

Destination Healthy Heart:

A ROADMAP TO MANAGING HEART FAILURE



Heart Failure

DUE TO CARDIOTOXINS

Heart Failure

Heart failure is a syndrome in which the heart is not able to pump enough blood to meet the needs of the body. There are many causes and types of heart failure.

What is Unique about Heart Failure Due to Cardiotoxins?

Heart failure due to cardiotoxic medications, treatments, and agents is relatively rare; less than 10% of the new cases of heart failure found each year are due to cardiotoxins.

Common Recognized Cardiotoxins Include:

Medications:

- **Chemotherapies** given for Cancer including: anthracyclines, mitoxantrone, cyclophosphamide, fluorouracil, capecitabine and trastuzumab;
- **Immunomodulating drugs** such as interferon-alpha-2, interleukin-2, infliximab and etanercept;
- **Antidiabetic drugs** such as rosiglitazone, pioglitazone and troglitazone;
- **Antimigraine drugs** such as ergotamine and methysergide;
- **Appetite suppressants** such as fenfluramine, dexfenfluramine and phentermine;
- **Tricyclic antidepressants; antipsychotic drugs** such as clozapine;
- **Antiparkinsonian** drugs such as pergolide and cabergoline;
- **Glucocorticoids or anabolic steroids;**
- **Antifungal drugs** such as itraconazole and amphotericin B.

Radiation: to the chest given for cancer

Alcohol: drinking too much can weaken the heart over time

Recreational drugs: like Cocaine or amphetamines



FOR ALL PERSONS WITH HF, REMEMBER THE FOLLOWING:

- Weigh yourself daily.
- Limit your salt and alcohol.
- Review all medicines with your health care provider (including over-the-counter, vitamins, or herbs). Some medicines can make your heart failure worse, so avoid:
 - › Nonsteroidal anti-inflammatory drugs (NSAIDs);
 - › Calcium channel blockers (unless prescribed by your HF physician).
- Try and exercise each day.
- Take your medicines as prescribed.
- Keep all of your visits with your health care providers.
- Report all new or worse symptoms of heart failure right away to _____

FOR HF DUE TO CARDIOTOXINS, THE FOLLOWING TIPS MAY BE IMPORTANT:

- Know your ejection fraction (____%). Ask when it will be measured again.
- Discuss safe treatments for cancer recurrence if necessary. Discuss your heart failure with your oncologist.
- Know your cholesterol levels. You may be prescribed medications to keep these lower than normal.
- The best treatment for fatigue from cancer or heart failure is daily exercise. Get your 30 minutes in every day!
- Make sure you are not smoking or around second-hand smoke which can further stress your heart.