



SUGAR LAND HEART CENTER

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Patient Instructions - CHF

	Items	Descriptions
1	Recent LVEF	Left heart function. Normal 50-70%. [EF] What is your's:
2	ACE inhibitors	Reduce heart strain and improve survival
4	Beta Blockers	Reduce heart strain, sudden death incidence
5	Antiarrhythmics	Reduce palpitations and regulate your heart beats
6	Digoxin	Strengthen heart function and regulate heart rate
7	Aldactone	Reduces the strain on the heart muscle
8	Nitrates	Dilate the blood vessels and reduce congestion
9	Aspirin	Prevents clogging of the arteries
10	Vitamins/Minerals	Provide essential vitamins and minerals
11	Potassium	Replaces the potassium lost from the water pills
12	Weight Control	Gain in weight of more than 2lbs could signal water retention
13	Diet Instructions	Salt intake <2 g per day. Total Fluid intake <1liter per day
14	Smoking Cessation	Reduces the rate of progression of arterial blockage
15	Exercise	Increases the body's ability to use oxygen more effectively
16	Defibrillator ICD	Reduces the sudden death incidence in patients with EF <35%
17	Flu/Pneumonia vaccination	Reduces the risk of serious infections and worsening heart failure
18	Cholesterol lowering drugs	Reduce the arterial clogging risk
19	Blood thinners	Reduce the risk of stoke in patients with Atrial Fib or dilated heart
20	Watch comedy channel	Releases endorphins that make you feel good and high.

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