

Heart Failure Newsletter



November 2021

Season's Greetings!

We hope you are having a wonderful start to the holiday season! We created this heart failure (HF) newsletter to help stay connected with you, provide general HF resources, and share delicious low-salt recipes. Our goal is for you to lead a healthy lifestyle, better adhere to medical advice and receive the latest in HF information. If you attended the HF support group in the past, this newsletter currently is replacing in-person meetings during COVID-19. If you are new to our HF clinic and this is your first newsletter, welcome!



What Options Do You Have for HF Services?

At CentraCare, we have many different options available for you to receive care for HF. We currently have three facilities where we can see you in person and one facility that offers telehealth, as well as video and phone visits through MyChart. Here are details on each:

CentraCare Heart & Vascular Center (CCHVC):

1406 Sixth Ave. N.
St. Cloud, MN 56303
Contact number: 320-656-7020. Ask for the HF nurse.

Monticello:

1107 Hart Blvd.
Monticello, MN 55362
Contact number: 320-656-7020 (St. Cloud location)

Willmar Telehealth:

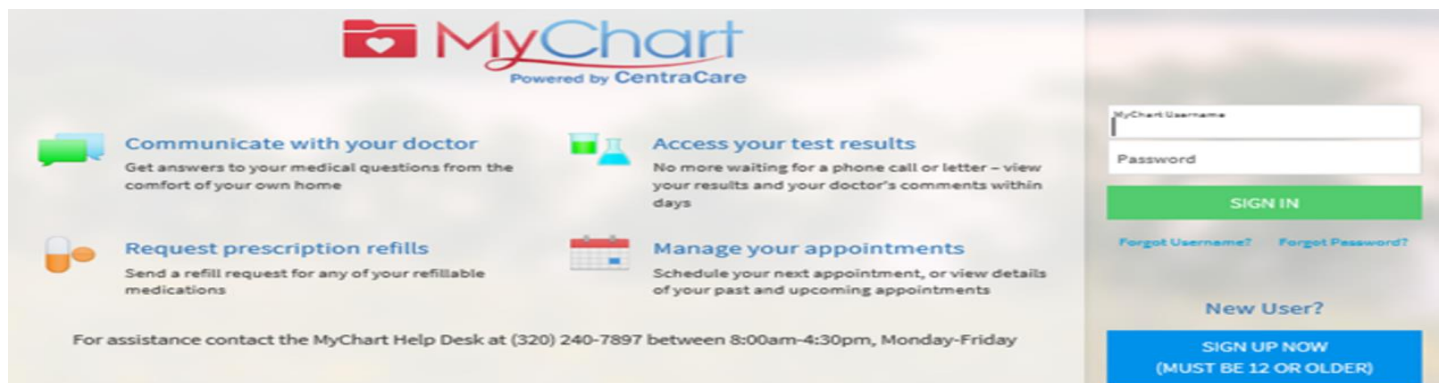
Use the Rice Memorial Hospital Main Entrance.
CentraCare Heart & Vascular Center: Telehealth Willmar
301 Becker Ave S.W.
Willmar, MN 56201
Contact number: 320-231-8775: Ask for Roxy.

Baxter:

CentraCare Heart & Vascular Center: Baxter Clinic
7418 Forthun Road
Baxter MN 56425
Contact number: 218-454-4725

Video Visits through MyChart:

If you do not have MyChart and wish to be signed up, please go to: <https://mychart.centracare.com>. See image below. Go to "Sign Up Now" and follow the prompts. There is also a MyChart help desk phone number listed on the web page.



Valet Service at CentraCare - St. Cloud Hospital

Recently St. Cloud Hospital has added another valet service closer to the CCHVC! It is located behind the River Campus Clinic parking lot, just past the south ramp and under the CCHVC at the surgery entrance on Level A. (See below.) Patients are welcome to utilize this service for \$4 or for free if you have a handicap parking sticker.



Caregiver Burnout

Caregivers are essential for helping a loved one manage chronic diseases such as HF. Unlike other members of a care team, caregivers don't get to "clock out" and so must be especially intentional about preventing burnout.

Burnout can occur when caregivers don't get the help they need or when they try and take on more than they can manage (physically, financially, etc.). Burnout is characterized by a change in attitude toward the person you are caring for (for example, from positive and supportive to negative and dismissive). Other signals include:

- Withdrawal from friends, family and other loved ones
- Loss of interest in activities previously enjoyed
- Feeling blue, irritable, hopeless and helpless
- Emotional and physical exhaustion
- Irritability
- Changes in appetite, weight or both
- Changes in sleep patterns
- Getting sick more often
- Feelings of wanting to hurt yourself or the person for whom you are caring

Luckily, there are steps you can take to prevent burnout. These include:

- Talking to someone you trust about your feelings.
- Being realistic about what you can and cannot do.
- Asking for help.
- Making use of community resources. The Senior Linkage Line (800-333-2433) or <https://mn.gov/senior-linkage-line/> can help you connect with resources in your area.
- Staying healthy by eating right and getting plenty of exercise and sleep.
- Accepting your feelings. Having negative feelings — such as frustration or anger — about your responsibilities or the person for whom you are caring is normal. It does not mean you are a bad person or caregiver.
- Talking to a professional. CentraCare has Integrated Behavioral Health providers in many of our primary care clinics. These providers are often available throughout the week and can be accessed by reaching out to your primary care provider.
- ... and many more!

Don't forget about yourself because you are too busy caring for someone else. Remember, taking care of yourself is not a luxury. It is an absolute necessity for caregivers.

Holiday Meal Comparison and Great Low-Salt Recipes

There are many ways you can enjoy your holiday meals and still cut down on salt. See the comparison below for a full low-sodium holiday meal!

Typical Meal	Sodium mg	Modified Meal	Sodium mg
Self Basting Turkey, 4 oz (bought frozen)	400	Fresh Turkey, prepared with minimal salt, 4 oz	100
1 Cup Stove Top Stuffing	880	1/2 Baked Sweet Potato w/ small pat of light tub spread, dash of cinnamon, a tsp. of brown sugar	60
¼ Cup of Gravy	200	¼ Cup of Gravy, made with no-salt added chicken broth	50
1 Cup of Mashed Potatoes, made with butter and salt	300	1 Cup of Mashed Potatoes prepared with skim milk, light tub spread	60
Dill pickle, 4" spear	350	Fresh vegetables	25
¼ Cup of Cranberry Sauce	10	¼ Cup of Cranberry Sauce	10
1 dinner roll with spread	140	1 dinner roll with spread	140
1 cup green bean casserole	700	1 Cup of green beans with light spread	45
1/8 th Slice of Pumpkin Pie (Libby's recipe)	350	1 Slice Pumpkin Pie, no salt added in the recipe	200
Grand Total	3,340 mg	Grand Total	690 mg

Savory Roasted Turkey

The American Heart Association Low Salt Cookbook

Ingredients:

12-pound fresh or frozen turkey, not injected with a basting solution

Pan spray

2 tablespoons *Herb Seasoning, *Lemon Herb Seasoning, *Savory Herb Blend, or no-salt-added herb seasoning (*See separate recipes)

1 celery rib, cut into 1-inch pieces

1 medium carrot, unpeeled, cut into 1-inch pieces

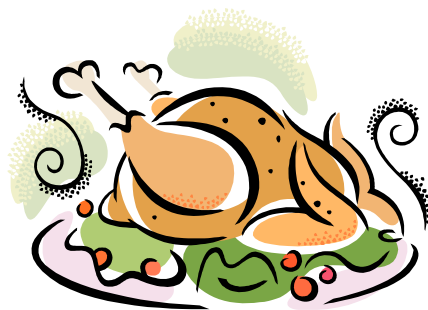
1/2 medium onion, sliced

1 small lime, quartered

4 sprigs fresh rosemary

1/2 cup homemade chicken broth or commercial low-sodium broth

3 cups Easy Gravy (optional)



Directions:

If cooking a frozen turkey, thaw completely using package directions. Preheat oven to 325 degrees. Lightly spray rack for roasting pan with pan spray. Don't spray bottom of pan.

Remove giblets and neck from turkey cavity; save for another use or discard. Rinse turkey and pat dry with paper towels. Rub outside of turkey with herb mixture. Put turkey with breast side up on rack in roasting pan. Lightly spray surface of turkey with pan spray. Put celery, carrot, onion, lime, and rosemary in turkey cavity.

Roast for 3 hours and 30 minutes to 3 hours and 45 minutes basting once every hour with pan juices (or up to ½ cup broth). Turkey is done if juices run clear when you pierce a thigh with a sharp skewer or if an

instant-read thermometer registers 180 degrees when you insert it between thigh and breast meat (be sure thermometer does not touch bone). Remove from oven and let stand for 15 minutes before carving.

Discard vegetables in the cavity. Remove skin before serving turkey.

Yield: Serves 20 (1 serving = 3 ounces) Nutrition Information per 3oz serving: Calories: 150, Fat: 5g, Sat. Fat: 2g, Trans fat: 0g, Sodium 57mg, Carbohydrates: 0g, Fiber: 0g, Protein: 25g

Caramelized Onion & Apple Stuffing

Adapted from Eating Well Magazine Makes 12 servings Time to Make: 1 hr, 45 min

<https://www.eatingwell.com/recipe/255771/caramelized-onion-apple-stuffing/>

Ingredients:

For caramelized onions:

3 Tbsp extra-virgin olive oil

8 cups halved and thinly sliced yellow onions (2-3 large)

2 tsp chopped fresh thyme

¼ tsp ground black pepper

¼ cup red wine

2 Tbsp cider vinegar

For Stuffing:

8 cups cubed rustic multigrain bread (1/2 inch, about 1 lb)

3 Tbsp extra-virgin olive oil

½ tsp ground black pepper

2 Tbsp plant-based tub butter

2 cups diced celery

1 cup diced onion

2 medium red apples, chopped

2 Tbsp chopped fresh sage

2 Tbsp chopped fresh thyme

1 ½ cups low-sodium chicken broth

Directions:

To prepare onions: Heat oil in a large skillet over medium heat. Add sliced onions, 2 teaspoons thyme and 1/4 teaspoon pepper. Cook, stirring occasionally, until golden, 20 to 25 minutes. Add wine and cook, stirring occasionally and reducing heat, if necessary, until the onions are deep golden brown, 20 to 25 minutes more. Add vinegar, increase heat to high and cook, scraping up the browned bits, until the vinegar evaporates, about 1 minute. Transfer to a large bowl.

To prepare stuffing: Meanwhile, preheat oven to 425 degrees F. Coat a 9-by-13-inch baking dish with cooking spray. Toss bread with oil and pepper on a large-rimmed baking sheet. Bake, stirring once, until crispy, about 15 minutes. Add to the bowl with the onions.

Reduce oven temperature to 400 degrees .

Heat butter in the skillet over medium-high heat. Add celery and diced onion; cook, stirring, until the onion starts to brown, 6 to 8 minutes. Add apples, sage, thyme. Reduce heat to medium and cook, stirring occasionally, until the apples start to soften, about 5 minutes. Transfer to the bowl with the onions and bread. Add broth and gently stir until well combined. Transfer to the prepared baking dish. Cover with foil.

Bake for 20 minutes. Uncover and continue baking until the top is crispy, about 15 minutes more.

Serving Size: ¾ cup. Nutrition Content: 225 calories; protein 6.5 g; carbohydrates 26.6 g; dietary fiber 4.8 g; sugars 8 g; fat 5.5g; saturated fat 1.3g; sodium 48 mg;

Garlic Roasted Winter Vegetable

Recipe from WWW.TASTE OFHOME.COM

- 2 medium carrots
- 1 medium turnip
- 1 medium parsnip
- 1 cup cubed red potatoes
- 1 cup cubed peeled butternut squash
- 3 whole garlic bulbs, cloves separated and peeled
- 3 shallots, quartered
- 4-1/2 teaspoon olive oil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper

Wash the carrots, turnip and parsnip; cut into 1-inch pieces. Place in a large bowl; add the potatoes, squash, garlic, shallots, oil, thyme, and pepper. Toss to coat. Transfer to a greased 15x10x1-inch baking pan.

Bake, uncovered, at 400 degrees for 45-50 minutes or until tender, stirring once.

Yield: 6 servings (1 serving = 2/3 cup) Nutrition Information Per Serving: Calories: 135, Fat: 4g, Sat. Fat: 0g, Sodium: 20 mg, Carbohydrates: 24 g, Fiber: 3g, Protein: 3g

Seasoning Blends

The American Heart Association Low Salt Cookbook

Herb Seasoning

An all-purpose replacement for the saltshaker, this flavorful seasoning is perfect for keeping on the table and on the kitchen counter. This mixture is good on vegetables, meats, in casseroles and stews.

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| 1 Tbsp garlic powder | 1 tsp ground mace or nutmeg |
| 1 tsp dried basil, crumbled | 1 tsp onion powder |
| 1 tsp dried marjoram, crumbled | 1 tsp pepper |
| 1 tsp dried thyme, crumbled | 1 tsp sage, rubbed, or crumbled |
| 1 tsp dried parsley, crumbled | ½ tsp cayenne (optional) |
| 1 tsp dried savory, crumbled | |

In a small bowl, stir together all ingredients until well blended. Store in a jar with a tight-fitting lid in a cool, dry, dark place for up to six months.

Makes ¼ cup. Serving size = ½ tsp.

Lemon Herb Seasoning

Use a sprinkle of this seasoning to bring out the flavor of seafood, poultry, or green salads.

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| ¼ cup plus 1 Tbsp dried basil, crumbled | 1 ½ Tbsp whole celery seeds |
| ¼ cup dried oregano, crumbled | ½ tsp garlic powder |
| 1 ½ Tbsp pepper | ½ tsp dried grated lemon zest |
| 1 ½ Tbsp dried onion flakes, crumbled | ½ tsp dried grated lemon zest |

In a small bowl, stir together all ingredients until well blended. Store in a jar with a tight-fitting lid in a cool, dry, dark place for up to six months.

Makes ½ cup plus 1 Tbsp. Serving size = ½ tsp.

Savory Herb Blend

The herbs in this blend will make you want to discover salad all over again.

¼ cup dried parsley, crumbled	2 ½ tsp dried savory, crumbled
½ cup dried marjoram, crumbled	2 ½ tsp dried sage, rubbed or crumbled
2 ½ Tbsp dried basil, crumbled	2 ¼ tsp dried thyme, crumbled
1 ½ Tbsp crushed red pepper flakes	2 tsp dried onion flakes, crumbled
1 ½ Tbsp dried rosemary, crushed	2 tsp dried dill weed, crumbled
1 ¼ Tbsp celery seeds, crushed	1 ¼ tsp pepper
¾ tsp garlic powder	

In a small bowl, stir together all ingredients until well blended. Store in a jar with a tight-fitting lid in a cool, dry, dark place for up to six months.

Makes 1 cup. Serving size = ½ tsp.

**CENTRACARE Heart
& Vascular Center**

Smoking Cessation

Smoking cessation is a term used to describe the process of discontinuing smoking tobacco. It is commonly known as "quitting smoking." Tobacco smoke contains nicotine, which is addictive and can cause dependence, which makes the "quitting" process even harder.

It is commonly known for cigarettes to be a contributing factor to chronic conditions of the lungs. What most people are not aware of is that nicotine is not only addictive and can cause lung conditions, but also can be a contributing factor to heart disease. Nicotine is a stimulant that speeds up the heart rate by approximately 20 beats per minute. It also raises blood pressure. Nicotine is a vasoconstrictor, which means it makes arteries smaller. This makes it harder for the heart to pump blood through the smaller space. It damages the lining in the blood vessels and can make the blood sticky with the potential for clots.

All of these contributing factors cause excess stress on the blood vessels and heart, which can lead to blockages and potentially life-altering and even fatal outcomes. According to the Centers for Disease Control and Prevention (CDC), the leading cause of death in the United States is heart disease (for most racial groups). Smokers are 2-4 times more at risk than non-smokers to develop heart disease. Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. Smoking cessation is not an easy process for everyone, but it is known to significantly elongate lifespan and lead to a healthier lifestyle. For more information or tips on how you can quit, visit the CDC or the links below.

<https://journals.physiology.org/doi/pdf/10.1152/ajpregu.2001.281.4.R1097>

[https://2014 Surgeon General's Report: The Health Consequences of Smoking—50 Years of Progress | CDC](https://2014.SurgeonGeneral'sReport:TheHealthConsequencesofSmoking-50YearsofProgress|CDC)



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 on weekends and major holidays.

Questions or comments? Contact:

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CentraCare Heart & Vascular Center

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