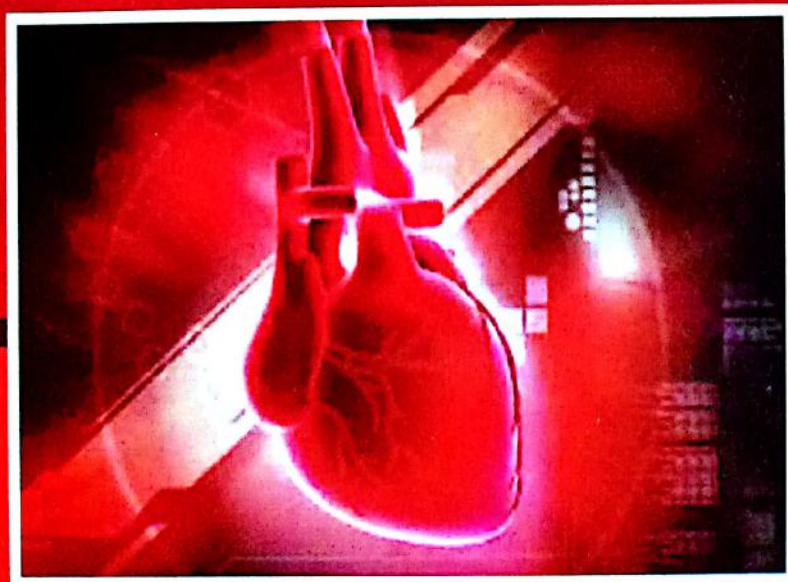




# **SAVE YOUR HEART FUNCTION**

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# Living with Heart Failure

## 1. **What is heart failure?**

Heart failure means when heart is not able to pump the blood out as much as it receives i.e. Insufficient EJECTION FRACTION and not able to meet the body needs. This is due to weakened heart muscles.

## 2. **What is EJECTION FRACTION?**

Ejection fraction (E.F.) is an important measurement in determining how well heart is working or pumping out blood.

It is amount of blood left ventricular pumps out with each contraction.

Normal range of Ejection Fraction is 50%-80%  
(Eg.-60% EF means 60% of total amount of blood in left ventricular is pumped out with each contraction)

E.F. Less than 40% may indicate heart failure or cardiomyopathy.

Test for E.F. are echocardiogram, cardiac catheterization.

## 3. **How do you know about the Ejection Fraction?**

Echocardiography

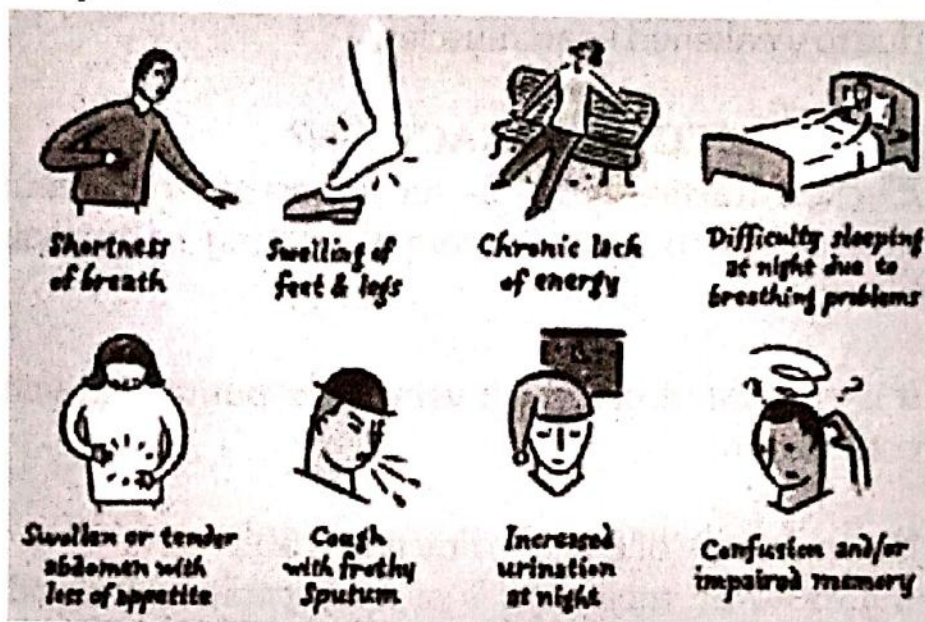
## 4. **What causes heart failure?**

- Any history of heart attack.
- Improper heart valve functioning.
- Infection to heart.
- High blood pressure.

## 5. **What are the signs and symptoms of heart failure?**

- a) Shortness of breath (during activity or lying flat and relieved by rest and lying with head end raised).

- b) Swelling of ankles, feet and legs indicated by tightness of shoes and socks.
- c) Weight gain 1-3 kg in a week.
- d) Tiredness or early Fatigue.
- e) Anorexia (loss of appetite) and abdominal complaints.
- f) Palpitations.



## 6. How to control your CHF

### 1. Take the medication as per your doctor's prescription

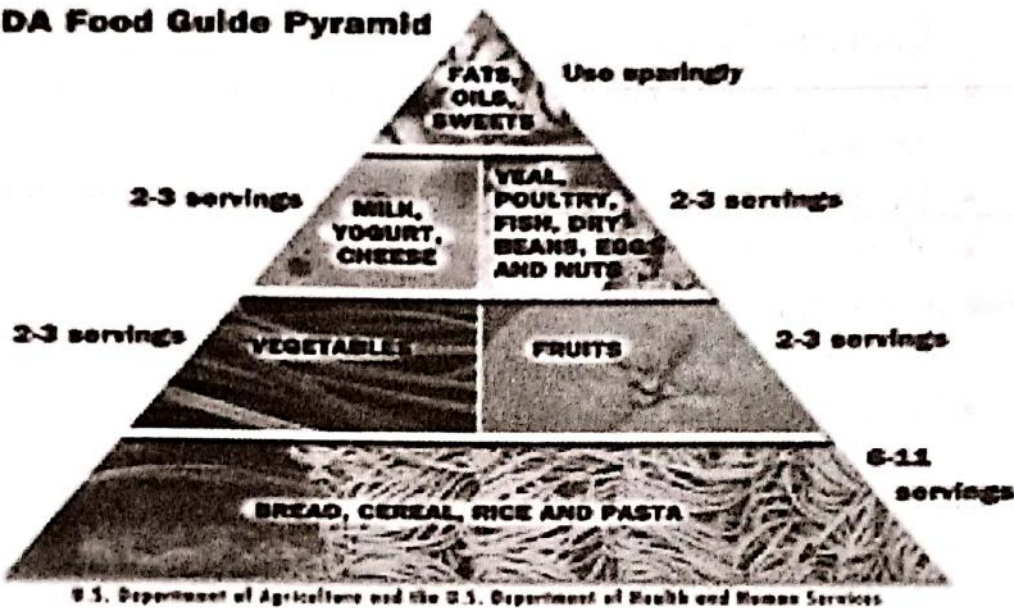
- Do not take the over the counter drugs e.g. Combiflam, antacids that contain SODIUM salt, decongestants, antihypertensives (calcium channel blocker) worsens the CHF. Sometimes pain killers can effect on your heart. Some diabetic medicines can also adversely effect on the heart. Certain usual medicines like nasal drops can also effect on the heart.
- Do not double the dose.
- Check for any side-effect of drug.
  - a) Light-headedness and dizziness.
  - b) Change vision (yellow vision), blackouts.
  - c) Nausea and vomiting.



- d) Change in appetite.
- e) Muscle cramps.
- f) Dry cough.
- g) Most of the Pain killers and Powder form of antacid increases fluid retention.

## 2. Follow your diet plan strictly.

### USDA Food Guide Pyramid



- Avoid high sodium diet (salt).
- Check for the sodium levels of packed food.
- Daily salt requirements is 1500-2000mg i.e. 1 teaspoon, means do not sprinkle extra salt over salads, lassi or lemon water.
- Avoid canned food or pickles, high in salt.
- Use refined oil e.g. **RICE BRAN OIL, OLIVE OIL** rather than desi ghee or dalda. **Minimal Quantity should be used.**
- Drink no more than 6 to 8 cups i.e. 1500-2000ml of fluid in one day.

### How to calculate?

**1 bowl/1 cup = 150ml**

**1 glass = 250ml**

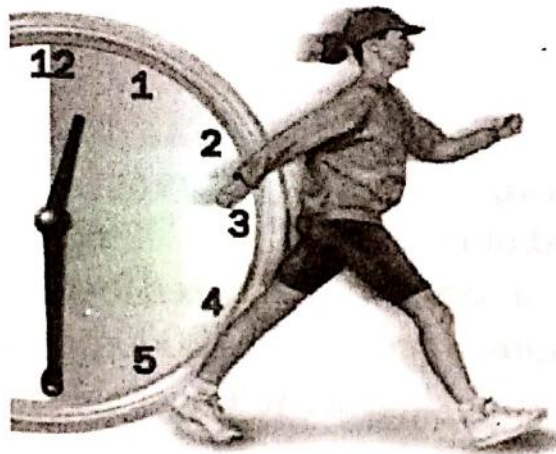
- However in extreme winter hot and humid weather the requirement of fluid is needed to be changed
- Monitor fluid intake. All your tea, juices and shakes, anything that melts are counted as fluids.
- Small and frequent meals are very helpful.
- Avoid fluid after meals for  $\frac{1}{2}$  an hour.
- Rest for at least half an hour after meals but don't lie down.

### 3. Exercise Daily.

- Exercise daily as per your tolerance i.e. do not over exert yourself.
- Be active but be smart. Stop and rest when you get tired.
- Avoid heavy weights lifting.

#### How to Exercise?

- Your exercise schedule must be divided into 3 steps.



- a) **Warm up phase:** In which one has to gradually starts.

BENEFITS=1) Prepares your body heart.

1. Slowly increases the respiration rate, heart rate and temperature.
2. Prevents muscle soreness.

b) **Conditioning Phase**

- c) **Cool down phase:** Never end up suddenly. Let the heart rate and blood pressure decrease gradually.



Type of exercise one can perform: Walk is the best exercise.

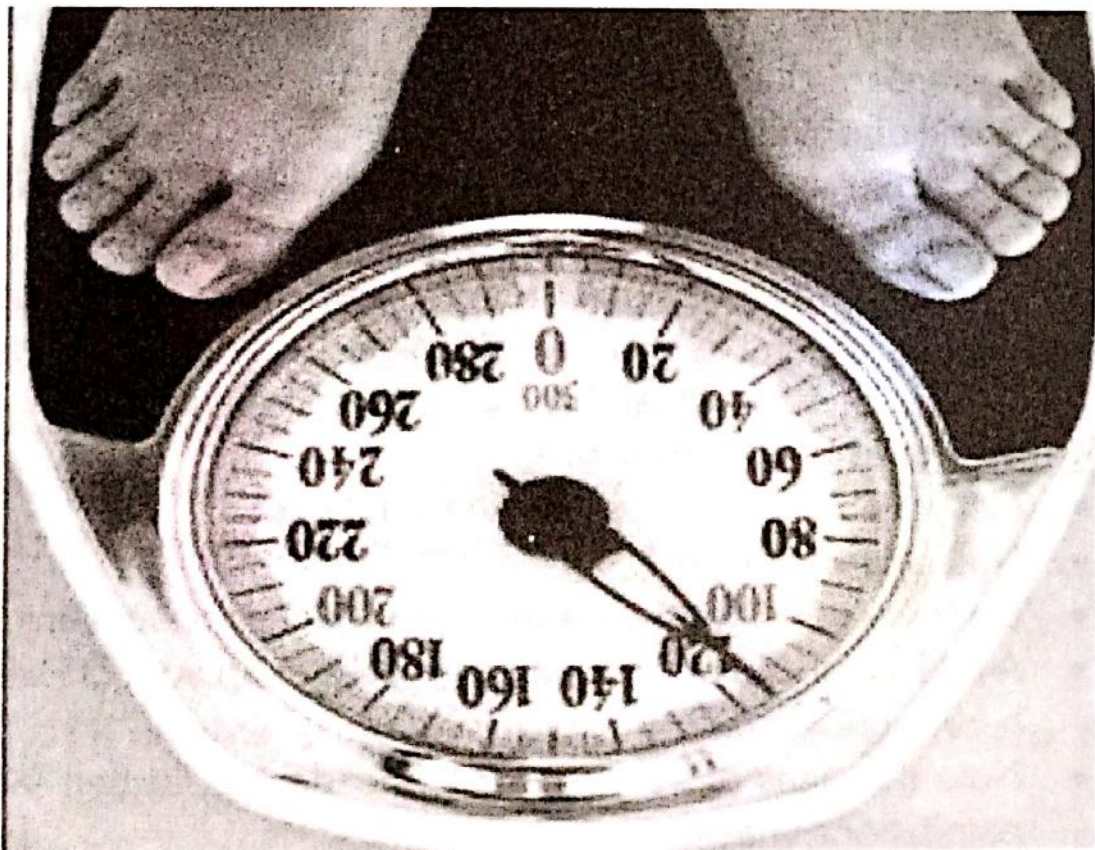
- Daily walk for  $\frac{1}{2}$  an hour is good enough. If breathlessness increases than slow walk is enough.
- Avoid walk in extremes of temperature (like avoid walk early in winters or late in summers)

#### **4. Reduce psychological stress.**

- Use relaxation therapy i.e. doing something you like which reduces your stress and provides you happiness.

#### **5. Weigh yourself.**

- Consult your doctor if you gain more than 2 lbs (1kg) in two days, or 15 lbs (3kg) in one week. Usually it means excess fluid.
- Use same weighing machine for accurate results.
- Always weigh yourself machine in same clothes to prevent errors.
- Meet your doctor particularly after the change of season.



## **6. Alcohol and Smoking.**



- Alcohol and smoking worsens the heart functioning.

## **7. Sleep and Rest.**

- One should sleep with head end raised (2-3 pillows) to prevent dyspnea (difficulty in breathing).
- Patients with neck pain or with cervical problems can use sand bags to support their neck.

## **8. Control your diabetes mellitus.**

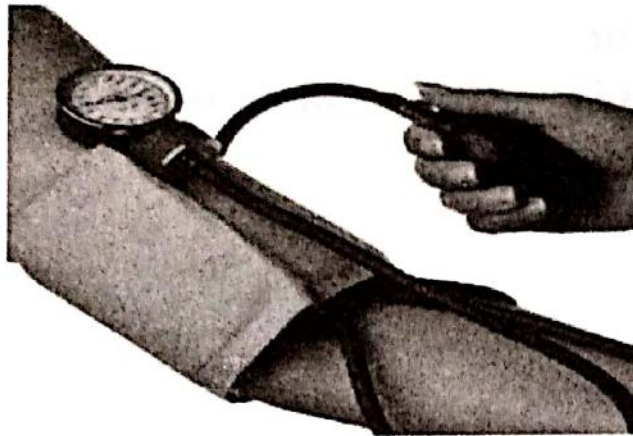
- Regularly check your blood glucose levels. Constant increase in glucose levels may worsen the heart functioning.
- Avoid diet high in sugars and fats.
- Take your medications as prescribed; do not alter the dose or timings.
- Check for any foot injury or ulcers (diabetic foot), maintain proper hygiene as they are difficult to heal due to increase blood glucose levels and decreased blood circulation.

## **9. Monitor your blood pressure.**

- Get your blood pressure checked regularly.
- Note any variations.
- Do check your blood pressure, before taking medications.
- Avoid strenuous exercise; they may shoot up your B.P. and heart work load.
- Note the signs of increased B.P. (headache, flushed face, palpitations, vnausea).



- Note the signs of decreased B.P. (headache, cold, extremities, dizziness, vertigo).
- Avoid diet high in salt and fluid, it helps in maintain B.P.

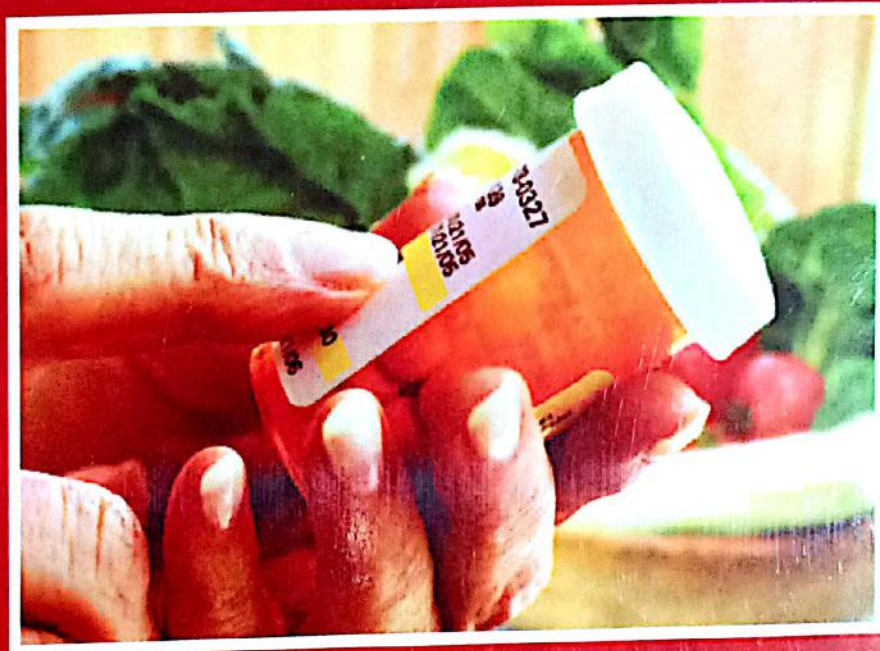


### Promise to myself

1. I'll take my medications as prescribed whether I have any symptoms or not.
2. I'll avoid high salt diet.
3. I'll restrict fluid intake as prescribed.
4. I'll weigh myself daily.
5. I'll check for any oedema on ankles.
6. I'll rest between activities.
7. I'll notice trouble breathing and cough when lie down.



- 8. I'll follow the low fat diet.**
- 9. I'll not smoke.**
- 10. I'll control my cholesterol level.**
- 11. I'll avoid temperature extremes i.e. neither too cold or too hot.**
- 12. I'll consult the doctor when asked or required.**



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