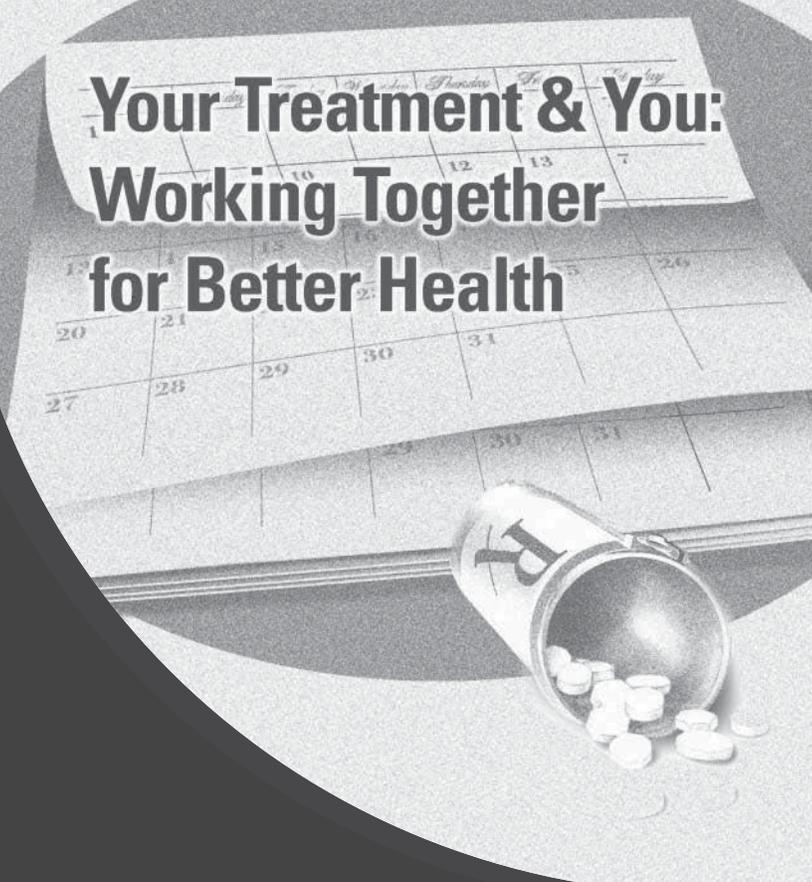


The logo for 'ask' is presented in a stylized, lowercase font with a 3D effect, enclosed within a circular frame that has a gradient from white to black.

ABOUT HEART FAILURE

A grayscale illustration of a medical calendar with a grid of dates and a small pill bottle lying on its side with several pills spilled out. The calendar is partially obscured by the text.

**Your Treatment & You:  
Working Together  
for Better Health**

**America's 1st Choice**

A white five-pointed star is positioned to the left of the text 'America's 1st Choice', with a white swoosh underline extending from the star.

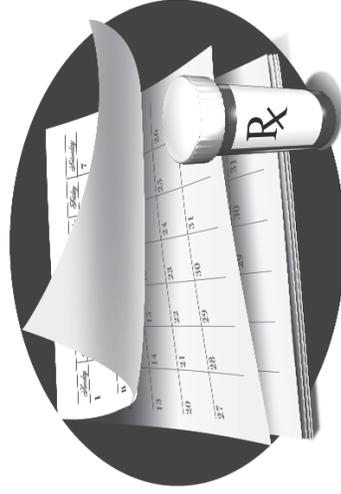


## Because the more you know, the healthier you can be.

This booklet is designed to help you understand heart failure and the things you can do every day to stay healthy.

As always, talk to your doctor for more information.\*

Taking your medicine as directed by your doctor is one of the most important things you can do. If you're like most people, this may be easier said than done.



\*The term "doctor" is used throughout this booklet to represent your healthcare provider and also includes nurse practitioners and physician assistants.

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# Heart Failure—What Is It?

“Does heart failure mean my heart has stopped working?”

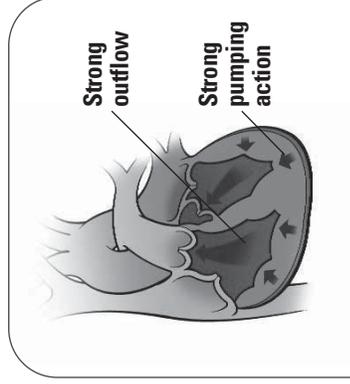
Heart failure does not mean your heart stops working. It occurs when damage to the heart weakens its pumping power. Your heart must work harder to keep blood moving through your body.

**Although it may sound scary, heart failure can be managed.**

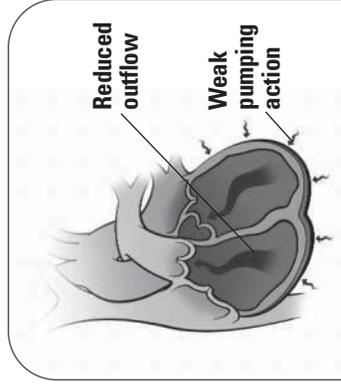
## What causes heart failure?

In heart failure, the weakened heart cannot pump as strongly. There are many things that can damage your heart and lead to heart failure over time. They include:

- High blood pressure
- Heart attack
- Coronary artery disease
- Diabetes
- Injury to the heart or a birth defect
- Severe lung disease



A healthy heart can easily pump oxygen-rich blood throughout your body.

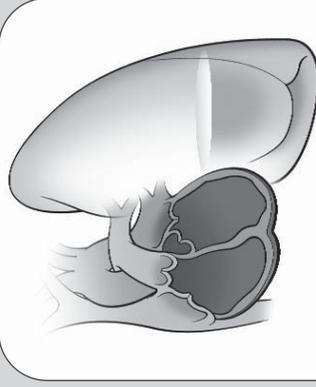


In heart failure, the weakened heart cannot pump as strongly.

## What does heart failure feel like?

Patients with heart failure may experience some of these symptoms but not necessarily all of them.

- Shortness of breath
- Faster heartbeat
- Feeling extra tired
- Swollen ankles, legs, or belly
- Weight gain (from fluid)
- Frequent cough
- Trouble sleeping because of shortness of breath



Over time, fluid may leak into your lungs and cause breathing problems.

## Taking care of heart failure every day

Today, there is no cure for certain types of heart failure. But these steps can help you lead a longer life with fewer health problems.



- Take your medicines as directed by your doctor.
- Keep your weight in a healthy range.
- Eat foods that are low in salt and low in fat.
- If you smoke, quit.
- Get regular, moderate exercise if your doctor approves.

**America's 1st Choice**

*There are steps you can take now to help you feel better. Use the goal checklist on the next page to set your goals.*



America's 1st Choice

# My Heart Failure Goals— What Are They?

You are the most important person in managing your heart failure. Talk with your doctor to help you choose one or more goals you are ready to work on now.

Goal 1



**Weight**

- I will weigh myself every day at the same time, using the same scale.
- I will try to reach and/or stay at my goal body weight of \_\_\_\_\_.
- I will call my doctor if I gain weight for \_\_\_ straight days or gain more than \_\_\_ pounds in a day.

Goal 2



**Symptoms**

- I will check my feet and ankles every day for signs of swelling.
- I will call my doctor if any of my symptoms get worse.

Goal 3



**Medicines**

- I will take my medicine(s) as directed by my doctor.
- I will call my doctor if I have any problems.

Goal 4



**Rest**

- I will get enough rest at night and take breaks during the day if I need them.
- If I have trouble sleeping, I will call my doctor.

America's 1st Choice

Goal 5



**Smoking**

- I will talk to my doctor about ways to quit smoking.

Goal 6



**Alcohol**

- I will avoid or greatly lower the amount of alcohol I drink each day.

Goal 7



**Diet**

- I will follow a low-salt, low-fat, high-fiber diet based on my doctor's instructions.

Goal 8



**Sodium (Salt) Use**

- My goal is to drink \_\_\_ glasses of fluid a day.
- My sodium goal will be \_\_\_ mg per day.

Goal 9



**Exercise**

- I will exercise for \_\_\_ minutes \_\_\_ days per week as directed by my doctor.
- The best exercises for me are \_\_\_\_\_.

**EMERGENCY**

*Call 911 right away if you have chest pain/tightness or feel very short of breath.*

## Heart Failure Medicines— How Do They Work?

There are several types of medicines for heart failure. You may need more than one medicine to control your heart failure.

### *Heart failure medicines can:*

- Help improve symptoms
- Help you feel better
- Help you stay out of the hospital
- Help reduce your chances of death from heart failure

### **1. ACE inhibitors widen blood vessels.**

- ACE inhibitors make it easier for the heart to pump blood through your body.

### **2. Beta-blockers improve the way your heart works.**

- Beta-blockers help widen blood vessels and keep the heart from beating too fast.

### **3. Diuretics, or “water pills,” help your body get rid of extra fluid and sodium.**

- Diuretics can help you breathe easier. They also reduce the swelling in other parts of your body (eg, feet and lower legs).

### **4. Digoxin, or digitalis, helps your heart pump more strongly.**

- Digoxin can help reduce your symptoms and help you function better.

## How to help yourself



**Weigh yourself daily.** If your weight goes up, you may have excess water. Keep a daily record of your weight.



**Use less salt.** Your doctor will probably suggest a low-salt diet. Eating salt makes the body retain water.



**Eat a healthy, balanced diet.** Eating well will help you stay at a healthy weight.



**Stay active.** Physical activity will make your muscles stronger. This can help you feel better and do your daily tasks more easily.



**Don't smoke.** If you do smoke, talk to your doctor about a program to help you quit.



**Avoid alcohol.** Too much alcohol may worsen high blood pressure and heart failure. Alcohol is also high in calories.



**Get plenty of rest.** Take breaks during the day if you need them.

*Work with your doctor and do all that you can to keep your heart healthy. Take care of yourself so you can manage your heart failure and feel better.*



**“I can live healthy and stay healthy with heart failure.”**

- Mark medicine refill dates on a calendar.
- Use reminder notes to remember to take your medicines.

What My Pill Looks Like	Dates to Refill Rx	Special Instructions

## Sticking With My Medicines— What Will Work?

You and your doctor can work as a team to help make life with heart failure easier. Taking your heart failure medicine as directed by your doctor is one of the most important things you can do to stay healthy.

**Not taking your heart failure medicine as directed by your doctor means:**

- Your medicines will not work the way they should.
- You may have trouble doing daily tasks.
- Your heart failure symptoms may get worse.
- You may need to go to the hospital.

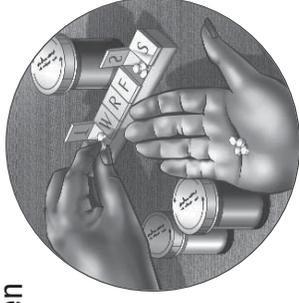
“**I sometimes forget to take my medicine every day.**”

Taking more than one medicine at different times each day can be hard. The key is to create a routine that fits your life:

- Where possible, take your medicines with other daily habits, like in the morning when brushing your teeth or in the evening with dinner. Talk to your doctor about a routine.
- Ask your doctor if there are medicines you can take less often. A simpler medicine schedule may help you.

**If you forget doses often:**

- Use a pill box marked with the days of the week. Take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Keep your medicine in a place where you will see it daily.



**If you forget to refill your medicine on time:**

- Mark a calendar with “Refill on [date]”. Choose a date about a week before you will run out.
- Make sure you have enough refills to last you until your next doctor visit.
- Ask your pharmacy to send you reminders to refill your prescription.



“**I’m feeling better. Why do I need to take all these medicines?**”

Taking your medicine every day may be why you feel better. If you skip your medicines, your symptoms will likely return or become worse. Stick with your medicine so you can stay healthy and out of the hospital.

## Watching My Symptoms— How Do I Take Charge?

Taking your medicines the right way is one of the most important things you can do for your health. Ask your doctor to help you fill out your plan. A plan can be very helpful, especially when your symptoms get worse.

Date:     /     /     

Doctor/Phone: \_\_\_\_\_

Emergency number: \_\_\_\_\_

Target weight: \_\_\_\_\_

Target blood pressure: \_\_\_\_\_

### Action:

- Take medicines as directed by doctor.
- Check your weight every day and write it down.
- Follow a low-salt diet and avoid alcohol.
- Get regular physical activity if your doctor approves.
- Check blood pressure if instructed.
- If you smoke, quit.

Call your doctor if you notice **ANY** of the following:

- Weight gain of 2 or more pounds in a day or 4 pounds in a week
- Increased swelling in ankles, legs, or belly
- Increased shortness of breath, especially when lying flat (eg, you may have to sleep sitting up)
- Extreme tiredness
- A cough that won't go away; or coughing up pink mucus
- Heartbeat is very fast
- You feel your heart is skipping beats
- Feeling restless, dizzy, or woozy
- Nausea or lack of appetite

Go to the **emergency room (or call 911) immediately if:**

- You have pain or discomfort in your chest, neck, arm, jaw or shoulder that does not go away when you rest or take nitroglycerin
- You have any other medical problems, including:
  - Severe shortness of breath
  - Unexplained sweating or weakness
  - Light-headedness, dizziness, or fainting
- You have difficulty with speech, sudden weakness in your arms or legs, or other symptoms of stroke
- You have a fainting spell or lose consciousness

## Healthy Eating and Activity— How Can They Help?

### Eating Right

Eating right is one way to help you take charge of your health. It will also give you more energy.

- Eat more fresh fruits and vegetables and fewer fatty foods. This will help you keep to your goal weight.
- Cut out salty foods. This can keep you from holding on to extra water.
- Ask your doctor how much fluid to drink each day.

### Tips for cutting out salt:

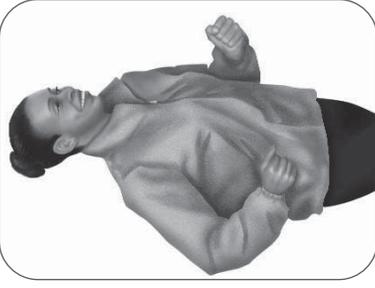
- Take the salt shaker off the table and don't add salt when cooking, baking, or eating.
- Use pepper and salt-free spice blends to give food flavor. Try adding lemon juice, garlic, and herbs.
- Avoid processed foods. Some canned soups have almost one half of your daily sodium limit in just one serving.
- Read food labels to see how much sodium is in each serving. Most people with heart failure should get 2,000 mg of sodium or less per day.

*Diuretics, or "water pills," may cause people to lose potassium. Since your body needs potassium, your doctor should check your levels regularly.*

### Stay Active

Talk to your doctor about a regular exercise plan. It can help you:

- Have more energy and sleep better
- Build your strength, so daily tasks won't be so tiring
- Feel more upbeat and confident
- Cope with stress
- Lose weight



### Exercise Tips

Your doctor will help you create the right exercise plan based on your health.

- Your doctor can tell you how much exercise to get and which activities to avoid. Find exercise that you like to do.
- Start off slowly and work up to exercising for 20-30 minutes most days of the week.
- Stop exercising right away and call your doctor if you feel:
  - Pressure or pain in your chest, neck, arm, jaw, shoulder
  - Dizzy, light-headed, or nauseous
  - More short of breath or tired than usual
  - Your heartbeat is too fast or too slow, or is skipping a beat

*If you're not used to exercise or you are concerned about it, talk to your doctor. Your doctor may recommend a cardiac rehab program.*





## My Doctor Visits— How Can I Get Ready?

You and your doctor are a team in managing your heart failure. To get the most from your treatment, talk openly and honestly with your doctor.

**“I’m embarrassed to ask my doctor some questions.”**

- All questions are important. Do not be afraid to speak up if you do not understand something.
- Ask a family member to join you for doctor visits. They can write down your doctor’s answers.
- Some people who take diuretics, “water pills,” have to urinate more often. Ask your doctor when it is best to take your diuretic. You may be able to take it earlier in the day to avoid nighttime bathroom visits.

**If you have trouble understanding what your doctor says:**

- Ask for written information about your medicine. Is it available in large print or another language?
- Review the following checklist before each doctor’s visit.

**Side effects may occur with any medicine. Tell your doctor about any side effects you may have or have had in the past. You should first talk with your doctor if you are considering stopping your medicine.**

Prepare before you go to your doctor’s office. Check off the statements that apply to you and discuss with your doctor.

### Since my last visit:

- I have not taken my medicine(s) as directed every day.
- My medicines have caused side effects that bother me.
- My symptoms have changed (better or worse).
- I have lost sleep due to my heart failure symptoms.
- I have noticed a sudden weight gain.
- I have felt “sad” or “hopeless” much of the time.
- I have made progress on my heart failure goals.
-

## Heart Failure Support— Where Can I Go for Help?

“I need help. I cannot do this on my own.”

- Ask a family member or friend to support you, like going with you to your next doctor visit.
- Ask your doctor about a heart failure support group. You can find a group in your area at [www.americanheart.org](http://www.americanheart.org).

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### If you have trouble paying for your medicines:

- Visit [www.togetherxaccess.com](http://www.togetherxaccess.com), [www.gskforyou.com](http://www.gskforyou.com), or [www.PPARx.org](http://www.PPARx.org) for more information.
- Another option is to call 1-800-Medicare or visit [www.medicare.gov](http://www.medicare.gov).

### Have you felt down or hopeless?

It's normal for people with heart failure to feel down from time to time. But if you have been feeling down much of the time, talk to your doctor.

For more help and information, contact one or more of these heart failure resources:

**1on1Health®**  
[www.1on1health.com](http://www.1on1health.com)

**American Heart Association (AHA)**  
1-800-AHA-USA-1 (1-800-242-8721)  
[www.americanheart.org](http://www.americanheart.org)

**National Heart, Lung, and Blood Institute Information Center**  
1-301-592-8573  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**Heart Failure Society of America**  
1-651-642-1633  
[www.hfsa.org](http://www.hfsa.org)

*To learn more about what may be getting in the way of taking your medicines, go to [www.takingmeds.com](http://www.takingmeds.com).*

Many of the Web sites above are external to GlaxoSmithKline. GlaxoSmithKline does not have editorial control over the content of the information provided in these Web sites and therefore does not guarantee their accuracy and completeness.





## About My Heart Failure Care Record

Work with your doctor to decide how often you need the tests or services listed below. List your personal goals.

Test/Service	My Goal	/ /	/ /	
Blood Pressure				
Weight				
Smoking Status: Plan to Quit	—			
Review Medicines	—			
Review Symptoms	—			
Total Cholesterol				
LDL ("bad cholesterol")				
HDL ("good cholesterol")				
Triglycerides				
Flu Vaccine	—			
Pneumonia Vaccine	—			
Ejection Fraction				
Exercise Tolerance Test				
Fasting Blood Sugar				

