

Other names:

- Congestive heart failure, chronic heart failure or CHF
- Left or right-sided heart failure
- Systolic heart failure
- Diastolic heart failure or heart failure with preserved systolic function (HFpEF)
- Heart failure with reduced ejection fraction (HFrEF)

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be found at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at

<http://www.umcvc.org/mardigian-wellness-resource-center>

and online Information guides at <http://infoguides.med.umich.edu/home>

Michigan Medicine Resources

- **Care Guides from Your Michigan Medicine Clinician: Heart Failure**
<https://careguides.med.umich.edu/browse-by-medical-service/heart-failure>

Michigan Medicine Patient Education Clearinghouse is a resource with videos, websites and patient education handouts created or endorsed by Michigan Medicine clinicians. Patient education handouts include materials on:

- **Heart Failure Basics**
- **Medications**
- **Diet & Nutrition**

- **Sodium**
- **Fluid Management**
- **Symptom Monitoring**
- **Activity**
- **Healthy Lifestyle**
- **Emotional health and caregiving**

Videos include:

- **What is Heart Failure?**
 - **Commonly Prescribed Medications for People with Heart Failure**
 - **Heart Failure Diet: What is a Fluid Restrictions?**
 - **Heart Failure Diet: What is a Sodium Restriction?**
- **Michigan Medicine Frankel Cardiovascular Center Heart Failure Program**
<http://www.umcvc.org/medical-services/heart-failure>
This program offers team-based care for heart failure from all causes and in all stages, including:
 - Consultation with cardiologists specializing in heart failure care
 - Heart failure patient management by cardiologists working with a nationally recognized nurse tele-management program
 - Cardiac surgeons with expertise in surgical treatments for heart failure, including valve surgery, coronary bypass, myectomy, mechanical assist devices and heart transplantation.
 - Post heart transplantation patient care
 - **Nutrition services at the University of Michigan Frankel Cardiovascular Center**
<https://www.umcvc.org/conditions-treatments/heart-nutrition>

Registered dietitians with expertise in heart failure provide personalized consultations to patients and families. Dietitians work with patients to develop eating plans tailored to specific needs, preferences and lifestyles. To schedule an appointment call the CVC call center at 888-287-1082 or 734.647-7321.

- **The Preventive Cardiology program** at Domino's Farms offers a number of relevant program and services.

For more information:

<https://www.umcvc.org/conditions-treatments/cardiovascular-disease-prevention-and-rehabilitation>

or call: (734) 647-7321

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access:

<http://hr.umich.edu/mhealthy/programs/tobacco/> or call (734) 998-6222 or email quitsmoking@med.umich.edu

Brochures, Fact Sheets

- American Heart Association.
 - **Discharge Packet for Patient Diagnosed with Heart Failure**
<https://tinyurl.com/3n8yabaf>
 - **Healthier Living with Heart Failure: Managing Symptoms and Reducing Risk**
<https://mydigitalpublication.com/publication/?i=753422>

- **HF and Your Ejection Fraction Explained**
<https://tinyurl.com/yvb7hund>
- **How Can I Live with Heart Failure?**
<https://tinyurl.com/mv5sfbc>
- **Self-Check Plan**
<https://tinyurl.com/3f4pmfmb>
- **What is Heart Failure?**
<https://tinyurl.com/msdk5cvp>

- Heart Failure Society of America
Heart Failure - The Basics: A Patient's Guide
<https://hfsa.org/patient-hub/heart-failure-basics-patients-guide>

Books

- Gillinov, Marc. **Heart 411: The Only Guide to Heart Health You'll Ever Need.** New York NY: Crown Publishing, 2012.
- Kasper, Edward K, and Mary Knudson. **Living Well with Heart Failure: The Misnamed, Misunderstood Condition.** Baltimore: MD: Johns Hopkins University Press, 2010.
- Meyer, Maria M., Paula Derr, and Kay Kendall. **The Comfort of Home for Chronic Heart Failure: A Guide for Caregivers.** Portland, OR: CareTrust Publications LLC, 2009.

- Quinn, Campion. **100 Questions and Answers about Congestive Heart Failure**. Sudbury, Mass.: Jones and Bartlett, 2008.
- Silver, Marc A. **Success with Heart Failure: Help and Hope for those with Congestive Heart Failure**. 4th ed. Cambridge, Mass.: Da Capo Life Long, 2006.

Audiovisual Resources

- Heart Failure Society of America. **Living with Heart Failure: A Guide for Patients**. <https://youtu.be/tP79YHgMmMg>
- Michigan Medicine Heart Failure Videos:
<http://michmed.org/xoWNp>
 - What is Heart Failure?
 - Commonly Prescribed Medications for People with Heart Failure
 - Heart Failure Diet: What is a Fluid Restrictions?
 - Heart Failure Diet: What is a Sodium Restriction?

App

- **Heart & Stroke Helper App – American Heart Association**
<https://www.heart.org/en/health-topics/cholesterol/cholesterol-tools-and-resources/heart-and-stroke-helper-app>
A self-management tool that tracks symptoms, medications and more. Also lets you share your information with your health team. Available for Android and Apple devices.
- **Heart Failure Health Storylines - Heart Failure Society of America –**
<https://tinyurl.com/y4g6xhjq>

Developed in partnership with the Heart Failure Society of America, this app makes it easy to record your symptoms, vital signs, medications, and more to help you manage heart failure. Available for Android and Apple devices.

Web Resources

- **American Association of Heart Failure Nurses Together in HF**

<https://www.togetherinhf.com/>

Includes resources on heart failure diet, support services, and learning how to live with heart disease.

- **American Heart Association: Heart Failure**

www.heart.org/

→ Click on “**Health Topics**”

→ Select: “**Heart Failure**”

This site includes information on understanding heart failure, warning signs, treatment options, living with heart failure, tools, resources and personal stories.

- **Cardiosmart.org: Heart Failure and Heart Failure Therapy**

<http://www.cardiosmart.org/>

→ Click on “**Topics**” and

→ Select “**Heart Failure**” from the list

Provided by the American College of Cardiology, this site has detailed overviews of heart failure and treatments including treatment guidelines and a downloadable Management Workbook.

- **FoodData Central: Nutrient lists from the USDA** (United States Department of Agriculture)
<https://fdc.nal.usda.gov/>
FoodData Central has data on the nutritional content (sodium, potassium, water, sugar, etc.) of many types of food.
- **Heart Failure Society of America: Patient Hub**
<https://hfsa.org/patient>
This site includes information for patients about heart failure risk factors, symptoms, and stages. Tools are available to help patients and caregivers.
- **National Heart, Lung, and Blood Institute: What is Heart Failure?**
<https://www.nhlbi.nih.gov/health/heart-failure>
Includes basic information on heart failure, including causes, risk factors, symptoms, diagnosis, and treatment.

Patient Support Organizations

- **American Heart Association**
<http://www.heart.org/>
1-800-242-8721
- **The Mended Hearts, Inc.**
<http://www.mendedhearts.org/>
Information Line: 1-888-432-7899

Low Sodium Resources for Patients and Families:

Books – available for check out at the Wellness Resource Center

- American Heart Association. **American Heart Association Eat Less Salt: An Easy Action Plan for Finding and Reducing the Sodium Hidden in Your Diet.** New York: Clarkson Potter/Publishers, 2013.
- American Heart Association. **American Heart Association Low-Salt Cookbook: A Complete guide to Reducing Sodium and Fat in Your Diet.** New York: Clarkson Potter/Publishers, 2011.
- Epstein, Shannon. **Low-Sodium Slow Cooker Cookbook.** Emeryville, CA: Rockridge Press, 2018.
- Fong, Jessica Goldman. **Sodium Girl's Limitless Low Sodium Cookbook.** NY: Houghton Mifflin Harcourt, 2013.
- Gazzaniga, Donald A., and Maureen A. Gazzaniga. **The No-Salt, Lowest Sodium International Cookbook.** 1st ed. New York: Thomas Dunne Books, 2007.
- Gazzaniga, Donald A., and Maureen A. Gazzaniga. **The No-Salt, Lowest Sodium Light Meals Book.** 1st ed. New York: Thomas Dunne Books, 2005.
- Gazzaniga, Donald A., and Maureen A. Gazzaniga. **The no-Salt, Lowest Sodium Living Well Without Salt Cookbook.** Los Angeles, CA: Arrowhead Classics Publishing, 2012.
- Gazzaniga, Donald A., and Jeannie Gazzaniga Moloo. **The No-Salt, Lowest-Sodium Baking Book.** 1st ed. New York: Thomas Dunne Books/St. Martin's Press, 2003.

- Gazzaniga, Donald A. **The No-Salt, Lowest-Sodium Cookbook : Hundreds of Favorite Recipes Created to Combat Congestive Heart Failure and Dangerous Hypertension.** 1st ed. New York: St. Martin's Press, 2001.
- James, Shelly Vaughan ;McIndoo, Heidi. **The Complete Idiot's Guide to Low-Sodium Cooking.** New York, NY: Alpha, 2011.
- Jones, Heather K. **The Salt Solution Diet.** New York, NY: Rodale Publishing, 2011.
- Larsen, Linda Johnson. **The Big Book of Low-Sodium Recipes.** Avon, MA: Adams Media, 2015.
- Larsen, Linda Johnson. **Knack Low-Salt Cooking.** Guilford, CT: Morris Book Publishing, 2010.
- Logue, Dick. **500 15-Minute Low Sodium Recipes: Fast and Flavorful Low-Salt Recipes that Save You Time, Keep You on Track, and Taste Delicious.** Beverly, MA: Fair Winds Press, 2012.
- Lower, Christopher. **The Easy Low-Sodium Diet Plan and Cookbook: Quick-Fix and Slow Cooker Meals to Start (and Stick to) a Low Salt Diet.** Berkeley, CA: Rockridge Press, 2017.
- Nowlan, Sandra. **Low-Salt DASH Dinners.** Halifax, Nova Scotia: Formac Publishing, 2010.
- Shasta Press. **The Low Sodium Cookbook: Delicious, Simple and Healthy Low-Salt Recipes.**

- Webb, Robyn. **You Won't Believe It's Salt Free: 125 Healthy Low-Sodium and No-Sodium Recipes Using Flavorful Spice Blends.** Boston, MA: Da Capo Press, 2012.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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