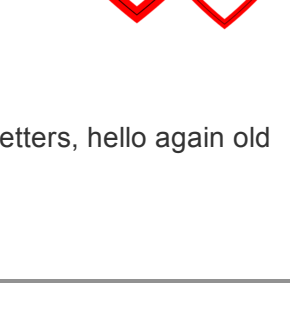


Cheers!

The CentraCare Heart & Vascular Center (CCHVC) wants to be a resource for patients with heart failure (HF). Our goals are to help you lead a healthy lifestyle, better adhere to medical advice and receive the latest in HF information.



To assist with these goals, we created this newsletter for patients seen in our HF clinic, especially in lieu of in-person meetings during COVID-19. If this is your first newsletter, welcome to our HF community! If you have received our past newsletters, hello again old friend!

Feb. 13-19 is HF Awareness Week

How much do you know about HF? How much do your family and friends know about HF? Awareness about HF is important to not only you, the patient, but also family, friends and your whole support system. Please pass on your HF knowledge to those around you to help everyone be aware! Enjoy and share this month's newsletter where we have included general knowledge about HF, available resources, a HF-themed crossword puzzle and a word search to test your knowledge. (The answers are at the bottom of the newsletter). Let's all help those around us understand the importance of being heart healthy!

HF Basics

You may have heard your provider talk about something called an "ejection fraction." An ejection fraction is the percentage of blood that is pumped or ejected from the left side of the heart into the rest of the body (circulatory system). A normal ejection fraction range is between 50-70%.

When a patient has HF, there is something not working correctly with the pumping action of the heart, and the heart is no longer pumping as efficiently as it had previously.

HF typically falls under two categories, either "weakness" or "stiffness."

1. HF with reduced ejection fraction (HFrEF), also known as systolic HF, is where the heart is **weak** and the ejection fraction is low.
2. HF with preserved ejection fraction (HFpEF), also known as diastolic HF, is when the ejection fraction is still in the normal range, but the heart has **stiffened** and cannot fill with blood as efficiently as it once did.

Ask your provider about the type of HF you specifically have and how we treat it.

Four Stages of HF

According to the American College of Cardiology (ACC), the four progressive stages of HF are:

- A:** At high risk for HF but without structural heart disease or symptoms of HF
- B:** Structural heart disease but without signs or symptoms of HF
- C:** Structural heart disease with prior or current symptoms of HF
- D:** Refractory HF requiring specialized interventions

Ask your provider about your stage of HF and questions you may have regarding this.

The Recovery Pathway

If you have recently received a diagnosis of "systolic HF" or "HF with reduced ejection fraction," also known as HFrEF, we want you to know that recovery is possible. Hearing the words "you have HF" evokes fear and confusion. However, there have been many advancements in HF medications in recent years. At a minimum, these medications can add years to your life, but for some people, optimizing their medications can result in full recovery of their heart function.

At CCHVC, we have developed the Pathway to Heart Recovery program to provide you with the best chances of improving your heart function. Our goals are to empower you to manage your heart condition, improve your quality of life and avoid unnecessary hospitalizations.

The Pathway to Heart Recovery is an intensive program that involves office or virtual visits every 2-3 weeks for a short period of time. At the first visit, you will meet with a nurse practitioner and registered nurse. We will have an extensive discussion about your recent tests, procedures and/or hospitalizations so you have a clear understanding of your heart disease. In addition, we will provide education about the basics of managing HF at home. We will review your medications so you understand why you are taking them.

We will continue to meet every couple of weeks to adjust your HF medications. To fully optimize your HF medical regimen, we need to make small medication changes and slowly work our way up to the goal doses. You can expect lab work to be completed at most of the visits. The entire process usually takes 6-8 weeks.

After your medications have been fully optimized, we then allow about 3 months for the medications to do their work. At that point, we will obtain an echocardiogram to evaluate if your heart function has improved. Usually, the echocardiogram will take place along with an office visit with your cardiologist.

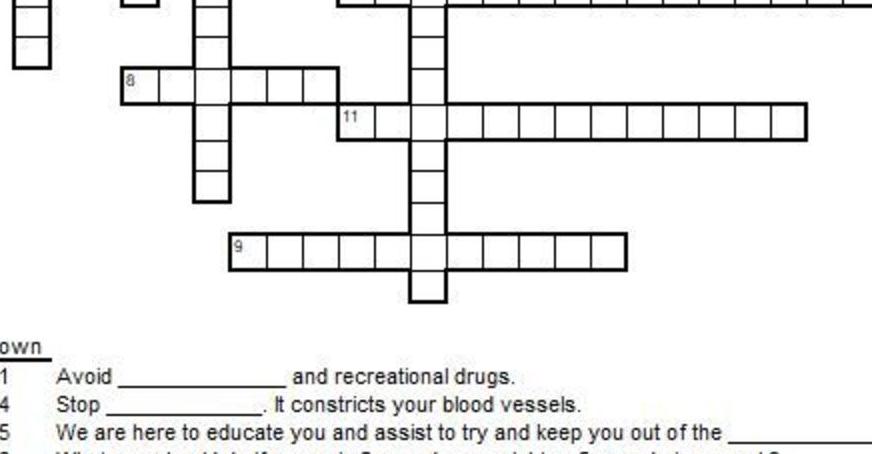
The nurses and nurse practitioners at the Heart Failure Clinic are here to walk with you on this new journey. All the new medical jargon, medications and lifestyle changes can be overwhelming. We are here to support you! Please reach out to us with any questions or concerns you may have. And try to keep your eye on the prize — recovery of your heart function!

HF Word Search

M I R W C A G C Y R H E A R T H E A L T H Y J
R G E J E C T I O N F R A C T I O N B W H V K
S I E X E R C I S E S D I O B R T U S O K L T
I O D F O T T E P I I W G U R A N R H F P E F
X L G O S P I E R P X V G G B K C S O R E B S
T O T I A U S N J L T C U H M S E R P K Y O
Y W B E W I C L W N M E A R E N S T D E R I
F S B I I F A S T W E I G H T G A I N J G Y X
O O E F L W L A L U D P O I V S L R E L I A Z
U D L A A R E K T S I E Z H O W A T S R R W V
R I L F R O W P L D C S G W V E U S U J H B
O U Y A C M N E E R A T P I L M O P Y T O
U M D T A A L R C C T I A X L L R A F K E A O
N D I I T O R N K H I M L O R I E B B L Q P R
C I S G U D N D U L O Q U Y L N E P R C Z Y T
E E T U B R E F I N N C V Z T W G S L E X M R L
S T E E I J E B E O S V A P E U R A S N E M
T H N Q X R D T M P L R I R O L I O T P H V X
W D T I F I G I C B E O F A D M S G H A Y O K
S L I H M U S T P S M I G I V I L D H M O C L
A B O H E A R T F U N C T I O N O P A T H E R
O R N L R I B O U D M Y I P S N B G I R S R R
J G U S T K U T R W E B E E K T Z U R P T E E
N U R S E P R A C T I O N E R S S T A N D S
C C A L L Y O U R H F P R O V I D E R M C D

- | | | |
|------------------------------|---------------------|-----------------------|
| Fast Weight Gain Medications | Daily Weights | HFrEF |
| Shortness of Breath | Fatigue | HFpEF |
| Diuretics | Cough | Leg Swelling |
| Ejection Fraction | Echocardiogram | Heart Function |
| Nurses | Nurse Practitioners | Cardiologists |
| Recovery Pathway Scale | Sixtyfour Ounces | Low Sodium Diet |
| | Exercise | Heart Healthy |
| | Belly Distention | Call Your HF Provider |

HF Crossword Puzzle



- Down**
- 1 Avoid _____ and recreational drugs.
 - 4 Stop _____, it constricts your blood vessels.
 - 5 We are here to educate you and assist to try and keep you out of the _____.
 - 6 What you should do if you gain 2 pounds overnight or 5 pounds in a week?
 - 12 These medications help your kidneys get rid of excess water.
 - 13 The name of the test to diagnose if you have heart failure.
 - 14 Sometimes you may feel short of breath when _____.
 - 15 How many ounces of fluid is recommended daily.
- Across**
- 2 You should eat less than _____ milligrams of salt daily.
 - 3 Some people get very tired or _____.
 - 4 Shortness of breath, belly fullness, leg swelling.
 - 7 You may have _____ intolerance.
 - 8 We will ask you to keep a _____ diary.
 - 10 The name of the program at CCHVC for a patient with a low ejection fraction to recuperate back to a normal ejection fraction.
 - 11 What do you do every single morning after you go to the bathroom before you eat/drink anything?
 - 12 Always take all of your _____ as prescribed.

Resources Available to You

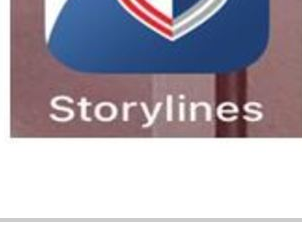
New pocket cards are available at the HF clinic. The purpose of these cards is to have your HF information with you at your fingertips. We also recommend you bring the card to all your health care visits. The cards include the stages of HF, guidelines, important HF medications, signs and symptoms to monitor, contact information and space to write your goal weight and current medications. Let your provider or nurse know if you are interested in obtaining a pocket card to keep in your wallet or billfold. See a sample below.

Another resource is free smartphone apps that can help you track your HF goals, such as salt and fluid intake, daily weights and HF symptoms. Please see the images below for some available apps.

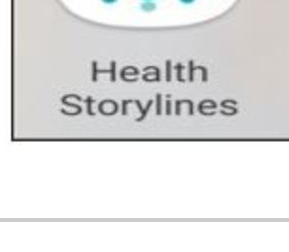
Disclaimer: CentraCare does not support or endorse any specific apps but wishes to supply resources that will support you in your HF journey. You may come across other smartphone apps that can assist in monitoring HF. App availability changes often.



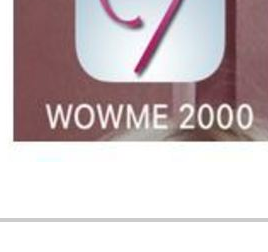
Available on iPhone



Available on Android

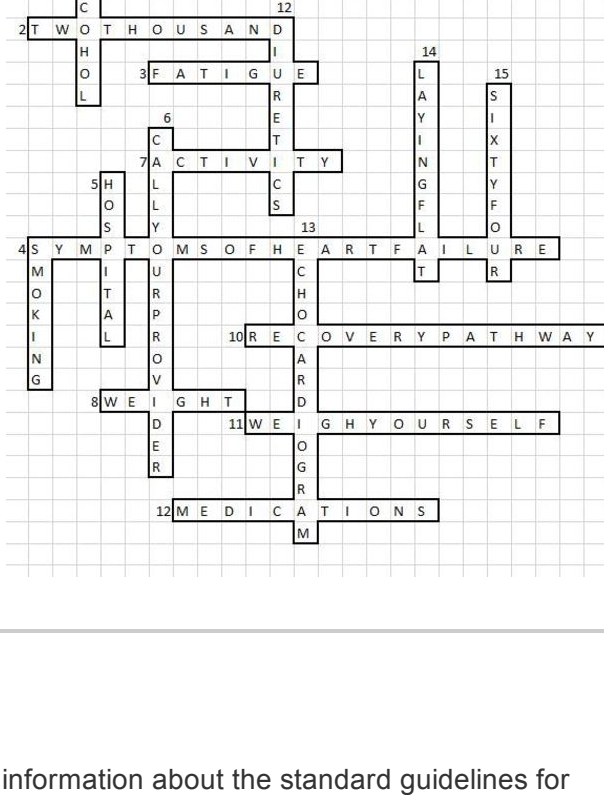


Available on iPhone and Android



Answers to Word Search and Crossword Puzzles

M I R W C A G C Y R H E A R T H E A L T H Y J
R G E J E C T I O N F R A C T I O N B W H V K
S I E X E R C I S E S D I O B R T U S O K L T
I O D F O T T E P I I W G U R A N R H F P E F
X L G O S P I E R P X V G G B K C S O R E B S
T O T I A U S N J L T C U H M S E R P K Y O
Y W B E W I C L W N M E A R E N S T D E R I
F S B I I F A S T W E I G H T G A I N J G Y X
O O E F L W L A L U D P O I V S L R E L I A Z
U D L A A R E K T S I E Z H O W A T S R R W V
R I L F R O W P L D C S G W V E U S U J H B
O U Y A C M N E E R A T P I L M O P Y T O
U M D T A A L R C C T I A X L L R A F K E A O
N D I I T O R N K H I M L O R I E B B L Q P R
C I S G U D N D U L O Q U Y L N E P R C Z Y T
E E T U B R E F I N N C V Z T W G S L E X M R L
S T E E I J E B E O S V A P E U R A S N E M
T H N Q X R D T M P L R I R O L I O T P H V X
W D T I F I G I C B E O F A D M S G H A Y O K
S L I H M U S T P S M I G I V I L D H M O C L
A B O H E A R T F U N C T I O N O P A T H E R
O R N L R I B O U D M Y I P S N B G I R S R R
J G U S T K U T R W E B E E K T Z U R P T E E
N U R S E P R A C T I O N E R S S T A N D S
C C A L L Y O U R H F P R O V I D E R M C D



Upcoming Newsletters

In our upcoming newsletters, we will give more information about the standard guidelines for HF, instructions on reading dietary labels, low-salt recipes and helpful tips for your day-to-day living with HF as a chronic condition.

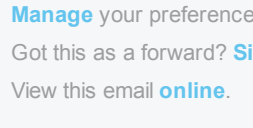


For more information and resources, please visit CentraCare.com. Search: Heart Failure

To contact the Heart Failure Clinic, call 320-656-7020.
Operating hours are 8 a.m. to 4:30 p.m. Monday - Friday.
Closed on weekends and major holidays.

Questions or comments? Contact:
Nancy Romness, BSN, CHFN
Heart Failure Monitoring Core Charge Nurse
Work cell: 320-470-0760
Email: Romnessn@centracare.com
CentraCare Heart & Vascular Center
1406 Sixth Ave. N.
St. Cloud, MN 56303

Share this email:



Manage your preferences | Opt out using TrueRemove®

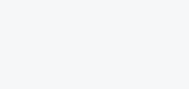
View this as a forward? Sign up to receive our future email newsletters.

Get this email online.

1406 Sixth Ave. N.
St. Cloud, MN | 56303 US

This email was sent to .

To continue receiving our emails, add us to your address book.



[Subscribe](#) to our email list.