



# Heart Failure Newsletter

Fall 2020

Hello! My name is Nancy Romness, RN, CHFNP, from the Heart Failure Clinic at the CentraCare Heart & Vascular Center. I am happy and excited to be coordinating the Heart Failure Support Group, which was previously run by Jessica George. I want to personally thank Jessica for doing a wonderful job over the years. Although the support group is not meeting in person during this pandemic, I will be sending out a newsletter occasionally to provide you with information regarding heart failure. Hopefully, this will motivate you to continue to have good self-care habits and continue to learn more about this chronic disease.

## What is in this Newsletter?

This first newsletter covers some general information on Heart Failure. We will also include some words from one of our amazing providers and our dietetic interns that you can use during the holidays.

### Wise Words from Dr. Jamie Pelzel, Cardiologist

It is a sincere privilege to serve as the medical director of the Heart Failure Program at CentraCare Heart & Vascular Center. We have built a team of providers, nurses and staff who are dedicated to helping patients manage this condition. Our registered nurses have undergone additional training and achieved disease-specific certification in Congestive Heart Failure, and we also have cardiologists trained and board certified in Advanced Heart Failure Cardiology. Our nurse practitioners and physician assistants specialize in treating patients with heart failure, and we also have a dedicated pharmacist and behavioral therapist who offer additional resources. With such a well-rounded and dedicated team, we can provide a multidisciplinary approach, meeting almost any need of our patients living with heart failure. The Heart Failure Support Group is a shining example of how our program has been a valuable resource for the patients in Central Minnesota.

## Types of Heart Failure

There are two different types of heart failure:

1. Heart failure with reduced ejection fraction (HFrEF), also known as systolic heart failure and
2. Heart failure with preserved ejection fraction (HFpEF), also known as diastolic heart failure.

A normal ejection fraction range is in between 50-70, meaning the percentage of blood that is ejected from the left side of the heart into the circulatory system.

In HFrEF, the heart is weak, and the ejection fraction decreases. The left side of the heart that pumps blood to the rest of the body is unable to pump the blood as efficiently as it once did.

In HFpEF, the heart stiffens. When the heart is stiff, it does not have as much elasticity and the heart cannot fill with blood as efficiently as it once did.

To help either type of heart failure, we have many types of interventions including medications to control blood pressure and heart rate, dietary sodium control and fluid restrictions, and lifestyle changes such as discontinuing smoking, alcohol, and recreational drugs. Some of the medications that we prescribe also help protect your heart from harmful hormones that can make heart failure worse.

## What are Signs and Symptoms of Heart Failure?

- Shortness of breath, especially with activity
- Not being able to lay flat, using more pillows to sleep, sleeping in a chair, or waking up short of breath
- Swelling in the legs or feet
- Bloating or fullness feeling in the stomach or abdomen
- Increased fatigue
- Increased weight gain of 3 pounds overnight or 5 pounds in a week

### Dietary Information from one of our Dietetic Interns

Sodium, or salt, can be found in the foods we eat naturally, or it might be added to our foods. The recommended amount of sodium to consume in one day is around 2,000 mg. Sodium is a mineral we need in order for our bodies to properly function, but in some cases, consuming less sodium, or following a low sodium/salt diet, can be beneficial to our health. Consuming foods that are lower in sodium and higher in nutrients throughout the day can help to lower blood pressure and decrease fluid buildup within the body. These benefits may help in lowering your risk of having future heart problems (Cleveland Clinic, 2019).

In our bodies, water follows salt. When we have more sodium in our bodies, the sodium will bring extra water into our bloodstream, causing our blood pressure to rise as it deals with more fluid. If high blood pressure continues in your blood vessels, they can get tired, stretch, and become injured. According to the American Heart Association, "high blood pressure is known as the silent killer" since symptoms are not always evident to people. Elevated blood pressure is one of the "major risk factors for heart disease." Over time, plaque can build up in our tired vessels, making our heart pump harder and harder to get blood where it needs to go. With all the extra water in the blood vessels, you may experience edema, or fluid buildup throughout your body. Over time, added fluid can make it hard to breathe and walk, be painful, and increase your risk of wounds and infections.

To get your sodium intake under 2000 mg a day, you will have to say goodbye to your saltshaker and use other seasonings to get your preferred flavors. Also watch for seasonings such as garlic salt, and instead use garlic powder. Try to remember that recipes are only a guideline and you can make changes to help your favorite recipes fit your life. While picking out your foods, try to pick low sodium options by looking at the Nutrition Facts Label. Look at the mg of salt present in one serving, being mindful to keep the sodium low and under 140 mg per serving. Try to get the majority of your food intake from whole, fresh foods. To help with cost, you can choose frozen produce, which maintain more nutrients than canned foods, and less sodium. Canned foods can be used too but opt for the low or no-sodium options under 140 mg instead and rinse the food in water before eating.

Along with a sodium restriction, you may also be on a fluid restriction. While on a fluid restriction, you need to watch how much liquid you consume each day to help manage heart failure and edema. Some of the goals of this diet are to help keep blood pressure and edema low (Shirley Ryan Ability Lab, 2020). Along with this diet, you may need to record how much liquid you take in and weigh yourself daily to help monitor any changes. If you are told to follow both these diets, be sure to ask your doctor or dietitian about any questions you may have.

Sources:

American Heart Association. (2018, April 16). *Get the Scoop on Sodium and Salt.*

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/sodium-and-salt>

Cleveland Clinic. (2019, May 1). *Low Sodium Diet & Low Sodium Foods.*

<https://my.clevelandclinic.org/health/articles/15426-sodium-controlled-diet>

Shirley Ryan Ability Lab. (2020, March 29). *What is Fluid Restriction.*

<https://www.sralab.org/lifecenter/resources/what-fluid-restriction>

**General Health**

It is important to be active and live a healthy lifestyle. We recommend you try to get 150 to 300 minutes of moderate-intensity exercise per week. (30-60 minutes 5 times per week). But, exercise does not have to be for long periods of time. Exercise as **you** are able! It can be as simple as taking a few walks around the house throughout the day for 10-minute increments. If you are unable to exercise the recommended amount of time, your health can still benefit from *any activity* that you are able to do. Also, remember to increase slowly and avoid any exercise that puts sudden strain on the heart. Make good lifestyle changes. Stop smoking and avoid alcohol and recreational drugs.

**More Information**

For more information and resources about heart failure, please visit: [CentraCare.com](http://CentraCare.com) and then search : Heart Failure

**Questions for You:**

What information are you interested in receiving in the future? Some examples would be more information on diet or fluids, good low salt recipes, salt substitutes, in-depth education on different types of heart failure and, progression and classes of heart failure.

In the future, heart failure newsletters will be sent via email if you have an email address listed in your chart. If you would like the newsletter mailed to you, please let me know. You can contact me by phone or email: [romnessn@centracare.com](mailto:romnessn@centracare.com) or 320-470-0760

Thank you and I look forward to communicating with you in the future. Stay Safe! --Nancy

**Fall/winter recipes and substitutions**

Helpful Holiday Substitutions

Instead of...	Try...
Potatoes	Sweet Potatoes
White Bun/Bread	Whole Wheat Roll*
Ham or Fried Turkey	Low-Sodium, Herb-Rubbed Turkey**
Canned Corn or Vegetable	Cinnamon Carrots**
Cranberry Sauce	Apple Cranberry Pecan Salad**
Pumpkin Pie	Poached Pears**

\*with whole wheat being the one of the first ingredients

\*\*Recipe Included



# APPLE CRANBERRY PECAN SALAD

yield: 4 SERVINGS prep time: 10 MINUTES total time: 10 MINUTES

*The best fall flavors come together in this light and refreshing spinach salad tossed in the most amazing lemon vinaigrette!*

## INGREDIENTS:

- 6 cups baby spinach
- 1 Granny Smith apple, thinly sliced
- 1/2 cup pecan halves
- 1/3 cup pomegranate arils
- 1/3 cup dried cranberries
- 1/3 cup crumbled goat cheese



## FOR THE LEMON VINAIGRETTE

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1 lemon, juiced and zested
- 1 tablespoon sugar
- 1 tablespoon poppy seeds

## DIRECTIONS:

1. To make the vinaigrette, whisk together olive oil, apple cider vinegar, lemon juice, lemon zest, sugar and poppy seeds in a small bowl; set aside.
2. To assemble the salad, place spinach in a large bowl; top with apple, pecans, pomegranate arils, cranberries and goat cheese. Pour the dressing on top of the salad and gently toss to combine.
3. Serve immediately.

This delicious recipe brought to you by **DAMN DELICIOUS**  
<https://damndelicious.net/2014/12/08/apple-cranberry-pecan-salad/>

## Nutrition Facts

Serving Size	
Servings Per Container 4	
Amount Per Serving	
Calories 350.5	Calories from Fat 257.4
% Daily Value*	
<b>Total Fat</b> 28.6g	44%
Saturated Fat 5.4g	27%
Trans Fat 0g	
<b>Cholesterol</b> 9.8mg	3%
<b>Sodium</b> 101.3mg	4%
<b>Total Carbohydrate</b> 19.7g	7%
Dietary Fiber 1.3g	5%
Sugars 14.6g	
<b>Protein</b> 6.2g	12%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Low Sodium Herb-Rubbed Turkey

*If you're looking for a new twist on turkey, Ruby Bergschneider's recipe may just be the one. The Jacksonville, Illinois cook prepares a well-blended, salt-free rub that goes under the turkey skin. She removes the skin before eating, resulting in a low-fat entree. This recipe proves that you don't need a lot of salt for good flavor.*

Total Time    Prep: 30 min. Bake: 2 hours + standing    Makes 28 servings

## Ingredients

- 6 garlic cloves, minced
- 2 tablespoons plus 2 teaspoons rubbed sage
- 1 tablespoon minced fresh thyme or 1 teaspoon dried thyme
- 2 teaspoons pepper
- 1/2 teaspoon each ground allspice, ginger and mustard
- 1/4 teaspoon cayenne pepper
- 1 tablespoon all-purpose flour
- 1 turkey-size oven roasting bag
- 2 celery ribs, chopped
- 2 small carrots, chopped
- 1 small onion, chopped
- 1 small potato, sliced
- 1 turkey (14 pounds)
- 1 tablespoon cornstarch
- 2 tablespoons cold water

## Directions

- Preheat oven to 350°. In a small bowl, mix garlic, herbs and spices until blended. Sprinkle flour into oven bag; shake to coat. Place bag in a roasting pan; add vegetables and sprinkle with 5 teaspoons herb mixture.
- Pat turkey dry. With fingers, carefully loosen skin from turkey breast; rub half of the remaining herb mixture under the skin. Secure skin to underside of breast with toothpicks. Rub remaining herb mixture over inside of turkey. Tuck wings under turkey; tie drumsticks together.
- Place turkey in bag over vegetables, breast side up; close bag with nylon tie. Cut six 1/2-in. slits in top of bag; close with tie provided. Bake 2 to 2-1/2 hours or until a thermometer inserted in thickest part of thigh reads 170°-175°.
- Remove turkey from oven bag to a serving platter; tent with foil. Let stand 20 minutes before carving. Strain contents of oven bag into a small saucepan, discarding vegetables; skim fat from cooking juices. In a small bowl, mix cornstarch and water until smooth; gradually whisk into cooking juices. Bring to a boil; cook and stir 2 minutes or until thickened. Serve with turkey.

Nutrition Facts: 4 ounces cooked turkey (calculated without skin): 198 calories, 6g fat (2g saturated fat), 86mg cholesterol, 80mg sodium, 1g carbohydrate (0 sugars, 0 fiber), 33g protein. **Diabetic Exchanges:** 4 lean meat. **Recipe from Taste of Home**

### Healthy Recipes

## Poached pears

By Mayo Clinic Staff

### Dietitian's tip:

Poaching involves gently simmering ingredients in water or a flavorful liquid. In this recipe, pears are simmered in orange and apple juice. The pears retain their shape, making this an elegant complement to any meal.

### Number of servings

Serves 4

 Low Fat

 Low Sodium

### Ingredients

- 1 cup orange juice
- 1/4 cup apple juice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 4 whole pears
- 1/2 cup fresh raspberries
- 2 tablespoons orange zest

### Directions

In a small bowl, combine the juices, cinnamon and nutmeg. Stir to mix evenly.

Peel the pears and leave the stems. Remove the core from the bottom of the pear. Place in a shallow pan. Add the juice mixture to the pan and set over medium heat. Simmer for about 30 minutes, turning pears frequently. Don't boil.

Transfer the pears to individual serving plates. Garnish with raspberries and orange zest and serve immediately.

If at any time you want to be removed from this list or no longer want information from the Heart Failure Support Group, please contact me either by email or phone: [romnessn@centracare.com](mailto:romnessn@centracare.com) or 320-470-0760.



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