





## Because it's important to know as much as you can.

This booklet is designed to help you understand heart failure and the things you can do every day to help manage it.

As always, talk with your healthcare provider for more information.



Taking your medicine as directed is one of the most important things you can do. If you're like most people, this may be easier said than done.



### Talking With Healthcare Team

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

7 My doctor/nurse and I work together to make decisions.

Five radio button options for question 7.

### Behavior



### Taking Medicines

#### Have You...

In the last week   In the last month   In the last 3 months   More than 3 months ago   Never

8 Taken a medicine more or less often than prescribed?

Five radio button options for question 8.

9 Skipped or stopped taking a medicine because you didn't think it was working?

Five radio button options for question 9.

10 Skipped or stopped taking a medicine because it made you feel bad?

Five radio button options for question 10.

11 Skipped, stopped, not refilled, or taken less medicine because of the cost?

Five radio button options for question 11.

12 Not had medicine with you when it was time to take it?

Five radio button options for question 12.

*If you checked any answers in the darker blue boxes, talk with your healthcare provider.*



# Taking Medicine— What Gets In The Way?

Think about all of the medicines you take. Mark one answer for each item below.

## Inconvenience/Forgetfulness



### Lifestyles

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

1 I just forget to take my medicines some of the time.

2 I run out of my medicine because I don't get refills on time.

3 Taking medicines more than once a day is inconvenient.

## Treatment Beliefs



### Attitudes and Beliefs

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

4 I feel confident that each one of my medicines will help me.

5 I know if I am reaching my health goals.



### Help From Others

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

6 I have someone I can call with questions about my medicines.

## What You'll Find

## Where You'll Find It

### Attitudes and Beliefs

Heart Failure—What Is It?

Page

4-5

My Heart Failure Goals—What Are They?

6-7

### Taking Medicines

Heart Failure Medicines—How Do They Work?

8-9

My Medicines—Am I Taking Them As Directed?

10-11

### Lifestyle

Sticking With My Medicine—What Will Work?

12-13

Watching My Symptoms—How Do I Take Charge?

14-15

Watching My Weight—Weight Record

16-17

### Talking With My Healthcare Team

My Healthcare Provider Visits—How Can I Get Ready?

18-19

### Help From Others

Heart Failure Support—Where Can I Go for Help?

20-21

ASK-12 Taking Medicine—What Gets In The Way?

22-23

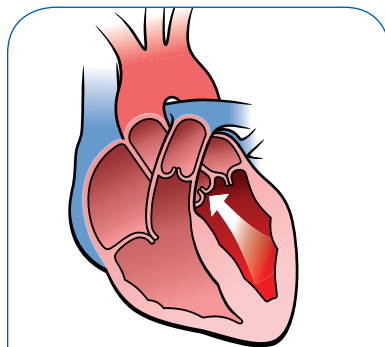
About My Heart Failure Care Record

Back

## Heart Failure—What Is It?

“Does heart failure mean my heart has stopped working?”

Heart failure does not mean your heart has stopped working. It occurs when the heart is unable to pump enough blood to meet the body's needs. Your heart must work harder to keep blood moving through your body.

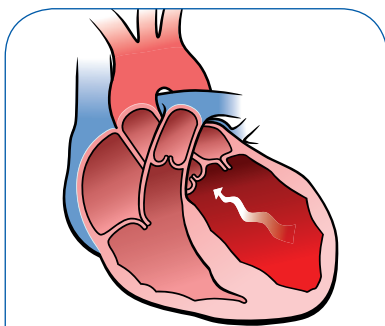


A healthy heart pumps oxygen-rich blood (shown in red) throughout your body.

### What causes heart failure?

In heart failure, the weakened heart cannot pump as strongly. There are many things that can overwork and affect your heart and lead to heart failure over time. They may include:

- High blood pressure
- Heart attack
- Coronary artery disease
- Diabetes
- Injury to the heart or a birth defect
- Lung disease
- Thyroid disorder
- Radiation/chemotherapy for cancer



In heart failure, the weakened heart cannot pump as strongly.

*For more help and information, contact one or more of these heart failure resources:*

#### American Heart Association® (AHA)

800-AHA-USA-1 (800-242-8721)

[www.heart.org](http://www.heart.org)

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

301-592-8573

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

#### Heart Failure Society of America

301-312-8635

[www.hfsa.org](http://www.hfsa.org)

The resources listed above are administered by independent third parties not affiliated with or endorsed by GSK. GSK is not responsible for the content of these resources.



## Heart Failure Support— Where Can I Go for Help?

“I need help. I can't do this on my own.”

- Ask a family member or friend to support you, such as going with you to your next provider visit.
- Ask your provider about a heart failure support group. You can find a group in your area at [www.heart.org](http://www.heart.org).

### *If you have trouble paying for your medicine:*

- If you have Medicare or think you are eligible for Medicare, call 800-MEDICARE (800-633-4227) or visit [www.medicare.gov](http://www.medicare.gov).
- For more information on Medicaid, contact your state Medicaid agency.

*To learn more about what may be getting in the way of taking your medicine, go to [www.HealthCoach4Me.com](http://www.HealthCoach4Me.com).*

### *Have you felt moody or blue?*

It's common for people with chronic conditions, such as heart failure, to feel moody or blue from time to time. If these feelings continue, you may lose interest in the things you used to like to do. Or you may have problems sleeping or working. The good news is that you don't have to deal with these feelings by yourself. Talk with your family, friends, and provider for help.

### **What does heart failure feel like?**

People with heart failure may have one or more of these symptoms:

- Shortness of breath or trouble breathing
- Feeling extra tired
- Swollen legs, feet, ankles, belly, or veins in neck
- Weight gain (from fluid)
- Cough
- Trouble sleeping because of shortness of breath
- Urinating often
- Loss of appetite

### ***There are things you can do to help manage heart failure***

Currently there is no cure for heart failure. But there are ways to help manage it. With medicine and lifestyle changes, you can help reduce symptoms and stop heart failure from getting worse.

See pages 8 and 9 to learn more about what you can do to help manage heart failure.

***There are steps you can take now to help manage heart failure. Use the goal checklist on the next page to set your goals, and talk to your healthcare provider.***



# My Heart Failure Goals— What Are They?

You are the most important person in managing your heart failure. Talk with your provider to help you choose one or more goals you are ready to work on now. Place a check next to your goals below.

## Goal 1



### Weight

- I will weigh myself every day at the same time, using the same scale.
- I will try to reach and/or stay at my goal body weight of \_\_\_\_\_.
- I will call my provider if I gain weight for \_\_\_ straight days or gain more than \_\_\_ pounds in a day.
- I will \_\_\_\_\_.

## Goal 2



### Symptoms

- I will check my legs and feet every day for signs of swelling.
- I will call my provider if any of my symptoms get worse.
- I will \_\_\_\_\_.

## Goal 3



### Medicine

- I will take my medicine(s) as directed by my provider.
- I will call my provider if I have problems.
- I will ask questions when I do not understand.
- I will \_\_\_\_\_.

## Goal 4



### Rest

- I will get enough rest at night and take breaks during the day if I need them. If I have trouble sleeping, I will call my provider.
- I will \_\_\_\_\_.

## Questions to Ask My Provider or Pharmacist When I Receive a New Prescription:

- What is the name of the medicine and how can it help me?

---



---

- How and when do I take the medicine, and for how long? Do I take it with food?

---



---

- What do I do if I miss a dose?

---



---

- What are the possible side effects? What should I do if they occur?

---



---

- Will it cause problems with the medicines I already take (including over-the-counter medicines) for other health problems?

---



---

- When should the medicine start to work?

---



---

- When and how do I refill my prescription?

---



---



## My Healthcare Provider Visits— How Can I Get Ready?

You and your provider are a team in managing your heart failure. Talk openly and honestly with your provider.

“*I’m embarrassed to ask my doctor some questions.*”

- All questions are important. Do not be afraid to speak up if you do not understand something.
- Some people who take diuretics, or “water pills,” have to urinate more often. Ask your provider when it is best to take your diuretic. You may be able to take it earlier in the day to avoid nighttime bathroom visits.
- Bring all of your medicines in a bag when you visit your provider. Be prepared to show the provider or pharmacist how you take each medicine.

*If you have trouble understanding what your provider says:*

- Ask for written information about your medicine. Is it available in large print or another language?
- Ask a family member to join you on provider visits. They can write down your provider’s answers.
- Ask the provider or pharmacist to help you answer the questions on the next page.

**Talk to your healthcare provider at every visit about any medicine you may be taking.**

### Goal 5



#### Smoking

- I will think of all the reasons I should quit smoking.
- I will ask my provider about how I can quit smoking and then take the steps to quit.
- If I start smoking again, I will try to quit again.

### Goal 6



#### Alcohol

- I will limit the amount of alcohol I drink, as directed by my provider.

### Goal 7



#### Diet

- I will follow a healthy diet based on my provider’s instructions.
- I will drink \_\_\_ to \_\_\_ glasses of fluid a day, as directed by my provider.

### Goal 8



#### Sodium (Salt) Use

- My daily sodium goal will be \_\_\_\_\_ mg per day.

### Goal 9



#### Exercise

- I will exercise for \_\_\_ minutes \_\_\_ days per week as directed by my provider.
- My provider and I agree that the best activities for me are \_\_\_\_\_.
- I will \_\_\_\_\_.

**EMERGENCY: Get emergency medical help right away if you think you are having symptoms of a heart attack, which may include:**  
**1) Chest pain or discomfort; 2) Pain or discomfort in the arm(s), neck, back, jaw, or stomach; 3) Shortness of breath; 4) Cold sweats, nausea, or light-headedness.**











## Sticking With My Medicine— What Will Work?

Taking your heart failure medicine as directed by your provider is one of the most important things you can do to help manage your heart failure.



### **Not taking your heart failure medicine as directed by your provider means:**

- Your medicine may not work the way it should.
- Your heart failure symptoms may get worse.
- You may need to go to the hospital.

### “*I sometimes forget to take my medicine every day.*”

Taking one or more medicines at different times each day can be hard. The key is to create a routine that fits your life:

- Try taking your medicine around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.
- Ask your provider if there is a medicine you can take less often. A simpler medicine schedule may help you.

**Work with your healthcare provider to find ways to take your heart failure medicine every day as directed.**

### ***If you often forget to take your medicine:***

- Ask your pharmacist if it is okay to use a pill box marked with the days of the week to store your medicine. If it is okay, you can take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Keep your medicine in a place where you will see it every day.



### ***If you forget to refill your medicine on time:***

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.



### “*I’m feeling better. Why do I need to take all these medicines?*”

Taking your medicine every day may be why you feel better. If you skip your medicine, your symptoms may return or become worse. Talk with your provider before you stop taking your medicine.