

Destination Healthy Heart:

A ROADMAP TO MANAGING HEART FAILURE



Heart Failure

DUE TO MYOCARDITIS/VIRAL ILLNESS

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.

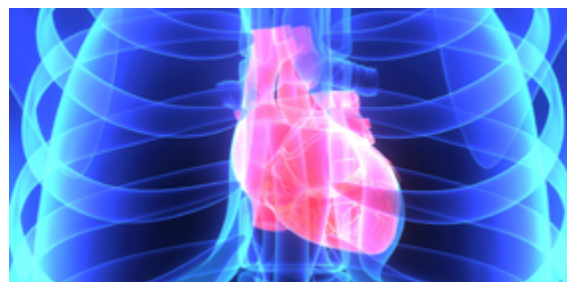
What is Unique about Heart Failure due to Myocarditis?

Myocarditis is a disease in which there is swelling and damage of the heart muscle, which may result in heart failure. Myocarditis is rare and may be caused by a viral infection or other immune response.

What Causes Myocarditis?

Myocarditis can be caused by many viruses, but the most common are those associated with upper respiratory tract infections. Although less common, other diseases may cause myocarditis.

Myocarditis may attack healthy people but the exact number is unknown. Several thousand new cases are found each year in the United States. Many cases of myocarditis are not infectious. There is no known risk of infection to family or friends of patients with myocarditis.



Other Causes of Myocarditis Include:

- ✓ **Bacterial infections** – Chlamydia, Diphtheria
- ✓ **Tick borne illness** - Rocky Mountain Spotted Fever, Typhus
- ✓ **Cardiotoxins** – alcohol, chemotherapy, cocaine, metal poisons
- ✓ **Hypersensitivity reactions** – antibiotics, insect bites, snake/spider bites, Tetanus toxoid
- ✓ **Autoimmune diseases** – Rheumatoid arthritis and Lupus

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 MYOCARDITIS, THE FOLLOWING TIPS MAY BE IMPORTANT:

- See your health care provider for worsening symptoms of fever, fatigue/malaise, swelling, or shortness of breath following any viral illness
- During the acute phase, your medications may be complex and require coordination with other specialists.
- Make sure to take all medicines as prescribed, including antiviral agents, steroids and other antibiotics. Your heart failure meds may be adjusted down as you recover.
- During the acute phase, you will need lots of rest – discuss your activity level with your health care provider.
- Know your ejection fraction (____ %). Ask when it will be measured again.