

Beat the Heat for CHF Patients on Diuretics Hints for Health from Elara Caring



When you have a CHF diagnosis, you can be more sensitive to the summer heat and have increased swelling, resulting in the heart having to work harder to maintain a safe body temperature. Managing your congestive heart failure while on diuretics is vital due the increased risk of dehydration. It is important to be mindful of managing your health during the summer months to prevent complications or rehospitalizations.



Food and Drink

- ✓ Consume less salt to control thirst (look for low sodium items when grocery shopping).
- ✓ Measure your liquids and consume them in modified portions throughout the day.
- ✓ Eat a piece of cold fruit.
- ✓ Freeze your drink and sip on it as it melts.
- ✓ Suck on a piece of sugar free candy or chew gum.
- ✓ Drink from smaller cups
- ✓ Remember that ice cream, soups and liquid based foods count towards your fluid intake.



Medication Matters

- ✓ When heat is a factor, certain heart medications such as beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics can magnify the body's response to heat.

Beat the Heat

for CHF Patients on Diuretics



Maintain a Happy Comfort Zone

- ✓ Use your air conditioner and/or a fan while at home, especially when temperatures are nearing the triple digits.
- ✓ Dress for heat. Wear lightweight, light-colored clothing and breathable fabrics.
- ✓ Limiting fluids means you may experience mouth dryness, especially when it's hot. Rinse your mouth throughout the day to refresh your smile.



Lean on the Experts

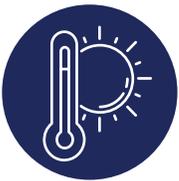
- ✓ Talk with your doctor for your specific fluid intake needs.
- ✓ Talk with your home health nurse to set up a daily fluid log.



Watch Out for Symptoms of Heat Exhaustion

- ✓ Headaches
- ✓ Cool, moist skin
- ✓ Dizziness and light-headedness
- ✓ Weakness
- ✓ Nausea and vomiting
- ✓ Dark urine

If you experience these symptoms, move to a cooler place, stop exercising and cool down immediately by using cool wet cloths, compresses and fanning. Be sure to call your home health nurse and report these symptoms should they occur so they may provide further guidance.



Watch Out for Symptoms of Heat Stroke

- ✓ Fever (temperature above 104° F)
- ✓ Irrational behavior
- ✓ Extreme confusion
- ✓ Dry, hot and red skin
- ✓ Rapid, shallow breathing
- ✓ Rapid, weak pulse
- ✓ Seizures
- ✓ Unconsciousness

If you experience these symptoms call 911 or your local emergency number right away!

Do you have questions or concerns?

We Can Help

elara.com