



Heart Failure Newsletter

May 2023

Spring Greetings!

The CentraCare Heart & Vascular Center Heart Failure (HF) team wishes to provide resources for our patients and their loved ones. We will walk this journey with you. Our goal is to help you lead a healthy lifestyle, adhere to medical advice and receive the latest in HF information.

HF Support Group

The HF support group will re-start at 3 p.m. on Tuesday, May 16.

It has been a long winter, and unfortunately, we had to temporarily suspend the support group for a variety of reasons. We, at the Heart Center, are excited to start it up again.

Please consider joining us at the May 16 meeting. Our speaker will be Mike Akers, our HF pharmacist. He will discuss the different classes of medications prescribed for HF and why these medications are recommended. Bring your questions for Mike to help you understand your medication regimen better.

St. Cloud

The St. Cloud HF Support Group takes place at 3 p.m. the third Tuesday of the month at:
Todd Steinke Auditorium, CentraCare Southpoint, 3001 Clearwater Road, St. Cloud

Melrose

We have the potential opportunity for a HF support group in Melrose. The speaker at the St. Cloud support group would be broadcasted to Melrose via the web. A facilitator at CentraCare - Melrose would then facilitate table-top discussions in Melrose on HF subjects and provide low-sodium snacks and drinks.

Currently, we are still assessing interest in Melrose and surrounding areas. Please call, email or mail Nancy Romness, HF Supervisor, to let her know if you are interested and how many people would join you on a regular basis. If at least 10 people are interested, we will open this opportunity up in Melrose.

RSVP for support groups through this new email: HFSupportGroup@centracare.com. Or call and leave a message at 320-470-0760. Please consider your RSVP confirmation of attendance.

Virtual platform: CentraCare has switched all virtual meetings to Microsoft Teams. If you wish to join the support group online, ask a HF nurse for a link or find it on the centracare.com HF page.

Willmar

Unfortunately, we have not had enough interest to keep the Willmar HF support group running. If at least 10 people would like to attend in the future, we will re-consider starting it again.

HF Medications

Many medications help with HF. Below you will find some classes of these medications, along with the medications most often used. To prepare for the HF support group on May 16, review your own medications. Highlight or circle them below and bring this information and questions to the support group.

Beta blockers

- Metoprolol (Toprol-XL)
- Carvedilol (Coreg)
- Bisoprolol (Zebeta)

Mineralocorticoid receptor antagonists (MRAs)

- Spirolactone or CaroSpir (Aldactone)
- Eplerenone (Inspra)
- Kerendia (Finerenone)

Angiotensin-converting enzyme (ACE) inhibitors OR angiotensin II receptor blockers (ARBs) / OR angiotensin II receptor blocker neprilysin inhibitor (ARNI) Patients are on only one of these 3 classes.



Sodium-glucose cotransporter-2 inhibitors (SGLT-2i)

- Empagliflozin (Jardiance)
- Dapagliflozin (Farxiga)

Diuretics (water pill/pee pill)

- Lasix (Furosemide)
- Demadex (Torsemide)
- Bumex (Bumetanide)
- Metolazone (Zaroxolyn)
- Thalitone (Chlorthalidone)

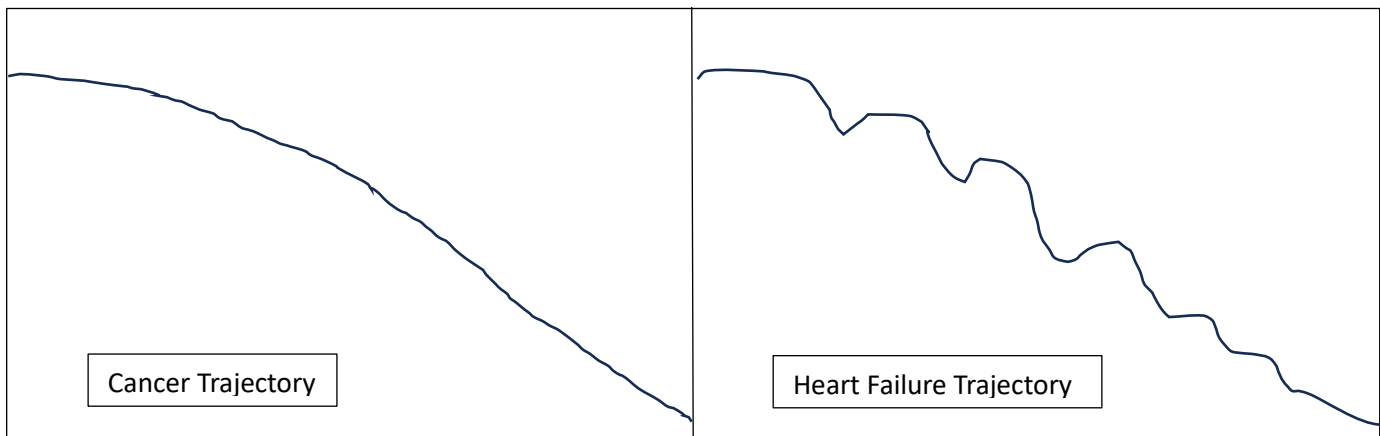
Definitions of HF

According to the American College of Cardiology, HF, sometimes known as congestive heart failure, occurs when your heart muscle doesn't pump blood as well as it should. Certain conditions, such as narrowed arteries in your heart (coronary artery disease) or high blood pressure, gradually leave your heart too weak or stiff to fill and pump efficiently.

The American Heart Association describes HF as "a term used to describe a heart that cannot keep up with its workload. The body may not get the oxygen it needs."

HF Trajectory

The trajectory comparison of HF to cancer is very different. With cancer, the pathway is more of a steady decline in health while HF has the potential of many ups and downs. It is not typically a steady decline, but more of a pulsating wave throughout the progression and disease state.



New BRIDGE Program Underway

As part of the BRIDGE program, a specialized clinician will meet one-on-one with you and your family to discuss:

- Your disease state and its progression
- Symptom management and treatments
- Health care directives and action plans
- Your vision for living your best life
- Short and long-term goals
- Choices on hospitalization
- Available resources

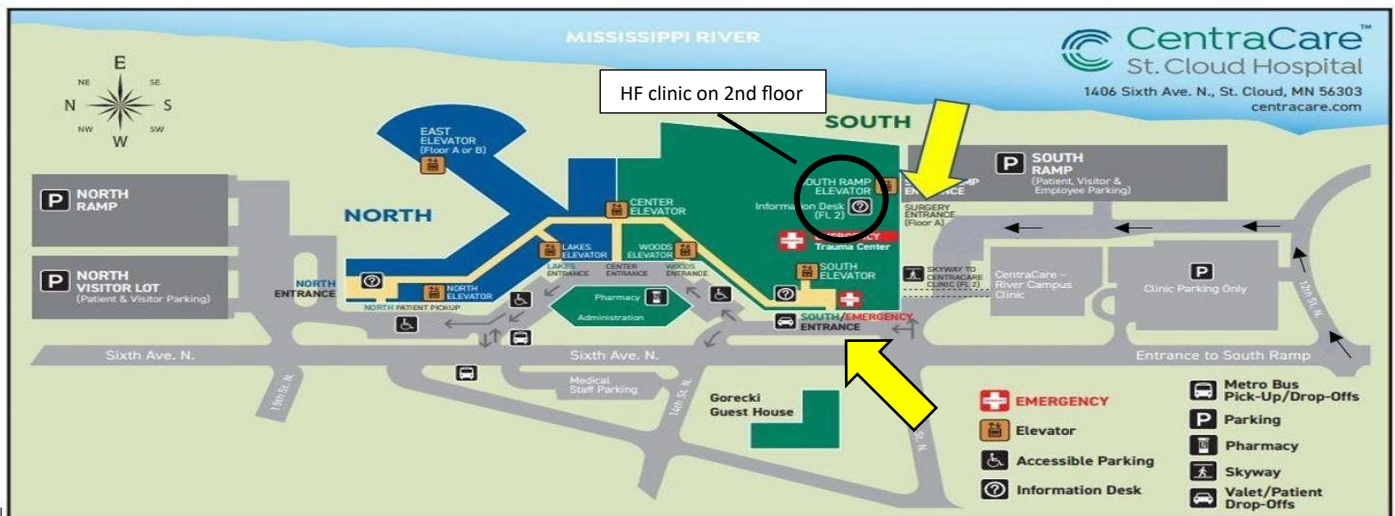
If interested in this program, call the Heart Center at 320-656-7020.



BE READY, INCLUDE DISCUSSING GOALS EARLY

Valet Service at St. Cloud Hospital

Reminder: St. Cloud Hospital has valet parking at the front emergency entrance and behind the River Campus Clinic parking lot, just past the south ramp at the surgery entrance on Level A (see below). You are welcome to utilize this service for \$4 or for free if you have a handicap parking sticker.



Recipes

Egg Muffin Cups

1 Tablespoon olive, canola or sunflower oil
4 whole eggs
4 egg whites
2 cups baby spinach, chopped (measured before chopping)
2 cups peppers of choice, chopped
1 cup onion, chopped
1 cup mushrooms (measure before chopping)
2 cloves garlic, minced

Preheat oven to 350 degrees. Spray muffin tin with non-stick spray.

Chop all the vegetables and mince the garlic. Whisk eggs and egg whites together in a bowl.

Heat a non-stick pan over medium heat and add olive oil. Add the peppers and onions and sauté for about 5-7 minutes, or until peppers are tender. Add in the spinach and mushrooms and cook another 2 minutes. In the last 30 seconds, add the garlic.

Pour cooked vegetables into the egg mixture. Stir to combine. Pour the mixture evenly into the muffin pan. Bake for 15 minutes, or until the tops are firm or when the toothpick inserted into center comes out clean.

Let cool in pan for a few minutes before removing. Serve immediately, or store in an airtight container in the fridge for 2 days. You can also individually wrap and store in the freezer.

Makes 12 muffin cups

Nutrition Information Per Serving:

Calories	Fat	Sat. Fat	Trans Fat	Sodium	Carb.	Fiber	Protein
52	2.8 gm.	1 gm.	0 gm.	47 mg.	3 gm.	1 gm.	4 gm.

Rhubarb Dessert

Ingredients:

Crust:

½ cup light margarine spread
1 ¼ cup flour
½ cup oatmeal
½ cup brown sugar
¼ flaxseed meal

Filling:

1 (8 oz) package light cream cheese, softened
¾ cup sugar
1 egg
1 ½ cup rhubarb, cut in ½" pieces
¼ tsp cinnamon
1/8 tsp nutmeg

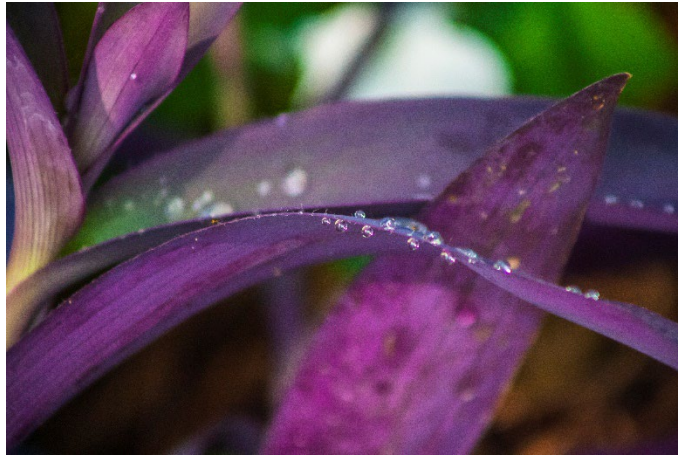
Preparation:

- Preheat oven to 350 degrees.
- Mix crust ingredients until crumbly.
- Pat half of the crust mixture into an ungreased 9" square pan.
- Combine softened cream cheese with sugar, blend until smooth.
- Mix in the egg, cinnamon, and nutmeg.
- Blend in the rhubarb.
- Pour filling over the crust.
- Top with the remaining crust mixture.
- Bake at 350 degrees for 40 minutes.
- Cool and cut into squares.
- Store covered in refrigerator.

Yield: 24 servings

Nutrition Information Per Serving

Calories	Fat	Sat. Fat	Trans Fat	Sodium	Carb.	Fiber	Protein
120	4.5 g	2 g	0 g	71 mg	18 g	.7 g	2 g



For more HF information and resources, please visit CentraCare.com.

To contact the Heart Failure Clinic, call 320-656-7020.

Operating hours are 8 a.m. to 4:30 p.m., Monday - Friday. Closed nights, weekends and major holidays.

Email: HFSupportGroup@centracare.com

Nancy Romness, 320-470-0760 or HF Nurses, 320-656-7020

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