

# Ideal Person with Congestive Heart Failure

## Know your goals

Blood Pressure	120/80
LDL ("Bad") Cholesterol level	Less than 100
Your base weight	_____ lbs.

## Goal

## Lifestyle Modifications

- Exercise at least 30 minutes for at least 5 days a week.
- Achieve your ideal body weight. Yours is \_\_\_\_\_ lbs. Even losing 5 pounds has been shown to reduce the death rate in people with CHF.
- Stop smoking
- Limit the salt that you eat to 2 grams a day
- Limit alcohol intake to 1 serving a day (if at all)
- Eat 3 meals a day and use the DASH diet
- Sleep for at least 8 uninterrupted hours a day
- Stress reduction using exercise or yoga
- Weight yourself every few days. A weight gain of two to three pounds over two to three days should prompt a call to the physician, who may order an increase in the dose of diuretics or other methods designed to stop the early stages of fluid accumulation before it becomes more severe.

## Routine Laboratory Testing

- Cholesterol panel twice a year
- Complete Metabolic Panel twice a year
- Electrocardiogram (EKG) every 2 years
- Echocardiogram every 3 years
- Flu Vaccine once a year
- Eye Exam once a year

## Medications (checked if prescribed)      Dose

- Beta Blocker (Coreg, Metoprolol) \_\_\_\_\_
- Aspirin \_\_\_\_\_
- ACE Inhibitor (or Angiotension Receptor Blocker – ARB) \_\_\_\_\_
  
- Lasix \_\_\_\_\_
- Statin (Lipitor, Zocor, etc) \_\_\_\_\_
- Spironolactone \_\_\_\_\_
- Digoxin \_\_\_\_\_
- Nitrate \_\_\_\_\_
- Other: \_\_\_\_\_