

# Clear and Easy

## #7



**Molina Healthcare**  
**24 Hour Nurse Advice Line**  
(888) 275-8750

TTY: (866) 735-2929

**Molina Healthcare**  
**Línea de TeleSalud**  
**Disponible las 24 Horas**  
(866) 648-3537

TTY: (866) 833-4703

# **Titles by Clear and Easy**

Book 1 – Pregnancy

Book 2 – Diabetes

Book 3 – Stress and Depression

Book 4 – End Stage Renal Disease (ESRD)

Book 5 – Asthma

Book 6 – Chronic Obstructive Pulmonary  
Disease (COPD)

Book 7 – Congestive Heart Failure

Book 8 – Hypertension

Book 9 – Coronary Heart Disease

Book 10 – How to Take Care of Your Sick  
Family

Book 11 – Help to Quit Smoking

Book 12 – Kids and Asthma

Book 13 – Kids and Diabetes

Book 14 – How to Keep Your Family Healthy

Book 15 – Asthma and COPD

Book 16 – Hypertension and Coronary Heart  
Disease

Book 17 – Postpartum: Caring for You and  
Your Newborn

Do you have health questions? Call Molina Healthcare's Nurse Advice Line. Places to put our number:

- On all your home phones.
- Your cell phone. Add us to your list of contacts.
- Your purse or wallet.
- Refrigerator door.
- Bedroom nightstand.
- In your medicine cabinet.
- In easy to reach places.



**NM Members:**

Molina Healthcare services are funded in part under contract with the State of New Mexico.

# Clear and Easy

## Book 7 – Congestive Heart Failure (CHF)

### Important Phone Numbers

Provider: \_\_\_\_\_

Provider: \_\_\_\_\_

Family: \_\_\_\_\_

Neighbor: \_\_\_\_\_

Molina Healthcare offers programs to help members stay healthy. These health and wellness programs are at no cost to you. They are part of your benefits. Programs include:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart Health
- Pregnancy Support
- Stop Smoking

Molina Healthcare uses different ways to identify members for these programs. These include information from claims, pharmacy, or other health programs. You are eligible for one or more of these programs. The choice is yours.

Our providers, nurses and other staff are here to help you learn about your health. You can talk with them by phone to get answers to your questions. You can also get more information such as a newsletter or booklet. Our staff can help you stay in touch with your health care provider. They can help you understand your treatment. They can also help you if you have any problems.

You are part of one of these programs. Call us if you would like more services. Your health care provider can call us too. The number to call is **(866) 891-2320**. You can choose to be removed at any time. We look forward to helping you stay in good health.

***If you need this booklet in another language, large print, Braille or audio format, please call the Member Services number on the back of your ID card.***



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## **Introduction**

You and your provider can work together to help you be as healthy as you can be. This booklet gives you some quick tips on what you can do to manage CHF. You should not use this booklet in place of what your health care provider tells you. If you have problems with your health, be sure to see your provider (or Primary Care Provider) for treatment.

For questions about medicine or health concerns, you can call your provider.

If your health plan has a nurse advice line, you can call them too. If you don't feel well, they can help you decide what to do.

You may have someone who helps you with your health care. You must give permission to your provider or case managers to talk to this person about your care.



*This booklet is to help you. It does not take the place of your provider's care. If you or your family has an emergency, you should call your provider. Or, go to the nearest emergency room.*

## **What Is CHF?**

Congestive heart failure (CHF) is a condition when your heart doesn't pump blood as well as it should. The heart has trouble pumping blood all the way through the body. Because blood flow isn't as good as it should be, there are problems in the body. Blood and body fluid "back up" into the lungs. Feet, ankles and legs swell and you get tired and short of breath.

## Symptoms

Symptoms of CHF may not be noticeable at first. Sometimes the symptoms are sudden. This can happen in case of heart attack or other heart problems. Common symptoms are:

- Shortness of breath. This can happen with activity or even when resting.
- Coughing.
- Swelling. Most common is swelling of feet and ankles. Sometimes the legs or abdomen can swell too.
- Weight gain. This is often a rapid gain.
- Irregular or rapid pulse.
- Palpitations. This feels like your heart is racing.
- Difficulty sleeping.
- Fatigue, weakness, faintness.
- Loss of appetite, indigestion.

Other symptoms may include:

- Sleepiness or trouble concentrating.
- Less urine than normal.
- Nausea and vomiting.
- The need to urinate at night.

## **Causes**

Sometimes CHF happens suddenly. Most of the time it is a chronic, long term problem. The most common cause of CHF is coronary artery disease (CAD). The heart doesn't get enough blood and oxygen and this causes problems. Other things that can cause CHF are high blood pressure and diabetes. Sometimes CHF happens if you have other health problems.

## Complications

Heart failure can be a serious disorder. It can get worse if you are sick or have other stress. It is very important to take good care of yourself. Many kinds of CHF can be controlled.

## What You Can Do to Feel Better

1. Weigh yourself every day. This is very important. Weigh yourself at the same time each day and on the same scale. Wear the same amount of clothes. Tell your provider if your weight is going up.
2. Take your medications exactly as your provider tells you.
3. Always have a list of medications with you.

4. Try to limit salt.
5. Do not smoke.
6. Stay active. But if your weight is going up or you don't feel well, talk to your provider first.
7. Lose weight if you are overweight.
8. Get enough rest.
9. Get support from a mental health counselor, health care team, support group, your church or friends and family. They can give you new ideas. They can also join you in your healthy lifestyle.

## **Watch Your Salt Intake**

You can learn how to limit salt in your diet.

- Look for foods that are labeled “low-sodium,” “sodium-free,” “no salt added” or “unsalted.” Check the total sodium content on food labels.
- Be careful with canned, packaged and frozen foods. Some have lots of salt.
- Don’t cook with salt. Don’t add salt to what you are eating. Try pepper, garlic, lemon or other spices instead. Some spice blends may have salt or MSG.
- Some foods are naturally high in sodium. Stay away from these:
  - ◇ Anchovies
  - ◇ Bacon
  - ◇ Sausage
  - ◇ Ham
  - ◇ Nuts
  - ◇ Cured meats
  - ◇ Hot dogs
  - ◇ Bologna
  - ◇ Salami
  - ◇ Olives



- ◇ Pickles
- ◇ Soy sauce
- ◇ Tomato juice
- ◇ Worcestershire sauce
- ◇ Sauerkraut
- ◇ Cheese
- ◇ Vegetable juices

- If you eat out, have your food steamed or grilled. You can also bake, boil and broil food. Avoid adding salt, sauce or cheese.
- Use oil and vinegar on salads. Or, try lemon juice.
- Eat fresh fruit or sorbet when having dessert.



# How to Read a Food Label

The Nutrition Facts label helps you determine the amount of calories and nutrients in one serving of food. Nutrients include fats, carbohydrates, protein, vitamins and minerals. This information helps you know whether you're eating a healthy, balanced diet.

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings Per Container about 2			
<b>Amount Per Serving</b>			
<b>Calories</b>	250	Calories from Fat 110	
		<b>% Daily Value*</b>	
<b>Total Fat</b>	12g		<b>18%</b>
	Saturated Fat 3g		<b>15%</b>
	<i>Trans</i> Fat 3g		
<b>Cholesterol</b>	30mg		<b>10%</b>
<b>Sodium</b>	470mg		<b>20%</b>
<b>Total Carbohydrate</b>	31g		<b>10%</b>
	Dietary Fiber 0g		<b>0%</b>
	Sugars 5g		
<b>Proteins</b>	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- **Calories** - Watch your calories if you are trying to lose or maintain your weight. You can use the labels to compare products and see which have fewer calories. To find out how many calories you need each day, talk with your provider.
- **Total Fat** - Total fat tells you how much fat is in a food per serving. It includes fats that are good for you such as mono and polyunsaturated fats. It also includes fats that are not so good, like saturated and trans fats. Mono and polyunsaturated fats can help to lower your blood cholesterol and protect your heart. Saturated and trans fat can raise your blood cholesterol. This can increase your risk of heart disease.

- **Sodium** - Sodium (or “salt”) does not affect blood glucose levels. However, many people eat more sodium than they need. Table salt is very high in sodium. There is also hidden salt in many foods like cheese and salad dressings. Canned soups and other packaged foods are also high in salt. Use herbs and spices in your cooking instead of adding salt. Adults should aim for less than 2300 mg per day. If you have high blood pressure, it may be helpful to eat less.
- **Total Carbohydrate** - Carbohydrates can raise your blood sugar. Look at the grams of total carbohydrate, rather than the grams of sugar. Total carbohydrate on the label includes sugar, complex carbohydrate and fiber.

Carbohydrate includes milk and fruits. Some food has no natural or added sugar but has a lot of carbohydrate.

- **Fiber** - Fiber is part of plant foods that are not digested. Dried beans, like kidney or pinto beans, fruits, vegetables and grains are all good sources of fiber. Try to eat 25-30 grams of fiber per day. This goes for everyone, not just people with diabetes.



- **List of Ingredients** – This list helps you spot things to avoid, like coconut oil or palm oil. The ingredient list is also a good place to look for healthy ingredients like olive or canola oils. Look for whole grains, like whole wheat flour and oats.

## When to See Your Provider

See your Provider regularly. Take all your medicines with you. Be sure to call if you don't feel well, or if your weight is going up.



Take your medicines the way your provider tells you. Take them even when you are feeling well. Call your provider if you aren't sure how to take your medicine. Get refills before they run out. Tell your provider if you can't afford to buy your medicines.

Call your provider if:

- You are feeling weak.
- You have increased cough.
- You have increased mucus.
- Sudden weight gain.
- You have increased swelling.
- You have new or unexpected symptoms.

Go to the emergency room if you experience severe crushing chest pain, fainting or rapid and irregular heartbeat.

## Support

Many people with CHF have other health issues. These can include:

- COPD
- Heart disease and stroke
- Diabetes
- Osteoporosis
- Depression
- Cancer

Coping with these issues can be hard. You may be stressed or become depressed. It's different for every person.



People who help take care of others can also be stressed. It can be hard to keep up with a treatment plan. Some people don't understand what they need to do. Family members may disagree with a treatment plan.



There can be financial problems. Sometimes people feel fear or anxiety, even depression. Alcohol and other substance abuse can occur.

Tell your family and friends how you feel. Let them know how they can help you.

It's OK to ask for help if you are having any of these problems. Your treatment team can help you.

Talk to your provider or case manager. Joining a support group can help too. This booklet gives names of places where you can get help.

## **How Can Family or Friends Help?**

You may have someone who helps you with your health care. They can:

- Help remind you to take your medicines.

- Help you buy and prepare healthy foods.
- Take a walk with you.
- Go to provider visits with you.

Sometimes it helps when someone else hears what your health care provider says. You must give permission for your providers and case managers to talk to this person about your care.

## Weight Record

Talk to your provider to set your targets.  
Write down the date, time and results of  
your checks.

Date	Time	Weight

## Resources

### **National Heart, Lung, and Blood Institute Health Information Center**

(301) 592-8573

[http://www.nhlbi.nih.gov/health/  
health-topics/topics/hf/](http://www.nhlbi.nih.gov/health/health-topics/topics/hf/)

### **American Heart Association**

(800) 242-8721

[http://www.heart.org/HEARTORG/  
Conditions/HeartFailure/Heart-Failure  
UCM\\_002019\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart-Failure_UCM_002019_SubHomePage.jsp)

### **American Academy of Family Physicians**

(800) 274-2237

[http://familydoctor.org/familydoctor/en/  
diseases-conditions/heart-failure.html](http://familydoctor.org/familydoctor/en/diseases-conditions/heart-failure.html)









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