

Heart Failure

INFORMATION GUIDE



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

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 obtained 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>

Brochures, Fact sheets

- American Heart Association. **Living with Heart Failure.**
- Heart Failure Society of America.
A series of 11 educational modules available at <http://www.hfsa.org/patient/education-modules/>
 - **Taking Control of Your Heart Failure**
 - **How to Follow a Low-Sodium Diet**
 - **Heart Failure Medicines**
 - **Self Care: Following Your Treatment Plan and Dealing With Your Symptoms**
 - **Exercise and Activity**
 - **Managing Feelings About Heart Failure**
 - **Tips for Family and Friends**
 - **Lifestyle Changes**
 - **Advance Care Planning**
 - **Heart Rhythm Problems**
 - **How to Evaluate Claims of New Heart Failure Treatments and Cures**

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Books

- 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.** East Hanover, NJ: Heart Failure Society of America and Novartis, 2013.
- University of Michigan Cardiovascular Center Heart Failure Program. In these videos Dr. Todd M. Koelling teaches patients healthy living with heart failure.
 - **Healthy Living with heart failure: Self-Care Skills You Need to Know**
 - **Healthy Living with Heart Failure: Your Nutrition Matters**
 - **Healthy Living with Heart Failure: Your Nutrition matters – Quiz**

Access at: <http://www.med.umich.edu/careguides/>

→ Type “heart failure videos” in the search box

Web Resources

- **American Heart Association: Heart Failure**
www.heart.org/
 - Click on “Conditions”
 - Select: “Heart Failure”

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

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

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

- Click on “**Heart Conditions**” 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 downloadable Management Workbook.

- **Heart Failure.org**

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

This site offers detailed illustrations and explanations of how the heart works, what happens when it fails, and living with congestive heart failure.

- **Heart Failure Society of America**

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

The centerpiece of this site is a series of 11 educational models covering different topics of interest to people with heart failure and their families. The models can be viewed online or downloaded and printed as a booklet. The site also features a questions and answers section.

- **National Heart, Lung, and Blood Institute: Heart Failure**

<http://www.nhlbi.nih.gov/>

- Click on “**Health Topics**”
- Click on “**H**”
- Click on “**Heart Failure**”

Includes basic information on what heart failure is, including causes, risk factors, symptoms, diagnosis, and treatment.

- **UpToDate - Patient information: Heart failure**

<http://www.patients.uptodate.com/>

- In the search box type in “**Heart Failure**”

These detailed, comprehensive overviews are based on professional literature reviews written for physicians. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of coronary heart disease.

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Michigan Medicine Resources

- **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 telemanagement program
 - Cardiac surgeons with expertise in surgical treatments for heart failure, including valve surgery, coronary bypass, left ventricular myoplasty, mechanic assist devices and heart transplantation.
 - Post heart transplantation patient care
- **Michigan Medicine Frankel Cardiovascular Center Heart Failure Program App**

Get help managing your heart failure right at your fingertips! Turn your smartphone into your own personal health monitor. This APP is full of helpful information, videos and educational materials designed to help patients' manage their heart failure, decrease symptoms and prevent admission to the hospital.

 - Scan the code below to get your “MANAGE HF” app on your iPhone. If you do not have an iPhone an Android app is being developed and will be available shortly.



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- **The Preventive Cardiology program** at Domino's Farms offers a number of relevant program and services.
For more information access:
<http://www.med.umich.edu/cvc/adult/serpre.htm>
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

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:

Brochures, Fact sheets

- Heart Failure Society. **How to Follow a Low Sodium Diet.**
<http://www.hfsa.org/patient/education-modules/>
→ Click on **Module 2**

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.

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- 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.
- Fong, Jessica Goldman. **Sodium Girl's Limitless Low Sodium Cookbook.**
- 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.

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- 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.

Web Resources

- **Nutrient lists from the USDA** (United States Department of Agriculture)
<http://ndb.nal.usda.gov/>
 - Click on “**Start Your Search Here**”
 - Click on “**Nutrients List**” then select a nutrient (sodium, potassium etc.) for a list of selected foods with their nutrient content. Lists may be arranged by nutrient value or alphabetically by food.

Michigan Medicine Resources

- **Nutrition services at the University of Michigan Frankel Cardiovascular Center**

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.

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS 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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