











Heart Failure Top Tips

My Ejection Fraction is _____% (pump power)		
I know I need to do the following to help with my heart failure:		
1.	<p>Diet: To avoid fluid building up in my body causing shortness of breath or swelling in feet and ankles:</p> <p>Use Less Salt</p> <ul style="list-style-type: none"> • In cooking and at the table • Pick foods with less than 10% DV of Sodium on the <i>Nutrition Facts Label</i> • Avoid eating out <p>Healthy Eating</p> <ul style="list-style-type: none"> • Fruits and vegetable with each meal • Whole grain breads and cereals • Low fat meats, fish and dairy 	 
2.	<p>Daily weights: Weigh yourself every morning after emptying your bladder and before breakfast (eating), use the same scale every day, ensure the scale is on a hard (non-carpeted) surface and write the weight on your Weight Log</p>	
3.	<p>Tracking: Use the “Heart Failure Zone” to check your progress.</p>	
4.	<p>Take Medicines: Fill prescriptions promptly as they help lessen symptoms. Take all medications as instructed and bring the pill bottles or blister package to all medical appointments. To avoid medication interactions, talk with your pharmacist when choosing over the counter medicines.</p>	
5.	<p>Quit Smoking: Phone Smokers’ Helpline 1-877-513-5333 or online at smokershelpline.ca or TXT Messaging text iQuit to 123456. You can also talk to my primary Healthcare Provider for help to quit smoking.</p>	
6.	<p>Alcohol: Abstain from alcohol until you follow up with your Primary Care Provider/Cardiologist</p>	
7.	<p>Regular Exercise: Being physically active will help you feel better. Ask your Primary Healthcare Provider about joining Cardiac Rehabilitation in your area.</p>	
8.	<p>Immunization: You are encouraged to get your annual flu vaccine and ask your Primary Care Provider about the Pneumococcal and Shingles vaccine</p>	
9.	<p>Learn About Heart Failure: Ask your HCP about other resources in to help you and your family understand how to live well with heart failure</p>	
10.	<p>Keeping Appointments: Follow-up with my doctor or health care professional within three days of coming home from hospital. Do your best to keep all appointment and rebook any appointment you may have missed.</p>	