

Heart Failure Newsletter



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



HF Support Group

You and your friends/family are invited!

If you have HF, the HF Support Group provides information for you and your loved ones. At the meetings, you will find low-sodium snacks and drinks, resources to take home, recipes, educational materials and drawings for door prizes. Speakers present on a HF topic at most meetings. We will broadcast the speaker in St. Cloud to Melrose via the web. A staff member at CentraCare – Melrose will then facilitate table-top discussions on the HF subjects presented, serve low-sodium snacks and have a door prize drawing. The meeting usually lasts around an hour to an hour and a half. See below for upcoming meeting agendas.

Tuesday, Aug. 15: David Miranda, MD, FACC

Dr. David Miranda will speak on HF types, classifications and stages. He will discuss treatments for the distinct types of heart failure, how important a low-sodium diet is, including what *type* of salt you eat, and the importance of taking your medications as prescribed.

Tuesday, Sept. 19: Heart Failure Bingo and Home Health Care Devices

At our June meeting, many people had questions and were interested in home health telemonitoring equipment and home health services. They have agreed to come back in September to display their devices in Melrose. If staff are available, someone from home health services also will be present in St. Cloud.

Both locations will have HF Bingo! This bingo will be unlike other bingo games you have played in the past! BINGO has been changed to HEART. All the numbers have been changed to HF terms to prompt valuable information and discussion. You will surely go home having learned something. We also will give out some great prizes!

St. Cloud Support Group

Todd Steinke Auditorium, CentraCare Southpoint, 3001 Clearwater Road, St. Cloud

Melrose Support Group

Birch Room, CentraCare – Melrose, 525 W Main St., Melrose

RSVP for Support Groups:

We request an **RSVP** for our support groups so that there are enough supplies and snacks. **Please consider your RSVP confirmation of attendance.** Please either email: HFSupportGroup@centracare.com. Or call and leave a message at 320-470-0760, including which location and how many people will be attending.

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

Pleasuring Seasoning

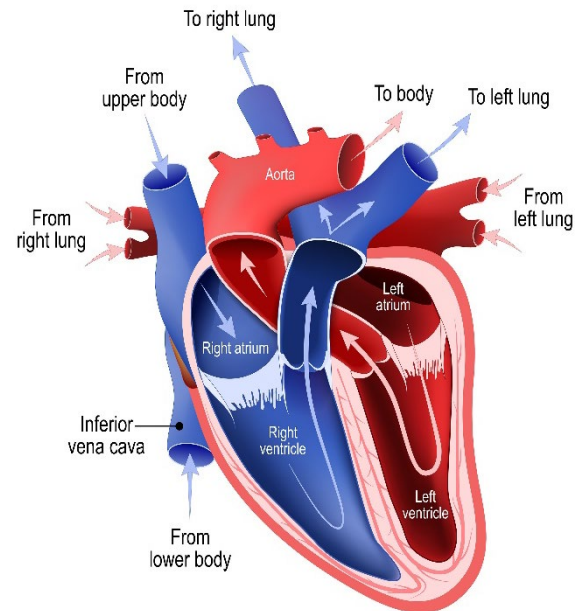


The Salt-Free Herbal Blend of Pleasuring Seasoning is now for sale at the CentraCare Heart & Vascular Center. This seasoning is sugar, salt, pepper, MSG and potassium free and a great option for patients on low-sodium diets. If you are interested in purchasing the seasoning and would like staff to bring the product to the HF Support Group Meeting, let us know with your RSVP. Please bring exact cash; we also accept checks made out to CentraCare. The 1.5 oz. bottle is \$4.90, and the 6.2 oz. bottle is \$14.65.

If you have an interest in this service, let us know and we will consider branching out to other low-sodium foods. Please let us know what other types of non-perishable items you would be interested in purchasing.

HF Terminology and Definitions

The Heart: Structure and Function: A normal, healthy heart pumps and circulates blood throughout the body. The heart has four chambers and is made up of special muscles. The squeezing and relaxing action of the muscles moves blood forward. Low-oxygen blood from elsewhere in the body flows into the right atrium of the heart. The muscles push this blood into the right ventricle. The right ventricle then pushes the blood into the lungs where it will receive oxygen. The oxygen-rich blood then travels to the left atrium and into the left ventricle. The left ventricle is the major pumping chamber of the heart. It pumps blood through the aortic valve to your whole body.



Hypertension (High Blood Pressure): What does your blood pressure mean? It is made up of two numbers that measure pressure while your heart is pumping and while it is resting.

- Systolic blood pressure is the top number of the reading. This measures the pressure while your heart is pumping. A normal, healthy systolic blood pressure is below 120.
- Diastolic blood pressure is the bottom number, which measures the pressure while your heart is resting. A normal, healthy diastolic blood pressure is below 80.

Heart Failure (HF) means that the heart is either weakened or stiff and is not able to pump blood efficiently, causing a backup of fluid into the lungs or the veins in the body. There are many causes of HF. The most common causes are coronary disease, viral infection of the heart muscle, disease of the heart valves and high blood pressure.

Ejection Fraction (EF) is the amount (percentage) of blood that is pumped from the lower two chambers of the heart with each heartbeat. It measures how well your heart muscle is working.

- EF is measured as part of cardiac testing including echocardiogram, stress test, cardiac catheterization, and magnetic resonance imaging.
- A normal EF is 50% – 65%.
- EF can be decreased if you have cardiomyopathy (a weakening of the heart muscle) or a heart attack.

Dilated Cardiomyopathy is an abnormality of the heart muscle resulting in the weakening of the pumping function of the heart. The cause is not known in most cases, but there are some known factors such as alcohol abuse, viral infections, thyroid disorders, pregnancy, certain drugs, muscular dystrophy, and possibly others that may bring about this condition.

Ischemic Cardiomyopathy is also an abnormality of the heart muscle resulting in weakening caused by coronary artery disease. The symptoms associated with the disease are usually the same as those caused by dilated cardiomyopathy.

Takotsubo Cardiomyopathy/Stress Cardiomyopathy is a condition in which there is a sudden, temporary weakening of the heart muscle. Because this weakening can be triggered by emotional stress, such as the death of a loved one, a break-up or constant anxiety, the condition is also known as broken heart syndrome.

Atrial Fibrillation is an abnormal heart rhythm that starts in the heart's upper chamber (atrium). The heart experiences chaotic impulses that make the heart rate irregular and often fast.

Atrial Flutter is an abnormal heart rhythm that happens in the atria (top chamber of the heart). At times, it can cause the ventricle (bottom chamber of the heart) to pump too fast so that it can't properly fill or send blood to other parts of the body.

Coronary Artery Disease is the narrowing or blockage of the coronary arteries (blood vessels of the heart), usually caused by atherosclerosis. Atherosclerosis (sometimes called "hardening" or "clogging" of the arteries) is the buildup of cholesterol and fatty deposits (called plaques) on the inner walls of the arteries. These plaques can lessen blood flow to the heart muscle by physically clogging the artery. Without enough blood supply, the heart doesn't get enough oxygen or nutrients it needs to work properly. This can cause chest pain called angina. If blood supply to a portion of the heart muscle is cut off completely, or if the heart needs more blood than it is getting, a heart attack (injury to the heart muscle) may occur.

Angina occurs when the narrowed arteries do not provide enough oxygen to the heart muscle. The heart signals this lack of oxygen by pain, pressure or tightness, usually in the chest, arms and/or jaw. Early in the disease process, patients will usually not have symptoms because blood flow is not limiting. Later, angina will most often occur with exercise, such as stair climbing, walking briskly or mowing the lawn. Sometimes it can be triggered by exposure to cold or eating. As coronary artery disease progresses, it may even occur at rest. Angina can be described as a tight, gripping, squeezing pain in the front of the chest, a burning sensation or uncomfortable pressure. At times, it may spread to the arm, neck and/or jaw. Other symptoms may include shortness of breath, nausea and/or sweating. Angina usually lasts 5 to 10 minutes.

How does a heart attack differ from angina and how is it treated? Heart attacks occur when the heart muscle is without oxygen for a long time. Heart attacks usually follow an angina episode that lasts longer than 15 minutes and is not relieved with rest or medication. It can occur when an atherosclerotic narrowing breaks open causing a "crack" within the plaque. Blood elements find this injury and attempt to heal it by forming a clot at the site. This results in a total blockage of the artery and loss of oxygen and blood to the heart muscle or part of the heart muscle. The muscle dies and later scars. Most heart attacks occur at rest in a random manner and are not related to exercise.

Recipes

Wholesome Joes

½ pound extra lean ground beef	2/3 cup water
½ cup chopped onion	¼ cup ketchup
1 garlic clove, minced	1 teaspoon vinegar
1 (8 oz.) can tomato sauce	½ teaspoon celery powder
½ cup uncooked lentils	¼ teaspoon pepper
½ teaspoon dry mustard	6 whole wheat sandwich buns to serve.

In a large skillet over medium-high heat, brown beef with onion and garlic; drain well. Stir in remaining ingredients. Bring to boil. Reduce heat, cover and simmer 40-45 minutes or until the lentils are tender. Serve on buns.

Yield: 6 servings (Adapted from Pillsbury Classic Cookbook)

Nutrition per serving: Calories 240, Fat 7g, Sat. Fat 3g, Sodium 178 mg, Carb. 33g, Fiber 1g

Easy Lemon Squares

Crust: ¼ cup granulated sugar
 3 Tablespoons stick margarine, softened
 1 cup all-purpose flour

Topping: 2 large eggs and one egg white
 ¾ cup granulated sugar
 2 teaspoons grated lemon rind
 1/3 cup fresh lemon juice
 3 tablespoons all-purpose flour
 ½ teaspoon baking powder
 1/8 teaspoon salt
 2 teaspoons powdered sugar

Preheat oven to 350 degrees.

To prepare crust, beat the ¼ cup sugar and margarine at medium speed with mixer until creamy. Gradually add the 1 cup flour to the sugar mixture, beating at low speed until mixture resembles fine crumbs. Gently press mixture in the bottom of an 8-inch square baking pan. Bake at 350 degrees for 15 minutes. Let cool on a wire rack.

To prepare the topping, beat eggs and egg white at medium speed until foamy. Add all topping ingredients except the 2 teaspoons powdered sugar to a bowl and beat until well-blended. Pour mixture over the partially baked crust. Bake at 350 degrees for 20-25 minutes or until set. Cool on wire rack. Sift powdered sugar evenly over the top.

Yield: 16 servings

Nutrition per serving: Calories 118, Fat 3.2g, Sat. Fat 1.7g, Sodium 68 mg, Carb. 20.5g, Fiber 0.3g



For more 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.

Questions, comments, or suggestions?
Contact Nancy Romness at 320-470-0760 or
the HF nurses at 320-656-7020.

Email: HFSupportGroup@centracare.com

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