

CHRONIC HEART FAILURE / RIGHT HEART FAILURE / COR-PULMONALE

Chronic heart failure is a syndrome which results in a low cardiac output and congestive symptoms due to abnormality of cardiac function.

CAUSES

- 1) Right ventricular infarction (death of a part of the chamber of the heart due to lack of blood supply to it).
- 2) Valvular heart disease (pulmonary or tricuspid valve disease)
- 3) Isolated right ventricular cardiomyopathy (a chronic disorder of the muscles of the heart)
- 4) Primary pulmonary hypertension
- 5) Secondary pulmonary hypertension - Left heart failure
 - a. Chronic lung disease (corpulmonale)

DIETARY MANAGEMENT

- 1) Cut down salt (common table salt) intake in your diet; do not exceed more than 2 to 2.5 gm a day.
- 2) Reduce intake of fluids, it should be under medical guidance.
- 3) Take frequent small, bland, low caloric feeds at the onset of disease.
- 4) Eat boiled food, without spices.
- 5) Instead of frying - boil, steam, grill or roast food.
- 6) Add very little salt to food; do not add salt to cooked food.
- 7) Avoid other sources of salts like- baking powder and baking soda (sodium bicarbonate), monosodium glutamate and sodium benzoate. These are commonly known as Worcestershire sauce, soy sauce, onion salt, garlic salt and bouillon salt.
- 8) Avoid salt-preserved foods like ketchups, sauces, pickles, canned and processed foods.
- 9) Consume food rich in magnesium
 - a. Nuts and sea food, green leafy vegetables, sea plants like Japanese sea plants, whole grains Peas, lotus stem, pulses, legumes and oil seeds
- 10) Increase calcium intake:-
 - 1) milk and sea food, nuts, green leafy vegetables, whole grains, peas, lotus stem, pulses, legumes and oil seeds
 - a. Avoid diet rich in saturated fats e.g. meat, eggs, milk products, cheese, butter etc.
 - b. Avoid foods rich in cholesterol: ground nut oil, ghee, butter, whole milk, eggs, lard (fats derived from pig meat), tallow (fats derived from goat or sheep mutton) - all non-vegetarian food contain cholesterol in varied amount.
 - c. Increase intake of foods that contain PUFA's (poly unsaturated fatty acids): flax / linseed oil is the richest source of PUFA's. Other oils that contain PUFA's are safflower oil, soybean oil, sesame oil, olive oil etc. As all oils are high in fats, its consumption should be limited. The intake of oils should not exceed 10-15 gm a day.
 - d. Consume whole grain cereals and whole pulses.
 - e. Take high fibre diet - whole grains, bran, oat, green leafy vegetables, peas, beans, potatoes, raw vegetables, salads, dried fruits and fresh fruits.
 - f. Cut down the intake of sugar and other sweeteners.
 - g. Replace whole milk with semi-skimmed or skimmed milk.
 - h. Avoid fat-rich desserts and fried snacks like cakes, pastries, puddings etc

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .