

# ***Heart Failure***



## 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

*Last revised: August 2009*

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The purpose of this guide is to help patients with a heart failure and their families to 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 Wellness Resource Center, room 2101 in the Cardiovascular Center.

## ***Brochures, Fact sheets***

- American Heart Association. *Living with Heart Failure.*
- Heart Failure Society of America.  
A series of 11 educational modules:
  - *Taking Control of Your Heart Failure*
  - *How to Follow a Low-Sodium Diet*
  - *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*
  - *Heart Failure Medicines*
  - *How to Evaluate Claims of New Heart Failure Treatments and Cures*Printer-friendly version available at: <http://www.abouthf.org/>

## ***Books***

- Meyer, Maria M. ; Derr, Paula ; Kendall, Kay. *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, 2006

- Silver, Marc A. *Success with Heart Failure: Help and Hope for those with Congestive Heart Failure*. 3rd ed. Cambridge, Mass: Perseus Pub, 2002.

## ***Audiovisual Resources***

- **Congestive Heart Failure – an Interactive tutorial on MedlinePlus.gov**

Access at: <http://www.medlineplus.gov>

Click on the link to Interactive Tutorials and select from the list under the heading: "Diseases and conditions"

A slide show with voice over and graphics explains the anatomy, symptoms and treatment options for heart failure.

## ***Web Resources***

- **Heart Failure** on Cardiosmart.org

Access: [www.cardiosmart.org](http://www.cardiosmart.org)

Click on "Condition Center" and select from the list.

Provided by the American College of Cardiology this site has detailed overviews of heart failure and treatments including the treatment guidelines and review of medications.

- **Heart Failure Online**

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

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

- **Heart Failure Society of America**

Access at: <http://www.abouthf.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.

- **Hearthub.org** – section on Heart Failure

Access at: <http://www.hearthub.org>

Under "Health Centers" select: "Heart Failure"

Provided by the American Heart Association this section includes videos, news and information on heart failure, warning signs, low-salt recipes and personal stories.

- **The National Heart, Lung, and Blood Institute (NHLBI) – Section on Heart Failure**

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

Click on “A-Z Diseases and Conditions Index” and select “Heart Failure” from the list

This section provides an easy-to-read overview of heart failure, causes, symptoms, diagnosis and treatment.

- **University of Michigan Cardiovascular Center – Learn About Cardiovascular Disease**

Access at: <http://www.med.umich.edu/cvc/learn/index.html>

This site links to overviews of heart conditions and disorders, tests, procedures, treatments, prevention and wellness topics.

- **UpToDate.**

- *Patient information: Heart failure causes, symptoms, and diagnosis*

- *Patient information: Heart failure treatments*

Access at: <http://www.patients.uptodate.com> move your cursor and click on the link to “Heart Disease” and scroll down to “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.

## ***University of Michigan Resources***

- **The Heart Failure Program** at the Cardiovascular Center 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.

For more information access: <http://www.med.umich.edu/cvc/> click on “ Our Services” and select “Heart Failure” from the list.

- **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: 734.998.9590.

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.med.umich.edu/mfit/tobacco/> or call 734.936.5988.

### ***Patient Support Organizations***

- American Heart Association

Web site: <http://www.heart.org>

Tel.: 1-800-242-8721

- The Mended Hearts, Inc.

Web site: <http://www.mendedhearts.org>

Information Line: 1-888-432-7899

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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Document #007/ Revised August 2009  
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## Low sodium resources for patients and families:

### **Brochures, Fact sheets**

- National Heart, Lung and Blood Institute (NHLBI). *Spice Up Your Life Eat Less Salt and Sodium*.  
An easy-to-read booklet with advice on lowering salt in the diet. This booklet may ordered by phone at 301-592-8573 or 240-629-3255 (TTY). A printer-friendly version available at: [http://www.nhlbi.nih.gov/;](http://www.nhlbi.nih.gov/)
- Heart Failure Society. *How to Follow a Low Sodium Diet*.  
To access online to go: <http://www.abouthf.org/> and click on module 2.

### **Books** – available for check out at the Wellness Resource Center

- American Heart Association. *American Heart Association Low-Salt Cookbook : A Complete Guide to Reducing Sodium and Fat in Your Diet*. 3rd ed. New York: Clarkson Potter/Publishers, 2006.
- 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 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 meals*. Indianapolis, IN: Alpha, 2006.

### **Web Resources**

- **Heart Failure – Diet** – on the American Heart Association Website  
Access at: <http://www.heart.org>
  - Click on: Diseases and Conditions
  - Click on: Heart Failure
  - Click on: Diet

Information about specific diet needs for people with heart failure including: low-salt diet, potassium and tracking fluids.

- **Low salt recipes** from the American Heart Association  
Access at: <http://www.deliciousdecisions.org/>  
This is a recipe collection of heart healthy dishes. Click on "Recipe Quick Find" to search for low-sodium recipes. Each recipe includes detailed nutritional information including: calories, specific fats counts, cholesterol, sodium, potassium and calcium.
- **Nutrient lists from the USDA** (United States Department of Agriculture)  
Access at: <http://www.ars.usda.gov/Main/docs.htm?docid=15869>  
Click on 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.

### ***University of Michigan Resources***

- **Nutrition services at the University of Michigan 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 1-800-287-1082 or (734) 998-7400.