

CONTROLLING FLUID INTAKE IN **HEART FAILURE**

Heart failure occurs when your heart is unable to pump blood strongly enough for your body to get oxygen and nutrients it needs. In some cases, fluid can build up in your lungs, kidneys and other parts of your body causing

Shortness of Breath

Feeling Tired

Swelling of Abdomen, Feet and Legs.

If you have heart failure, a healthy lifestyle can help to improve your health.

STEPS YOU CAN TAKE

REDUCING SODIUM

Aim for 2000mg of sodium /day, sodium comes from salt. Too much sodium makes body hold on to extra water which makes your heart work harder to pump the extra fluid around your body.

- All types of salt are high in sodium e.g. sea salt table salt etc.
- Limit salty foods. Foods high in salt include processed meats, canned soups, cheese sauces (salad dressings, ketchup soya sauce) gravy.
- Snack foods including aloo bhujia, Boondi, Dal moth, chips, Chevdo, Ganthiya, samosas pakoras.
- Other processed foods include Papad, achar, packaged dhokla, packaged dal makhani, palak paneer, Punjabi chole, patra etc.
- Monosodium Glutamate (MSG) also known as Ajinomoto is another high sodium ingredient that is sometimes added to processed foods.
- Do not add salt at the table or in cooking.
- Read the nutrition facts table and choose low sodium foods. Your best choices:
Have less than 360mg per serving or
Have less than 15% DV (daily value) of sodium per serving.
- Try using tomato paste or canned tomato sauce with "no added salt"
- Add extra herbs like cilantro (dhania Patha) mint (pudina) and spices like cumin (jeera), coriander (dhania), Garam masala Turmeric (haldi) to flavor your food

- Use garlic onions, limes lemons to flavor food.
- Make your own salad dressing instead of store bought dressings mixing oil, vinegar and pepper and other herbs for a salt free salad dressing.

LIMITING FLUID

WHY DO I HAVE TO LIMIT FLUID?

In Heart Failure, the body often retains fluid, leading to:

- Increased blood pressure (more work for the heart)
- Difficulty breathing and shortness of breath (due to fluid in your lungs)
- Swelling on ankles, hands and face
- Nausea and bloating.

Your doctor may recommend limiting your intake of fluid to help control these symptoms.

Your body is 60-70% fluid. There is a difference between fluid weight and body weight. Weight changes due to fluid occur quickly, over a period of days. Changes in body weight (muscles, bone and fat) occur more slowly, over weeks or months.

Taking daily weights is important. Establish a daily routine. Sudden gain of 2 pounds in a day or 3-5 pounds in a month can indicate volume overload.

Call your doctor or heart failure nurse if you lose or gain greater than 2kg over 2 days.

HOW MUCH FLUID CAN I HAVE?

Allowance of 1.5-2 liters /day is recommended in stage IV heart

You may need some extra fluid in hot weather.

It is important to check with your doctor re the fluid allowance for the day.

There are no benefits to restrict fluid in heart failure patients without symptoms of fluid overload.



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What should I count as fluid?

Fluid includes all drinks, and anything that is liquid at mouth temperature:

Water

Soft Drinks, Fruit Juice

Tea, Chai, Coffee

Milk, Milk Shakes, Thick Shakes

Cream, Ice-Cream, Custard, Yoghurt

Jelly

Soup, Dal, Gravy, Sauces

Alcohol

Please talk to your doctor about whether you need to avoid alcohol.

Heavy consumption of alcohol can cause alcoholic cardiomyopathy. Patients with heart failure caused by alcoholic cardiomyopathy must abstain from alcohol

Food that is liquid at room temperature or that contains large amounts of fluid and is consumed in large quantities e.g., porridge, pasta, rice or fruit dal, should be counted as part of your allowance.

fluid intake.

- Use jugs and measuring cups to accurately measure your
- Fill up a jug of water with your daily fluid allowance each morning and use this to keep track of how much fluid you are drinking throughout the day.
- If drinking other fluids e.g. tea, coffee, milk or having foods that contain fluids e.g. rice, pasta, gravy, jelly etc. pour the amount of fluid out of your jug to account for these other fluids and/or foods.
- Spread your fluid allowance over the day - don't drink it all at once!
- Drink from small cups rather than large cups.
- Remember to include ice in your fluid count.
- Sucking slowly on frozen fluids or pieces of fruit from your allowance takes longer to consume and is more thirst quenching.

Brush your teeth or try mints, peppermints or chewing gum to freshen your mouth.



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