triamterene and HCTZ) and Aldactazide® (spironolactone and HCTZ).

Beta-Blockers

Beta-blockers slow the heart rate, which decreases the heart's need for blood and oxygen. This reduces the heart's workload. Beta-blockers also help the heart beat more regularly and control blood pressure.

Beta-Blockers	
Generic Name	Brand Name
Carvedilol	Coreg®, Coreg CR®
Metoprolol	Lopressor®, Toprol®
Bisoprolol	Zebeta®

Angiotensin Receptor-Nepriylsin Inhibitor

Entresto® (sacubitril and valsartan) is an angiotensin receptor-nepriylsin inhibitor (ARNI). This medication has 2 medicines combined in 1 pill and may be used for certain types of heart failure. It works by relaxing blood vessels to improve the flow of blood, reduce sodium (salt) retention and decrease the strain on the heart muscle.

Digoxin

Digoxin, also called Lanoxin® or digitalis, increases the pumping strength of the heart and helps to control heart rhythm.

Nitrates (Vasodilators)

These drugs are best known for relaxing the arteries of the heart to decrease chest pain, but they also help relax the heart muscle and veins to reduce congestion.

Call 911 if you do not get relief from chest pain within 15 minutes after taking your nitrate.

Hydralazine/Nitrate Combination Therapy

This drug combination may be recommended for patients who cannot tolerate standard medication therapy because of side effects or kidney problems. Your doctor may choose to use two separate pills or prescribe BiDil®, a fixed-dose drug that combines hydralazine and isosorbide dinitrate. This treatment specifically benefits African-Americans with heart failure.

I_f Channel Inhibitor

Ivabradine (Corlanor®) is a medication used for certain people with heart failure. It slows the heart rate and helps the heart pump more blood.

Being Active

People with heart failure can be active. The goal is to help you function at your best and be as active as you can be.

There are different ways of being active:

- ▶ Daily activities, such as taking care of yourself and your home
- ▶ Activities outside your home, such as shopping, visiting friends, and working
- ▶ Regular exercise, such as walking 30 minutes a day

Being active helps keep your body healthy. When you are active and can take care of yourself and your home, you will feel better about yourself.

Planning Your Day

Having heart failure may have changed your routine, but with planning you can still have an active life. Decide what time of day you feel best. Some people feel better in the morning, others later in the day. Plan your activities for when you feel good.

You should have frequent rest breaks when you are busy so you don't become too tired.

Talk with your doctor if you need assistance completing daily activities and ask for a list of community resources.

- ▶ Ask a family member or friend to take you shopping so you don't have to drive or carry shopping bags.
- ▶ Use a kitchen stool to sit on when cooking and washing dishes.
- ▶ In the kitchen, place heavy and often-used plates and pots on shelves at waist level.
- ▶ When doing an activity while standing, such as folding clothes, do the work at waist level so you don't have to reach or bend.
- ▶ If there are stairs in the house, plan ahead to reduce the number of trips up and down.
- ▶ If you get tired when taking a shower, sit on a plastic chair in the shower. Use hand rails to get in and out of the shower.

Do not become upset if you get tired quickly. Gaining strength to do activities without being tired takes time. Talk to your doctor to see if a medication or another reason could be causing you to be tired.

Planning an Exercise Program

If you are going to start an exercise program or increase your activity, talk to your doctor or nurse.

Guidelines for Activity

- ▶ Never hold your breath during any activity.
- ▶ Exercise at the level recommended by your doctor or nurse. Ask if you should limit any special activities.
- ▶ Avoid exercising on a full stomach.
- ▶ Avoid being active outside when the temperature is colder than 40°F or hotter than 80°F.
- ▶ Always let someone know when you are exercising, or exercise with a friend.

Check How You Feel

Stop and rest if you have any of these symptoms while being active:

- ▶ Chest pain or tightness
- ▶ Pain in the arm, shoulder, neck, or jaw
- ▶ Shortness of breath
- ▶ Unusual fatigue
- ▶ Dizziness
- ▶ Nausea or throwing up
- ▶ Severe sweating
- ▶ Severe headache
- ▶ Fast or irregular heart rate

Work

It may be necessary for people who are employed to take time off when they are diagnosed with heart failure. Discuss going back to work with your doctor or nurse.

Sexual Activity

People with heart failure can safely have sex. Sex is not harmful to your heart. Like other activities, however, sex should be avoided if you are having more symptoms than normal, such as increased shortness of breath, swelling, fatigue, or chest pains.

Coping with Your Emotions

Stress, anxiety, and depression can increase the stress on your heart and worsen heart failure. If you feel like you are having trouble coping, talk with your healthcare provider. It may be helpful to talk with a counselor for support and to learn coping strategies.

Expectations

People with heart failure may feel stress because they feel they are still expected to fulfill family and work duties. Some people feel pressure to do the same activities they did before becoming sick.

Accepting heart failure means that you accept having a chronic condition that will require lifelong changes. You understand that heart failure is part of your life but you can still have an enjoyable life. Adjusting to having heart failure means that you have made the needed changes to stay as healthy as possible.

Depression

You may have problems coping with your feelings about having heart failure. It is normal to feel sad when you are told that you have an illness or your health changes. This sadness usually lessens and goes away with time. Everyone feels sad or blue at times, but depression is different.

Depression is a treatable medical illness that affects the body, mood, and thoughts. Depression can happen to anyone and is common in people who have heart failure. Symptoms of depression include feeling sad or blue, losing interest in activities you normally enjoy, withdrawal from others, excessive sleepiness, feeling hopeless or having thoughts of suicide. If you have any of these feelings for more than 2 weeks, you may be depressed.

Treatment

Managing heart failure is more difficult if you have depression. You will be less likely to take your medication, eat healthful meals, and be active. The first step is to discuss how you feel with your doctor.

There are ways you can begin to feel better as treatment starts:

- Talk with a family member, friend, or co-worker and allow them to help you as needed.
- Increase activity or exercise. This can help relieve stress.
- Expect your mood to improve gradually, not right away.

Family and Friends Can Help

Many people with depression do not have the energy to seek treatment. Depression may cause confusion and withdrawal. Helping someone with depression to get treatment is important.

- Offer to go to the doctor with the person to ask questions and note instructions.
- Invite the person for walks, outings, to the movies, and to other activities, but do not be discouraged if your invitation is refused.
- Provide emotional support through conversations and careful listening and offer reassurance. Do not minimize expressed feelings.
- Don't ignore suicidal thoughts, words, or actions. Seek professional help right away at a hospital emergency department.

Remember, depression is a treatable illness. If you think you or your loved one may have depression, talk to your doctor today.

Quitting Smoking – Being Tobacco Free

Why You Need to Quit

Nicotine in tobacco causes the heart to beat faster and the blood vessels to narrow. Carbon monoxide from cigarette smoke reduces the amount of oxygen to the body. This causes stress on the heart and makes managing heart failure harder.

Tobacco damages the arteries of the heart, which increases the chance of a heart attack. Smoking also changes cholesterol levels. The risk of cancer also increases when you smoke or use tobacco.

Nicotine Replacement Therapy

Nicotine replacement therapy comes as patches, gum, lozenges, and inhalers (both mouth and nose). Some of these products can be bought without a doctor's prescription. Always talk with your doctor before using these products.

Medications

Zyban® and Wellbutrin SR® are the brand names of bupropion, a prescription medication.

Chantix® (varenicline) is a prescription medication.

Resources for Quitting

Ask your doctor or nurse for more information on quitting smoking. Helpful resources include telephone quit lines, websites, and local programs. Get the support you need to quit smoking.

- ▶ **Ohio Tobacco Quit Line**
1-800-QUIT-NOW (1-800-784-8669)
- ▶ **Smokefree.gov**
Smokefree.gov offers a Step-by-Step Quit Guide, Tools to Help You Quit, and professionals to help you — Talk to the Expert.
- ▶ **American Lung Association**
614-279-1700 or 1-800-548-8252
lungusa.org
- ▶ **American Cancer Society**
1-800-ACS-2345 (1-800-227-2345)
cancer.org

Resources

Resources for Financial Concerns

Having a chronic illness can cause financial concerns. Everyone's situation is different. Try these tips to ease the stress.

Understand the Insurance Plans

- ▶ Read the policy to know what services will be paid for and if precertification is needed by the insurance company.
- ▶ Call the company to ask if your doctor and hospital are part of your plan.
- ▶ Check to see if some of the newest treatments such as certain medications or surgeries are covered by your plan.

When You Call the Insurance Company, You Will Need:

- ▶ The patient's name, Social Security number, and date of birth
- ▶ The policy number
- ▶ A notepad with your questions and space for notes

Calling insurance companies can be time-consuming and frustrating. Be patient so you can get the information that you need. Ask the name and extension of the person handling your call so that if you need to call again, you can speak to someone who is familiar with your case.

Paying for medications may be hard if you don't have insurance. Ask your doctor if generics or drugs that cost less can be used. Many drug companies offer free medication to people who need help. Ask your doctor or pharmacist for information.

People with a chronic condition may be eligible for disability benefits if they were working at the time of the illness. Contact the employer's benefits department for information.

Mount Carmel Financial Resources

Mount Carmel's Customer Service can answer your questions about your bill and payment plans. An automated touch-tone service gives you quick answers to questions about your account. You can call the service at 614-234-8888 at any time.

Financial Assistance Programs for Medications

There are many programs that provide financial assistance for medication costs. If you qualify, these programs may be able to help pay for your doctor-prescribed medicines and assist you in the process of enrolling and receiving your needed medications.

▶ **Mount Carmel's PrescriptionEase Program**

This is a medication assistance program funded by donations made to the Mount Carmel Foundation. It is available for Mount Carmel patients who have no prescription coverage and a low household income. The program helps you handle all the paperwork with the drug companies' patient assistance programs and handles your refills and re-enrollment processes. Call 614-234-3333 to determine if you are eligible.

▶ **Drug Companies' Patient Assistance Programs**

These need-based programs, sponsored by the drug companies, provide name-brand medications to patients at low or no cost. Applications need to be completed and submitted to each drug manufacturer for eligibility and/or enrollment.

▶ **Government Assistance Programs**

Government programs often offer patients prescription medications at a greatly reduced rate. They are available to patients who meet the specific program criteria. The cost of enrollment varies. Examples include Medicare, the Veterans Administration, and state programs.

▶ **Discount Cards**

Prescription-savings cards offer prescription discounts to a wide range of patients. Enrollment is quick, easy, and usually free.

▶ **Partnership for Prescription Assistance (PPA)**

This service provides you with access to almost 500 public and private programs.

888-4PPA-NOW (888-477-2669)
pparx.org

Resources for Planning Ahead and Making Decisions

Advance Directives

Advance directives are forms that give instructions about care when patients are unable to speak for themselves. Many times loved ones will be asked to make decisions for the patient. Under Ohio law, a person may prepare advance directives so that loved ones will know they are following and respecting the wishes, values, and beliefs of the patient.

Living wills and health care power of attorney are the two types of advance directives. A living will gives instructions about the kind of treatment a person does or does not want. A living will is only in effect when the patient is permanently unconscious or terminally ill and can no longer speak.

The health care power of attorney identifies a person whom the patient chose to make healthcare decisions when he or she is unable to make decisions, such as when the patient is unconscious.

The hospital can help patients complete the advance directives. For more information, talk to your healthcare provider.

Resources for Services and Education

Listed below are programs for people with heart failure and related conditions. Talk to your healthcare team if you need more information or additional resources.

Mount Carmel Services

Heart Failure Management 614-234-8860

Patients with heart failure receive specialized care during hospitalization. Inpatient nurse coordinators assist with the patient's care while in the hospital and arrange for follow-up at Heart Failure Management.

The Mount Carmel Heart Failure Management Team is dedicated not just to treating your heart failure, but to helping you learn to live with your heart failure. An advance practice nurse with oversight by a cardiologist can:

- ▶ Teach you how to manage your disease through education and lifestyle changes.
- ▶ Prescribe medications and monitor their effects on an ongoing basis.

- Follow up with you regularly.
- Keep your doctor informed of your progress.

Services at the center are covered by Medicare, Medicaid, and most major insurance plans.

Cardiac Rehabilitation 614-234-4001

Some patients with heart failure can be in cardiac rehab for classes and exercise training.

Finding a Doctor

Mount Carmel wants to make finding a doctor easier for you. Our physician referral service can locate a qualified family doctor or a respected specialist near you. Call 614-234-LIFE (5433) Monday–Friday 8 a.m.–8 p.m. or visit mountcarmelhealth.com.

Primary Care Centralized Scheduling 614-546-2222

Schedule an appointment by visiting mountcarmelmedicalgroup.com.

24/7 Care Line 614-546-CARE

Speak to an RN any time of day or night. Get answers to questions about life-threatening health issues, recommendations where to go after hours, medication information, and assistance with discharge orders.

Diabetes Self-Management 614-546-4582

A program that includes classes, consultations, and a support group to help manage diabetes. Classes are for people with either insulin-dependent or Type 2 diabetes. A doctor's referral may be needed.

Spiritual Care

Managing a chronic disease can be an emotional experience. Chaplains are available 24 hours a day for counseling and prayer.

Case Management/Social Work

The staff is trained to provide counseling and help with financial issues, referrals, and help in making home care arrangements.

Community Health Information

Health information is offered at:

Healthy Living Center (Community Room)

614-234-4660
777 West State Street
Medical Office Building 2
Columbus, Ohio 43222
mountcarmelhealth.com/hlc

Other Resources

- heart.org/heartfailure
- KeepitPumping.com
- abouthf.org
- heart.org

Medications

- nlm.nih.gov/medlineplus/druginformation.html

Free medication apps:

- Medisafe Pill Reminder (Apple & Android)
- Round Health (Apple only)
- Medicine Alert:Pill Reminder (Apple & Android)
- Mango Health (Apple & Android)

Healthy Eating

- ▶ [nutrition.gov](https://www.nutrition.gov)
- ▶ [heart.org/en/healthy-living/healthy-eating](https://www.heart.org/en/healthy-living/healthy-eating)
- ▶ [nhlbi.nih.gov/health-topics/dash-eating-plan](https://www.nhlbi.nih.gov/health-topics/dash-eating-plan)

Support for the Patient and Caregiver

- ▶ [mendedhearts.org](https://www.mendedhearts.org)
- ▶ [aarp.org](https://www.aarp.org)
- ▶ [wellspouse.org](https://www.wellspouse.org)
- ▶ [caregiveraction.org](https://www.caregiveraction.org)
- ▶ CARE Zone app: assists with medication reminders and organize health information.

Other Supportive Services

Mount Carmel Palliative Care

Heart failure is a serious, progressive illness. At times, symptoms may get worse but improve with treatment. Other times, treatments may no longer be helpful and the symptoms worsen despite intense medical management.

Palliative care is an integrative approach to care that focuses on relieving symptoms and easing the stress of serious illness. Palliative care does **not** take the place of medical care for your condition, but instead works together with your doctors to help manage the illness, related symptoms, and treatment side effects. Palliative care focuses on symptom relief at all stages of the disease and can improve not only symptoms, but also quality of life and satisfaction with care. It is often confused with hospice care, which begins when an illness has advanced to the end stages of life.

The goal of palliative care is to prevent suffering and provide the highest quality of life possible for both patients and their families.

Palliative care can:

- ▶ Set goals for care based on the patient's values and preferences
- ▶ Provide help with advanced directives
- ▶ Improve communication between care providers
- ▶ Provide symptom management
- ▶ Provide psychosocial and spiritual support to patients and caregivers

Palliative care services are available in the hospital, in the community in conjunction with home health care, and at Heart Failure Management.

Mount Carmel Hospice

End-stage heart failure is difficult. Patients often struggle with shortness of breath, fatigue, and frequent hospital visits as their condition worsens. At some point, many patients at this stage change their focus from treatment to comfort.

Hospice care provides expert treatment, counseling, and care for patients and their families who are facing an end-stage disease. The focus of hospice is comfort. A team of physicians, nurses, social workers, aides, counselors, trained volunteers, and chaplains provides compassionate care.

Hospice care is patient-centered care that focuses on managing pain and discomfort and providing emotional and spiritual support to the patient and family during a difficult time.

For more information about palliative care or hospice care, call 614-234-0200.



**Thank you for choosing Mount Carmel
for your healthcare needs.**

Be certain to have your questions or concerns
addressed before you go home.

We wish you well in your recovery.



MOUNT CARMEL

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