



Self-Care Goals: Heart Failure

What steps can I take to reduce my risk of heart failure?

1. Weigh yourself daily and write it down.
2. Record all your blood pressures, medicine changes, symptoms, hospital stays, and health appointments.
3. Keep your medicine list up-to-date and bring it to all appointments.
4. Limit sodium intake to 2000 mg or less per day.
5. Limit fluid intake to 64 ounces or less per day.
6. Exercise every day for 30 minutes or more.
7. Avoid all tobacco products.
8. Limit daily alcohol intake:
 - No alcohol if you have a history of alcohol associated health problems.
 - Otherwise, limit intake to 12 grams/day (12 oz beer or 4 oz wine or 1.5 oz spirits); drink no more than 36 grams per week (36 oz beer or 12 oz wine or 4.5 oz spirits).
9. Rest/sleep at least 6 hours per night.
10. Get a flu shot every year between October and January.
11. Get a pneumococcal vaccine. If you are 65 or older and got this vaccine more than 5 years ago, you should be revaccinated.
12. Check the effect of your diuretic (water pill) by noting how soon you urinate after taking your water pill and how soon the pill increases your usual urine output.

13. If your weight goes up by 3 or more pounds in one day or 5 or more pounds in one week, be sure you are following your dietary sodium and fluid restrictions.
14. Call the Heart Failure Program:
 - If your weight goes up by 2 or more pounds in one day or 4 or more pounds in one week,
 - If you cannot control your weight increase or swelling on your own.
15. Call the Heart Failure Program if you have increasing breathlessness, coughing, lightheadedness, or rapid heartbeats.
16. Call 911:
 - If you have chest pain lasting more than 15 minutes that is not responsive to nitroglycerin
 - If you pass out
 - If you have severe breathlessness
17. Keep track of your Heart Failure Program appointments; call if you may miss an appointment.
18. Call the Heart Failure Program at Phone (800) 694-0184 if you go to the emergency room or if you are hospitalized.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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