

American Heart Month

A wonderful time to reflect and focus on your cardiovascular health.



The CentraCare Heart & Vascular Center Heart Failure 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, better adhere to medical advice, and receive the latest in heart failure information.

March 1st is “World Compliment Day”

Challenge: Pick a week over the next month and reach out to someone you know, or *don't* know, every day with a compliment! You will be surprised how it impacts people's day as well as your own!

Please join me in welcoming our 2 new providers to the heart failure team!



Laken (Muller) Haala is a physician assistant who joined the heart failure (HF) team at the end of November.

Becca Barry is also a physician assistant that joined the heart failure team at the beginning of January.



Both Laken and Becca will be working in the Heart Failure Clinic as well as covering heart failure service at the St. Cloud Hospital. They will be seeing the majority of Abigail Hartin's patients as well as seeing new consults. We are extremely excited to welcome them to our team!

Learning about conditions often associated with HF

Hypertension/High blood pressure (BP)- What does your blood pressure mean? Checking your blood pressure is the first step in finding, diagnosing, and treating high blood pressure. 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.
- Why treat hypertension? Hypertension can lead to stroke, heart disease, kidney failure, and eye disease. Treatment is very important to decrease the risk of these serious consequences.

Coronary Artery Disease- 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.

Atrial Fibrillation- 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. How does it occur? An electrical signal in your heart causes it to pump. Normally, this signal starts in the right upper chamber of the heart (the right atrium). It then moves along a pathway to the lower chambers of the heart (the ventricles). In atrial fibrillation, the electrical signal in the upper part of the heart is unorganized. The atrial muscles quiver. The electrical impulses reach the lower chambers of the heart irregularly. The irregularity can make it harder for the heart to pump effectively. The heart rate is often extremely fast.

Sleep Apnea- Sleep apnea is an involuntary cessation of breathing that occurs while you are asleep – it is a serious sleep problem. If you have it, you stop breathing for at least 10 seconds at a time, it can happen many times while you sleep. There are three types of sleep apnea: obstructive, central, and mixed. • Obstructive Sleep Apnea is the most common. It is caused by a blockage of the airway, usually when the soft tissue in the rear of the throat collapses and closes during sleep. The blockage stops the movement of air. • In Central Sleep Apnea, the airway is not blocked but the brain fails to signal the muscles to breathe. • Mixed Sleep Apnea is a combination of the two. Each type of apnea event causes the amount of oxygen in the blood to drop. The brain then wakes the sleeper, usually only partially, to signal breathing to resume. As a result, sleep is extremely fragmented and of poor quality.

The potential of your body when you quit smoking:

Are you aware of the side effects of smoking on your heart, arteries, and circulation? Per Surgeon General reports, people who smoke are 2-4 times more likely to develop cardiovascular disease. Nicotine causes harmful remodeling of the tissue and is one of the main risk factors of heart disease. See below the capability of your heart if you were to quit. The items labeled in red are directly associated to your heart. See these as well as other health benefits as time goes on after quitting.

Within 20 minutes: • Blood pressure drops to normal. • Pulse rate drops to normal rate. • Body temperature of hands and feet increases to normal.

After 8 hours: • Carbon monoxide level in blood drops to normal • Oxygen level in blood increases to normal

After 24 hours: • Chance of heart attack decreases

After 48 hours: • Nerve endings in the mouth and nose start to re-grow. • Ability to taste and smell improves.

After 72 hours: • Bronchial tubes relax, making breathing easier. • Lung capacity increases

After two weeks to three months: • Circulation improves . • Walking becomes easier. • Lung function increases up to 30%

After one to nine months: • Coughing, sinus congestion, fatigue, and shortness of breath decrease • Cilia re-grow in lungs, increasing ability to manage mucus, cleaning the lungs, and reducing infection. • Body’s overall energy level increases

After five years: • Lung cancer death rates for average smokers decrease from 137 per 100,000 people to 72 per 100,000 people.

After ten years: • pre-cancerous cells are replaced with normal cells. • Risk of other cancers, such as those of the mouth, voice box, esophagus, kidney, and pancreas decrease.

Pleasuring Seasonings: options expanded.

We have had a great response to our low-sodium Pleasuring Seasonings available for purchase at the CentraCare Heart & Vascular Center (CCHVC). So, we have expanded our selections! For those who are unaware, these are made by a company in Wisconsin and can be purchased online only for our geographical area. These seasonings are a great option for patients on low sodium diets. All are low in sodium as well as do not contain any potassium which is important to watch for in any salt substitutes.

If you are interested in purchasing one or more, you can stop by the CCHVC or if you would like staff to bring them to the HF Support Group Meeting, please let us know which option you would like and quantity with your RSVP. Please bring exact cash or we also accept checks made out to CentraCare. A 1.5oz bottle is \$4.90. If you would like to purchase them yourself, the website is: www.pleasuring.com Below are the options we currently have; ingredients come directly from the Pleasuring website.

****Table salt contains 590 mg sodium per 1/4 tsp. ****

All-Purpose Pleasuring

Ingredients: SALT, SPICES, GROUND GRAINS (wheat, corn, rice, or barley), ONION, MSG, GARLIC, RICE CONCENTRATE (for free flow)

110 mg of sodium per 1/4 tsp.

Mini-Mini-Salt

Ingredients: GROUND GRAINS (corn or rice), SALT, RICE CONCENTRATE (for free flow).

100 mg sodium per 1/4 tsp.

Tasty 2 Pleasuring

Ingredients: SALT, GROUND GRAINS (wheat, corn, rice, or barley), ONION, GARLIC, SPICES, NATURAL FLAVOR, LEMON OIL, RICE CONCENTRATE (for free flow).

45 mg sodium per 1/4 tsp

Salt-Free Herbal Pleasuring

Ingredients: GROUND GRAINS (corn or rice), GARLIC, SPICES.

0 mg sodium per 1/4 tsp.

Chili:

Ingredients: SPICES, (includes cumin, cayenne, chili peppers), SALT, GARLIC, ONION, NATURAL FLAVORING, SMOKE, RICE CONCENTRATE (for free flow)

60 mg of sodium per 1/4 tsp

Taco Pleasuring:

Ingredients: SPICES, SALT, SUGAR, ONION, GROUND GRAINS (corn or rice), GARLIC, MSG, RICE CONCENTRATE (for free flow).

70 mg of sodium per 1/4 tsp



GoodBye February



Hello March



Recipes

Easy Oven Stew

Recipe from Taste of Home

3/4 pound boneless beef round steak, trimmed and cubed
1 tablespoon cooking oil
4 medium unpeeled potatoes, cut into 1-inch cubes
5 medium carrots, cut into 1-1/2 inch chunks
1 celery rib, cut into 1-inch chunks
1 large onion, cut into 1-inch chunks
1 (14 1/2-ounce) can chunky stewed tomatoes
3 tablespoons quick-cooking tapioca
1 teaspoon browning sauce
1/8 to 1/4 teaspoon pepper
1 cup frozen peas



In a Dutch oven, brown the steak in oil. Add the next eight ingredients; cover and bake at 300 degrees for 4-5 hours, stirring twice. Add the peas during the last 30 minutes of baking.

Nutrition Information Per Serving:

Yield: 6 servings

Calories	Fat	Sat. Fat	Sodium	Carb.	Fiber
263	5 g.	2 g.	257 mg.	38 g.	3.5 g.

Banana Bread Cookies

Recipe by: sixsistersstuff.com

Ingredients:

2 medium ripe bananas, mashed
1 cup of uncooked Old Fashioned Oats
1/4 cup chocolate chips

Makes: 14 Cookies
Serving Size: 1 Cookie

Preparation:

Preheat oven to 350°. Spray a cookie sheet with nonstick cooking spray. Mix the mashed bananas and oats in a bowl. Fold in the chocolate chips.

Using a spoon, scoop up the batter and place on cookie sheet.

Bake for 12-15 minutes.

Nutrition Information Per Serving

Calories	Fat	Sat. Fat	Trans Fat	Sodium	Carb.	Fiber	Protein
49	1.5 g	.5 g	0 g	0 mg	10 g	1 g	1 g

Peanut Butter Granola Mini Bars

Recipe from Healthy Cooking Magazine



Makes: 3 dozen bars
Serving Size: 1 bar

Ingredients:

- 1/2 cup reduced-fat creamy peanut butter
- 1/3 cup honey
- 1 egg
- 2 Tbsp. canola oil
- 1 tsp. vanilla extract
- 3 1/2 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 1/3 cup peanut butter chips
- 1/3 cup miniature semisweet chocolate chips



Preparation:

- In a large bowl, beat the peanut butter, honey, egg, oil and vanilla until blended. Combine the oats and brown sugar; add to the peanut butter mixture and mix well. Stir in chips. (Batter will be sticky.)
- Transfer to a 13 x 9-inch baking dish coated with cooking spray. Bake at 350° for 12-15 minutes or until set and edges are lightly browned. Cool on a wire rack. Cut into bars.

Nutrition Information Per Serving (1 bar)							
Calories	Fat	Sat. Fat	Trans Fat	Sodium	Carb.	Fiber	Protein
93	4 g	1 g	0 g	28 mg	14 g	1 g	g

Heart Failure (HF) Support Group: Third Tuesday of the month at 3:00pm You, your friends, and family are invited!

The Heart Failure (HF) Support Group provides information for patients and their loved ones who have heart failure. Low sodium snacks and drinks, resources to take home including low sodium food charts, recipes, and other educational materials are provided. There are also drawings for door prizes. A speaker presents for most meetings with a focus on anything related to HF. The speaker that presents in St. Cloud is broadcasted to the HF support group at Melrose via the web. A facilitator at Melrose CentraCare would 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.

Tuesday, March 19th: Winter blues & taking care of your mental & emotional self.

Toni Mahowald PsyD, LP, our Heart & Vascular psychologist and integrated behavioral health provider, will discuss taking care of yourself both mentally and emotionally. Heart failure is not an easy diagnosis. It is lifelong and takes a lot of effort and energy to do things that might have been easy or automatic in the past. This can be very taxing on you and your loved ones both physically AND emotionally. The good news is that many things that support heart health also support psychological health and vice versa! Toni will give you some wonderful tips and resources to help keep you healthy all around. Come join us on March 19th!

April and May: Diet, demonstration, and how to shop online

In the next few months, I am trying to organize dietitians for both St. Cloud and Melrose to do cooking demonstrations with some portable equipment so patients and families can experience the whole process as well as ask questions while they are cooking. Depending on when we can coordinate the dietitians, the alternate month will be focusing on how to shop online for low-sodium items and have them delivered to your home or for you to pick up at stores. Exciting months coming ahead with great information! Hope you all can make it!

St. Cloud Support Group

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

Melrose Support Group

Large or Little Birch Room, CentraCare Melrose, 525 W Main St. MN

RSVP for Support Groups:

RSVP is requested so there are enough supplies and snacks. **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 a heart failure nurse for a link or find it on the centracare.com HF page.



Save the Dates Heart Failure Support Group 2024 3rd Tuesday of the Month: 3pm

March 19 th	August 20 th
April 16 th	September 17 th
May 21 st	October 15 th
June 18 th	November 19 th
July 16 th	December 17 th

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:
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