

UPMC.com







What is heart failure?

Heart failure means that the heart is not pumping blood through the body as well as it should. While there is no cure for heart failure, many people with this disease can improve the function of their hearts and lead active, healthy lives because they learn how to take care of themselves.

Take control of your heart failure by doing the following:

- Take all your medicines, and never skip doses.
- Do not let your medicines run out.
- Keep all your health care appointments, even when you feel well.
- ▶ Follow a low-sodium (low-salt) and low-fat diet.

- ▶ Remain or become physically active.
- Stop smoking and using tobacco products if you currently do so.
- Weigh yourself every day.

Important Names and Phone Numbers

Primary Care Doctor (PCP):
Cardiologist:
Pharmacy:
Home Health Provider:
Hospital:
Emergency Contact:
Nurse Case Manager:

How to Use This Calendar to Help You Stay Well

Hang this calendar in the same room as your scale. Take this calendar with you every time you see a health care provider.

Tracking Your Weight

- Write down your starting weight with your nurse.
- Weigh yourself every morning, after using the bathroom, and in the same amount of clothing.
- Record your weight each day on the calendar.
- Call your primary care doctor if you gain 2 pounds or more in 1 day or 5 pounds or more in a week.

FEELING INDICATOR



GREEN DAY (good day)



YELLOW DAY (bad day)



RED DAY (worse day)

X Check the color that indicates how you are feeling each day.

GREEN DAY Goal Zone (good day)

Your symptoms are under control when you:

- Are able to do normal activities
- Have no shortness of breath or usual shortness of breath
- Have no weight gain or less than 2 pounds gained in one day
- Have no swelling or usual amount of swelling in your feet, ankles, legs or stomach
- Have no chest pain

YELLOW DAY Warning Zone (bad day) ACTION - Call your health care provider or the Heart Failure Center when:

- Normal activities are harder due. to symptoms
- You gain 2-3 pounds in one day or 5 pounds in one week
- You have more shortness of breath than usual
- You have more than usual swelling of feet, ankles, legs, or stomach
- You have a dry, hacky cough
- You have dizziness
- You have an uneasy feeling; you know something is "not right"
- You have a hard time breathing when lying down (you need to sleep in chair or use extra pillow)

RED DAY Emergency Zone (worse day) ACTION - call 911 or go to emergency room if:

- You are unable to do normal activities at all due to symptoms
- You have unrelieved shortness of breath when sitting still
- You have chest pain that is unrelieved by rest or nitroglycerine
- You have confusion or are unable to think clearly
- You feel faint or pass out
- You are breathless or are unable to talk
- You have a continuous rapid, racing heartbeat

Tracking Your Symptoms

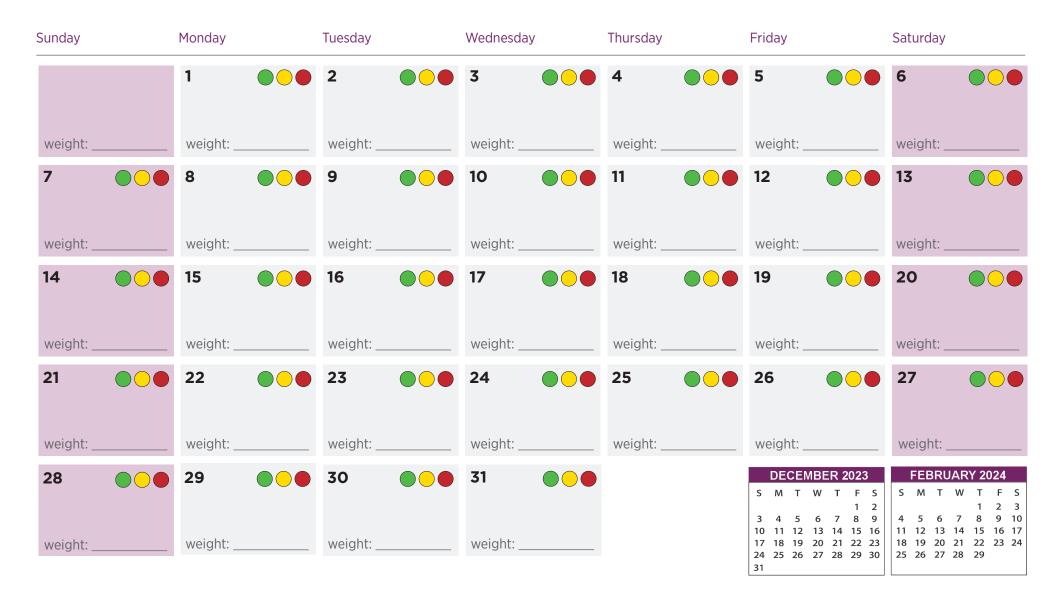
- Using the feeling indicator with your nurse, describe your day in the spaces below.
- ▶ Each day, check off on the calendar how you are feeling.
- If you are having **yellow** day (bad day) symptoms two days in a row, you need to call your health care provider at:_______.
- Call your primary care doctor if you are having a red day (worse day) and cannot reach your nurse. Be prepared to tell your doctor about:
 - daily weight
 - any swelling
 - changes in your breathing
 - blood pressures and heart rates if you check them at home
 - doses of the water pills you are taking and when you last took them

Green Day (good day) for me is: _	
Yellow Day (bad day) for me is:	
Red Day (worse day) for me is:	



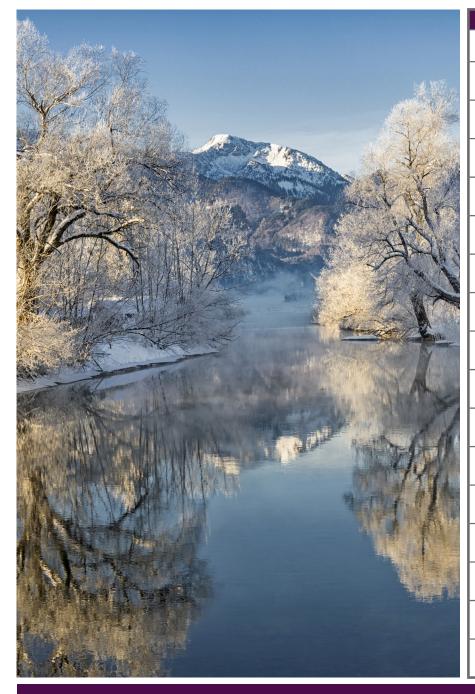
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JANUARY 2024









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FEBRUARY 2024

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X Check the color that indicates how you are feeling each day.

- OCall your health care provider immediately.
- Call **911** if you cannot reach your health care provider immediately.

JANUARY 2024

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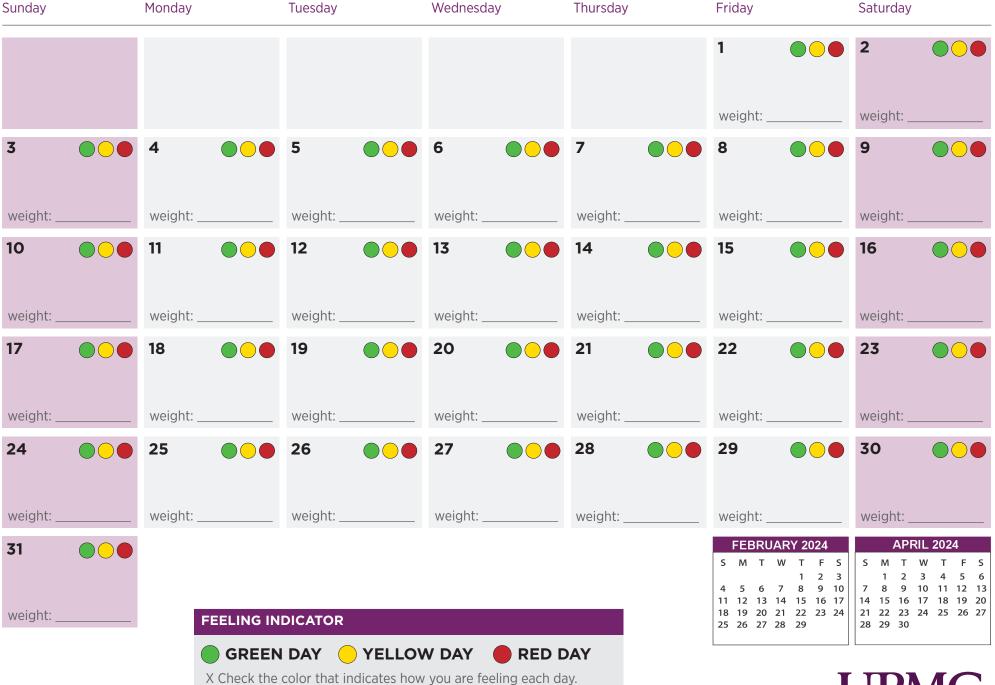
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MARCH 2024



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APRIL 2024









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MAY 2024

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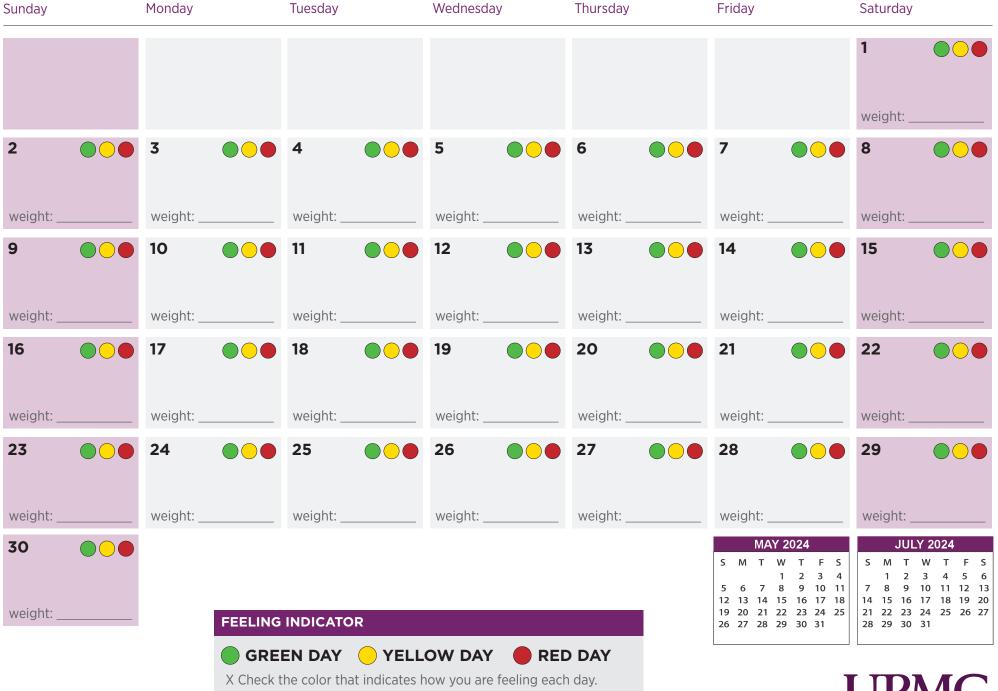
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JUNE 2024



OCall your health care provider immediately.

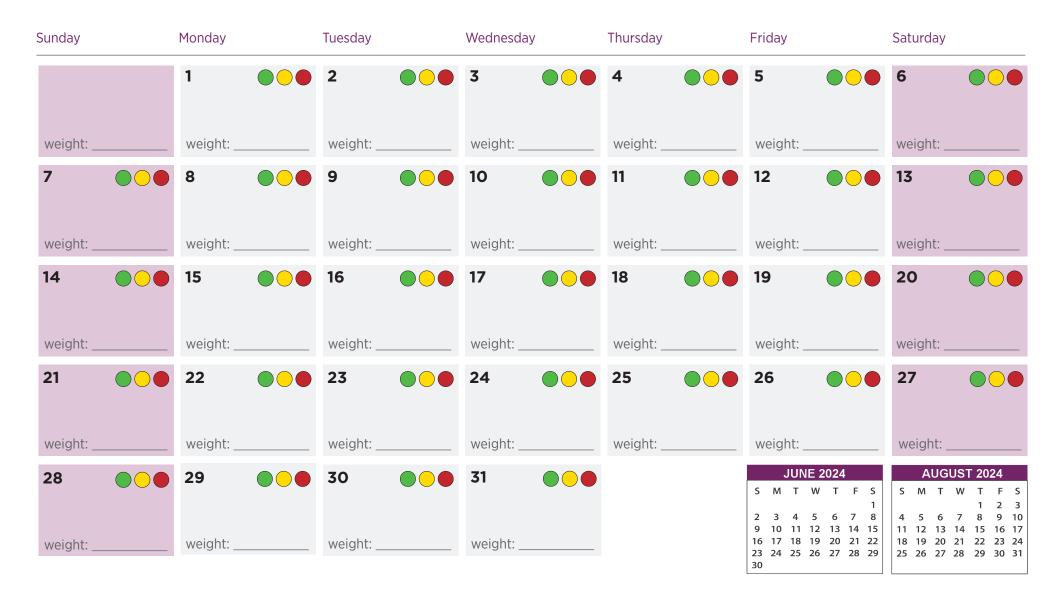
• Call **911** if you cannot reach your health care provider immediately.





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JULY 2024



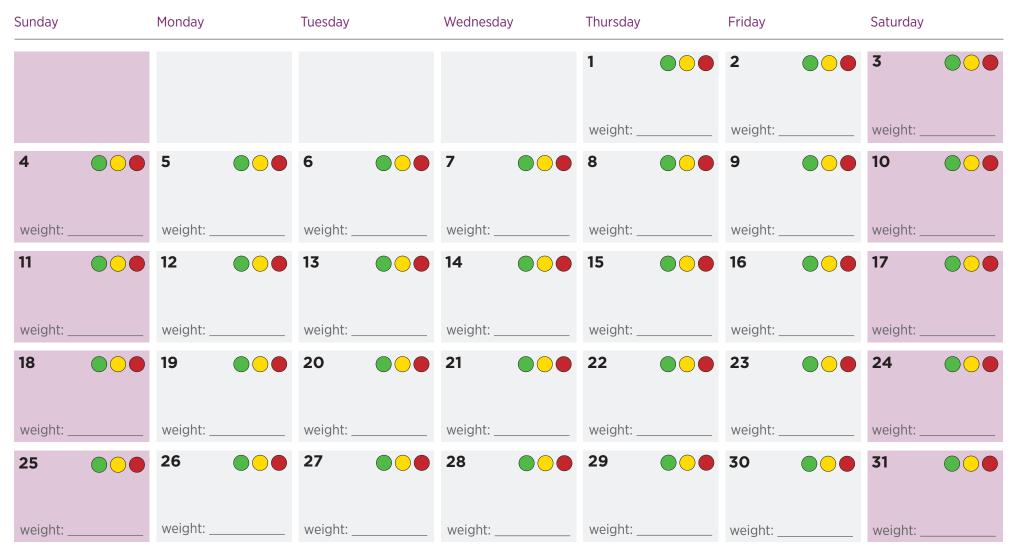






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AUGUST 2024











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SEPTEMBER 2024

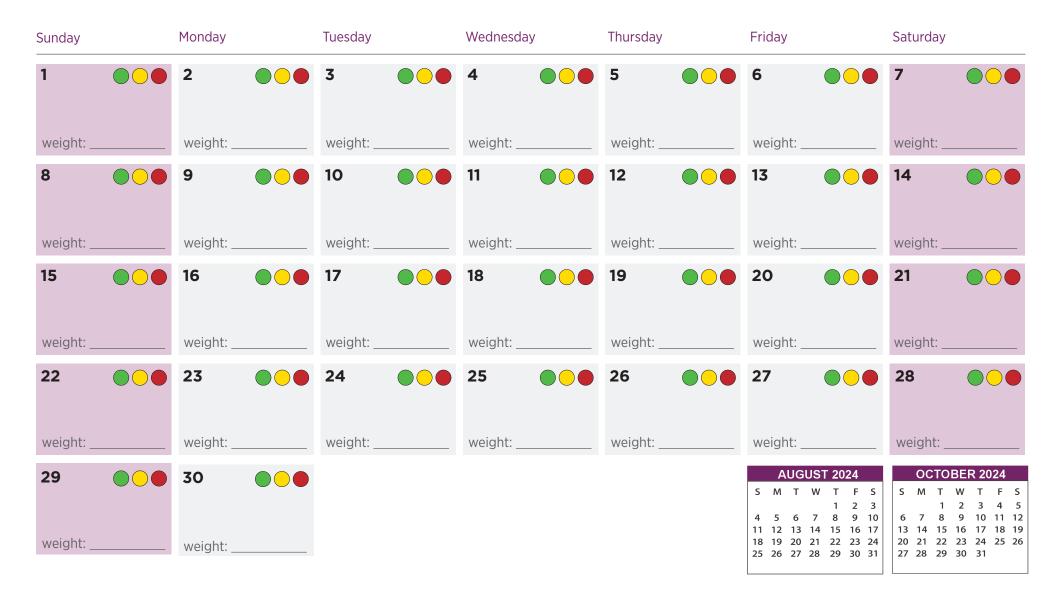
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SEPTEMBER 2024



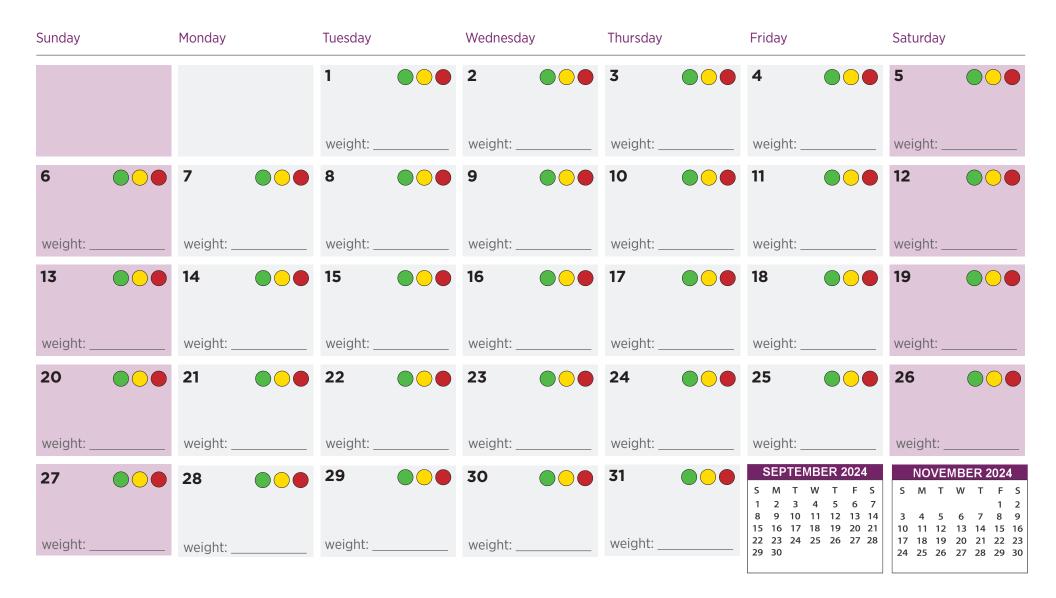


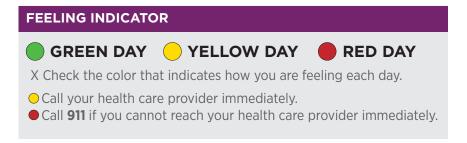




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OCTOBER 2024



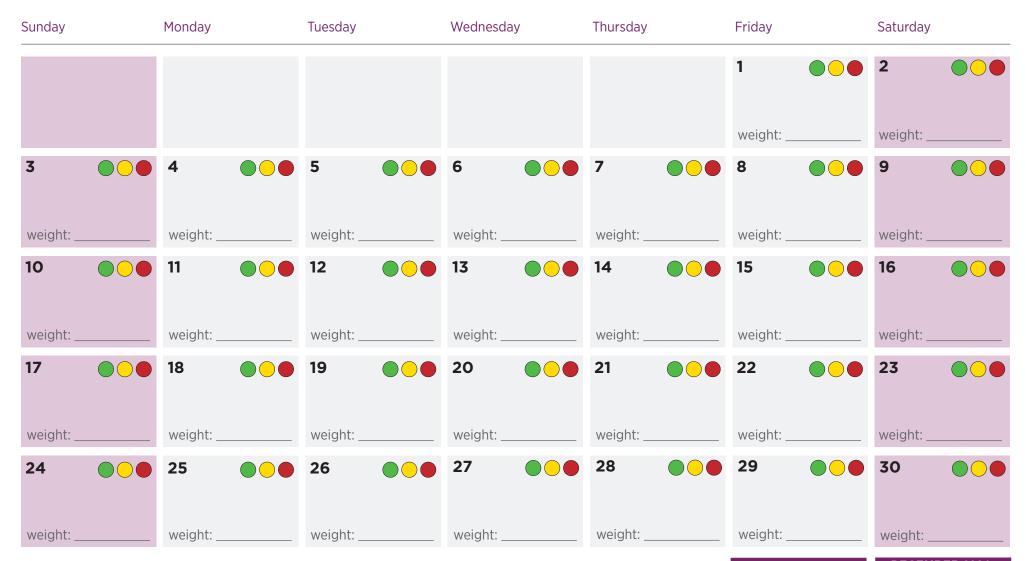






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NOVEMBER 2024











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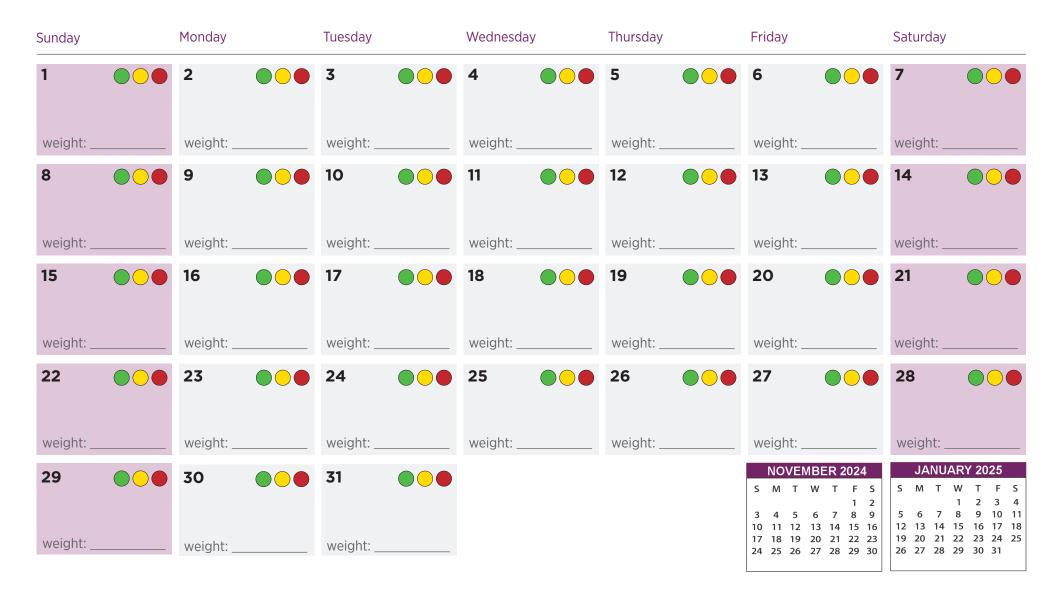
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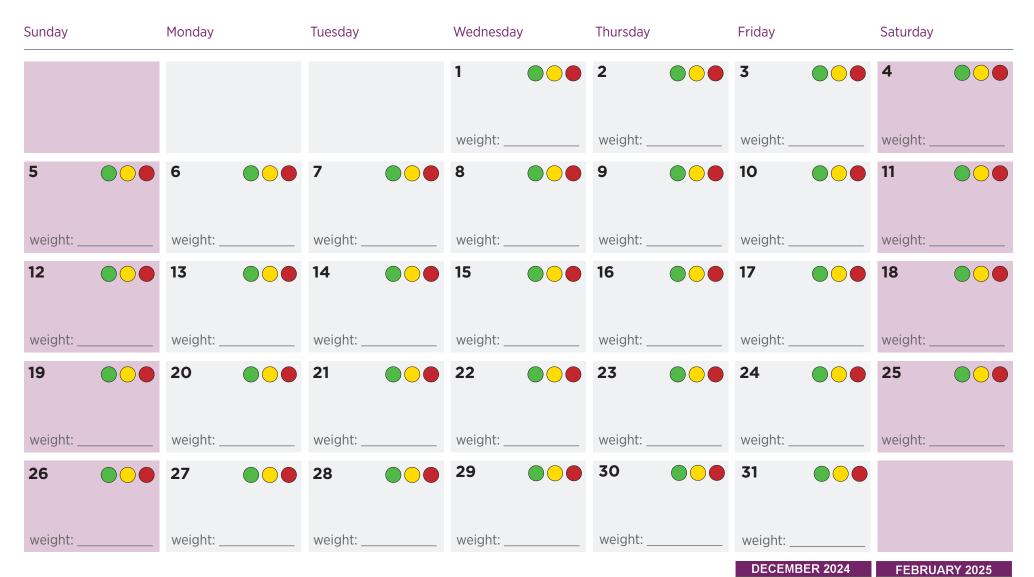






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JANUARY 2025









Locations

Central Pa

UPMC Chambersburg 830 Norland Ave. Chambersburg, PA 17201 717-231-8445

UPMC Carlisle 360 Alexander Spring Rd. Carlisle, PA 17015 717-231-8445

UPMC Community Osteopathic Bloom Outpatient Center 4310 Londonderry Road, 2nd Floor Harrisburg, PA 17109 717-231-8445

UPMC Heart and Vascular Institute/ UPMC Harrisburg 111 South Front St. Waiting Room, 2nd Floor Harrisburg, PA 17101

717-231-8445

UPMC Medical Professional Center of Newport 300 Bretz Drive Newport, PA 17074 717-231-8445 UPMC Heart and Vascular 2005 Technology Parkway Mechanicsburg, PA 17050 717-231-8445

UPMC Lititz 1500 Highlands Drive Lititz, PA 17543 717-231-8445

UPMC Hanover 310 Stock St. Hanover, PA 17331 **717-637-1738**

UPMC Memorial 1703 Innovation Drive York, PA 17408 717-849-5576

North Central Pa

UPMC Outpatient Center 1001 East Main St. Suite 320B Bradford, PA 16701 814-368-1000 UPMC Cole 1001 E. 2nd St. Coudersport, PA 16915 814-260-5576

UPMC Outpatient Center 2370 Old Turnpike Rd. Suite 4 Lewisburg, PA 17837 570-321-2800

UPMC Outpatient Center 610 High St. Lock Haven, PA 17745 570-321-3351

UPMC Outpatient Center 416 South Main St. Mansfield, PA 16933 570-321-2800

UPMC Muncy 215 E. Water St. Muncy, PA 17756 **570-321-2800**

UPMC Williamsport 700 High St. Williamsport, PA 17701 570-321-2800

Northwest PA and Western New York

UPMC Hamot

120 East Second St. Suite 400 Erie, PA 16507 **814-877-5600**

UPMC Northwest

124 Home Depot Drive Suite D Franklin, PA 16323 814-432-7327

100 Fairfield Drive 2nd Floor Seneca, PA 16342

West Central PA

UPMC Altoona Heart and Vascular Surgical Services
620 Howard Ave.
7th Floor, F Building
Altoona, PA 16601
814-889-2328

Somerset Family Practice

329 South Pleasant Ave. Somerset, PA 15501 **814-445-3575**

UPMC Heart and Vascular Institute at UPMC Somerset

225 South Center Ave. Somerset, PA 15501 **814-445-7101**

Western Maryland

UPMC Heart and Vascular Institute at UPMC Western Maryland

12500 Willowbrook Rd. Cumberland, MD 21502 **240-964-7000**

Southwest PA

Northern Locations:

UPMC Horizon-Greenville

110 N. Main St. 3rd Floor Greenville, PA 16125 **724-588-9830**

UPMC Horizon - Shenango Valley

2120 Likens Lane Farrell, PA 16121 **724-981-6810**

UPMC Jameson

1211 Wilmington Ave. Ground Floor New Castle, Pa 16105 724-656-4646

UPMC Passavant Cranberry

3 St. Francis Way Suite 202 Cranberry Twp., PA 16066 **412-748-6484**

UPMC Passavant North Hills

9100 Babcock Blvd. Suite 1135 Pittsburgh, PA 15237 **412-748-6484**

UPMC Passavant - Vascular North Hills

9100 Babcock Blvd. Suite 1135 Pittsburgh, PA 15237 **412-756-6298**

UPMC Jameson Vascular Clinic

1211 Wilmington Ave. New Castle, Pa 16105 **724-656-4646**

UPMC Northwest

100 Fairfield Drive, 2nd Floor Seneca, PA 16342 **814-676-7909** (for Cardiology and Vascular)

continued>

Southern Locations:

UPMC McKeesport

1500 Fifth Ave. McKeesport, PA 15132 **412-664-2000**

UPMC McKeesport - Vascular Surgery

Painter Building 500 Hospital Way 2nd Floor, Suite 200 McKeesport, PA 15132 **412-664-2850**

UPMC Outpatient Center

275 Clairton Blvd.
Suite 300C
West Mifflin, PA 15222
412-653-8500

Vascular: 412-756-6298

UPMC South Surgery Center

1300 Oxford Drive Suite 1A Bethel Park, PA 15102 **412-347-3240**

UPMC Specialty Care

205 Millers Run Rd. 1st Floor Bridgeville, PA 15017 412-347-3240

Eastern Locations:

UPMC East

2775 Mosside Blvd. Monroeville, PA 15146 **412-357-3000**

UPMC Outpatient Center

1433 Fawcett Ave. White Oak, PA 15131 **412-664-4124**

UPMC Outpatient Center

5832 State Route 981 Latrobe, PA 15650 **724-537-5034**

UPMC Outpatient Center

400 Oxford Dr., Suite 75 Monroeville, PA 15146 **412-380-5030**

Vascular: 412-756-6298

UPMC St. Margaret

200 Delafield Rd. Suite 3010 and 4050 Pittsburgh, PA 15215

Cardiology: 412-781-4860 Vascular: 412-756-6298

UPMC Outpatient Center

1800 Union Ave., Suite B Natrona Heights, PA 15065 **412-781-4860**

Western Locations:

UPMC Outpatient Center

969 Greentree Rd. Pittsburgh, PA 15220 **412-232-9030**

UPMC Primary and Specialty Care

111 Hazel Lane Suite 200 Sewickley, PA 15143 **412-748-6484**

UPMC Primary and Specialty Care – Vascular

111 Hazel Lane Suite 200 Sewickley, PA 15143 **412-756-6298**

UPMC Outpatient Center

1600 Coraopolis Heights Rd. Suite G1 Moon Twp., PA 15108 **412-748-6484**

UPMC Vascular Surgery

125 N. Franklin Drive Suite 1 Washington, PA 15301 **412-756-6298**

continued>

Central Locations (Downtown Pittsburgh, Lawrenceville, Oakland, and Shadyside):

UPMC Children's Hospital of Pittsburgh Heart Institute

4401 Penn Ave. Pittsburgh, PA 15224 **412-692-5540**

UPMC Magee-Womens Hospital Heart Center

300 Halket St. Suite 5102 Pittsburgh, PA 15213 **412-641-8870**

UPMC Magee-Womens Hospital Vein Center

300 Halket St. Suite 5414 Pittsburgh, PA 15213 **412-756-6298**

UPMC Mercy

Mercy Professional Building 1350 Locust St. Suite 100 Pittsburgh, PA 15219

Cardiology: 412-232-9030

Vascular Surgery: 412-756-6298

UPMC Presbyterian

Floor 5, B-Wing Outpatient Cardiology 200 Lothrop St. Pittsburgh, PA 15213 **412-647-6000**

UPMC Shadyside

5200 Centre Ave. SHY Medical Bldg., Suite 514 Pittsburgh, PA 15232 **412-621-1500**

UPMC Shadyside – Electrophysiology

5200 Centre Ave. SHY Medical Bldg., Suite 710 Pittsburgh, PA 15232 412-623-6889

UPMC Shadyside - Vascular Surgery

5200 Centre Ave. SHY Medical Bldg., Suite 307 Pittsburgh, PA 15232 **412-756-6298**