

HEART FAILURE ZONE CHART

Green Zone: All Clear

- No shortness of breath or chest pain
- No weight gain of 2 pounds or more
- No swelling of your feet, ankles, hands, or stomach

Yellow Zone: Call your doctor

- Weight gain of 2 pounds in 1 day OR 5 pounds or more in 1 week
- Shortness of breath
- Harder to breath when lying down
- Feeling tired, no energy, or uneasy as if you know something is wrong
- Swelling of your feet, ankles, hands, or stomach
- Dry hacking cough
- New or increased chest pain
- Needing to sleep sitting upright

Red Zone: Call 911

- Struggling to breathe
- Unrelieved shortness of breath while sitting still
- Chest pain
- Confusion or inability to think clearly

HOSPITALS & MEDICAL CENTERS

Cooper University Hospital

CAMDEN

One Cooper Plaza
Camden, NJ 08103

Inspira Medical Center

MULLICA HILL

700 Mullica Hill Rd.
Mullica Hill, NJ 08062

Inspira Medical Center

ELMER

501 West Front St.
Elmer, NJ 08318

Inspira Medical Center

VINELAND

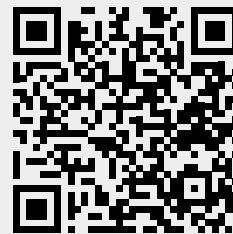
1505 West Sherman Ave.
Vineland, NJ 08360

OFFICE LOCATIONS

Cooper and Inspira Cardiac Care has many office locations throughout the region. Visit our website at CooperandInspira.org and click on the locations tab for a location nearest you. and **click on the locations tab** for a location nearest you.

MORE INFORMATION

For more information about living well with heart failure, use the QR code below.*



*To view the link on the QR code, open the camera app on your phone, hover the camera over the QR code and click the link that appears.



CARDIAC CARE LIVING WELL WITH HEART FAILURE.

Call or click to learn more.



833.SJHEART

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CooperandInspira.org

THIS IS WHAT
WE LIVE FOR

Cooper | **inspira**
CARDIAC CARE

WHAT IS HEART FAILURE

Heart failure occurs when the heart muscle does not pump blood to meet the body's needs. Heart failure causes blood to back up and water to leak out of your blood vessels and lungs. Fluids build up in the lungs because of abnormalities in the heart. When your heart does not pump efficiently, you may feel weak, tired or dizzy.

Patients with heart failure are closely monitored and need to follow up with their physician after discharge so that their heart failure is controlled and prevent the need to return to the hospital.

TIPS TO KEEP YOU WELL

Check Your "Heart Failure Zone" Every Day

- Do a daily checkup and record:
 - Your weight
 - If you have swelling or shortness of breath
 - Find your zone in the Heart Failure Zone Chart (inside panel of the brochure)

Take Your Medications

- Bring your medications to doctor's visit
- If you are taking a "water pill", know what water pill you are currently taking
- Use a pill box to keep track of doses and to make sure you don't run out
- Keep an updated medication list in your wallet and what the medications do

Weigh Yourself Daily

- Weigh yourself after you go to the bathroom and before you eat breakfast

Get Enough Sleep

- Follow a consistent sleep schedule
- Keep naps short
- Use your bedroom for sleep only
- Avoid alcohol, nicotine and limit caffeine
- If you don't feel well rested, speak to your doctor about a sleep study

Drink Enough Water

- Drink between 40-64 ounces daily, unless you have a fluid restriction
- Anything that is liquid at room temperature counts toward this total (ice cream, Jell-O, soup, milk in cereal, ice cubes, etc.)
- Record how much you drink each day

Avoid or Limit High Sodium Foods

- Breads and rolls
- Burritos and tacos
- Canned soup
- Cold cuts and cured meats
- Fast food burgers, sandwiches and pizza

Choose Low Sodium Foods

Compare labels to find products with 5% Daily Value (DV) or less for sodium. A DV of 20% or more is high.

- Vegetables and fruits (fresh, frozen and canned) with no added sugars or salt
- Whole Grains - like breads, cereals, rice, quinoa, barley, oatmeal, couscous and pasta with no added sugar
- Unsalted popcorn or low-sodium chips
- Protein Foods
 - Fresh or frozen fish or shellfish
 - Chicken or turkey breast without skin or marinade
 - Lean cuts of beef or pork

- Unsalted nuts and seeds
- Eggs
- Beans and peas - like kidney, pinto, black, lima, garbanzo (chickpeas), black-eyed peas, split peas, and lentils. Dried or low-sodium canned
- Dairy
 - Fat-free or low-fat plain yogurt
 - Low-sodium cheese
 - Fat-free or low-fat (1%) milk
 - Soy milk with added calcium, vitamin A, and vitamin D
 - Dressings, vegetable oils, and condiments with low-sodium, and no added salt and sugar
 - Unsalted margarine and spreads (soft, tub, or liquid) with no trans fats and less saturated fats
 - Low-sodium salsa or picante sauce
- Seasonings to use instead of salt
 - Herbs, spices, or salt-free blends
 - Garlic, onions, and peppers
 - Lemon, lime and ginger

Stop Smoking

Avoiding nicotine can lower your risk of heart attack, stroke, and cancer. For more information, talk to your doctor or call NJ Quitline at 1.866.NJ.STOPS.

CARDIAC REHABILITATION

The cardiac rehabilitation team will show you how to do daily exercises to safely exercise your heart. They can also provide information on nutrition, medications and self-monitoring to help you increase in strength and flexibility. Speak with your cardiologist about programs available in your area.