



# HEART FUNCTION HANDBOOK

KAWARTHA CARDIOLOGY CLINIC

# Welcome message

The aim of the clinic is to manage your heart function care on an outpatient basis, reduce emergency visits and hospital admissions. A team based approach will include your cardiologist, heart function nurse and nurse practitioner.

Your medications will be adjusted by the cardiologist and nurse practitioner as required to best manage your care. We will monitor your health status by completing physical assessments, ongoing teaching regarding: medications, fluid , salt management, self monitoring signs and symptoms.

Please bring your medications, weights, blood pressures and heart rates to ALL visits.

## Important reminders

- monitor weight DAILY at the same time
- NO more than 1.5-2L of ALL fluid in a day (coffee, water, pop, tea, etc.)
- monitor blood pressure and heart rate a few times a week at different times
- decrease salt intake- no more than 2000mg (2g) of all sodium in a day
- follow Mediterranean diet. Portfolio diet and Canada's Food Guide are good resources

For information on diet, fluid intake and more, visit our website <https://www.kawarthacardiology.com/heart-function-clinic/>

# Heart failure



## What is it?

A condition where the heart does not pump well. Your heart has not actually “failed” or stopped working, it is not working as well as it should.

Heart attack, cardiac arrest and heart failure are NOT the same thing.

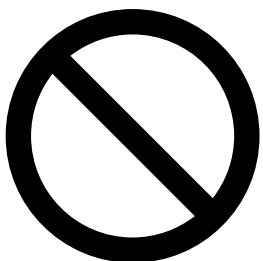


## When to call us:

- weight increase of 2lbs overnight, or 5lbs in a week
- more lower leg/abdomen swelling
- increase shortness of breath more than your normal
- increased dizziness or fatigue compared to your normal

Monday-Friday 8am-4pm. Please leave a message and we will get back to you within 24 business hours.

705-740-2043 x252



## When to go to hospital:

- feel like you can't breathe, extreme shortness of breath
- pain/pressure in chest
- fainting
- confusion

## Symptom management

[illegible]

## Symptom management

[illegible]

## Symptom management

[illegible]

## Symptom management

[illegible]

# Medications

Canadian medical guidelines recommend the combination of these 4 main types of therapies for heart failure:

## 1. ACE/ARB/ARNI

ACE/ARBs:

dilate blood vessels to lower blood pressure and decrease stress on the heart.

- ACE: Perindopril, Ramipril, etc.
- ARB: Candesartan, Valsartan, etc.

ARNI:

treat heart failure by lowering the blood pressure and getting rid of excess fluid.

- Entresto

## 2. Beta Blocker

lower your heart rate. They block the stress hormones that cause your heart to enlarge and become weak.

- bisoprolol, Metoprolol, Carvedilol

## 3. MRA

block hormones that put stress on your heart. They also help rid your body of extra fluid.

- Spironolactone, Eplerenone

## 4. SGLT2 inhibitors

cause the kidneys to eliminate sodium and glucose from the blood stream which results in less fluid retention and slightly reduced blood pressure.

- Dapagliflozin (forxiga), Empagliflozin (jardiance), Canagliflozin



# Medications

Other medications you may be prescribed include:

## **Furosemide**

stimulate the kidneys to produce more urine, thus getting rid of excess water and salt from the body.

## **Ivabradine**

works by slowing the heart rate.



Your medications should be taken as prescribed in combination with the following:

- Smoking cessation
- Eat a heart-healthy diet: Mediterranean, Portfolio, Canada's Food Guide
- Decreasing sodium intake
- Decreasing fluid intake
- Maintain a healthy weight
- Be active

## My medications

[illegible]

## My medications

[illegible]



**Visit our website for more  
information on diet, limiting salt  
and fluid intake, exercise, and  
more.**

**<https://www.kawarthacardiology.com/heart-function-clinic/>**

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