

DIABETES CONTROL MATTERS

TAKING CARE OF HEART FAILURE & DIABETES

Congestive heart failure (CHF) occurs when the heart does not pump enough blood to all parts of your body. When this occurs, the body's needs for oxygen and nutrients are not met. When the heart does not pump correctly, fluid backs up in the lungs and other parts of the body. Heart failure can range from a mild heart weakness to a severe and life-threatening degree. Usually the symptoms can be controlled with medications, diet and activity.

Over 3 million people have CHF and it leads to over 1 million hospitalizations each year. CHF is the #1 reason for hospital admission for a person with diabetes. The treatment of heart failure involves attention to diet activity, and medications.

DIET

- ◆ Salt – the person with CHF is usually asked to eat less salt. Large amounts of salt (sodium) cause the body to hold on to excessive fluid and therefore increases the heart's workload.
- ◆ Fluid & Potassium – they may also be asked to limit the amounts of fluid and potassium they consume each day.

Activity

- ◆ Maintain an activity level that does not cause shortness of breath, heart racing, dizziness, or severe fatigue.
- ◆ Scheduled exercise (walking 20 min/day) can maintain muscle tone and decrease workload of the heart.
- ◆ They may need regular rest periods to pace themselves throughout the day.

Medications

- ◆ Medications are used to improve the pumping action of the heart and reduce swelling.
- ◆ The most common medications used to treat CHF include digoxin, diuretics, antihypertensives (especially ACE inhibitors), and potassium.

Symptoms of Congestive Heart Failure

- ✓ Shortness of breath
- ✓ Swelling in the hands, ankles, feet or abdomen
- ✓ Sudden weight gain (for example, 2 pounds in 1 day or 5 pounds in a week)
- ✓ Frequent, dry cough (most often when lying down)
- ✓ Frequent urination during the night
- ✓ Increased, unexplained weakness and fatigue

Things You Should Do

- ✓ Weigh yourself every morning after you urinate but before you eat or move your bowels. Weigh at the same time of day, on the same scale, wearing similar clothing.
- ✓ Write down the weight.
- ✓ Call your health care provider if you gain 2 pounds in a day of normal eating.
- ✓ Avoid large meals.
- ✓ Follow diet, fluid, and activity instructions.
- ✓ Stop smoking.
- ✓ At your doctor's advice, obtain flu and pneumonia vaccinations.
- ✓ Limit alcohol to one serving per day or as advised by your doctor.
- ✓ Do not stop taking or change the dose of your medicines without checking with your doctor.
- ✓ Never take over-the-counter medications without consulting your doctor. These may alter the effects of your heart medications.
- ✓ Keep all follow-up appointments.

The back of this sheet has a record you can use to monitor their daily progress.

AMERICAN DIABETES ASSOCIATION GOALS FOR BLOOD GLUCOSE

	GOALS	ACTION SUGGESTED
Pre meals	80-120 mg/dl	<80 or >140 mg/dl
Bedtime	100-140 mg/dl	<100 or >160 mg/dl
Hemoglobin A1c	<7%	>8%

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HEART FAILURE & DIABETES SELF MONITORING RECORD

NAME:

PHYSICIAN:

PHYSICIAN PHONE:

PHARMACY PHONE:

	SUN	MON	TUE	WED	THUR	FRI	SAT
WEIGHT (lbs)							
MEDICATIONS (Indicate time taken)							
Name Dose When							
Pulse Rate Before Digoxin or Lanoxin							
BLOOD PRESSURE	/	/	/	/	/	/	/
ACTIVITY (X choose one each day)							
♦ No symptoms with usual activity							
♦ Usual activity causes fatigue, racing heart, or breathlessness							
♦ Fatigue, racing heart, or breathlessness without usual activity							
♦ Unable to do any activity without discomfort							
SYMPTOMS							
BLOOD GLUCOSE (record time & result)							
KETONES (record time & result)							

Bring this record with you for all health care appointments!