

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH HEART FAILURE

3 surprising details your heart doctor wants to know

For many of us, the standard health history form at the doctor's office can be annoying. But taking the time to answer honestly is super important. And those sections that press you to give additional information? They may be what your heart doctor wants to know about most.

1. Genetic history that goes beyond the checklist

A family medical history should include information about your grandparents, parents, aunts, uncles, siblings, cousins, and children. It is also good to know about your ethnicity, as some ethnic groups are at a higher risk for certain medical conditions.

2. Personal problems or trauma

A recent death in the family or job loss may not seem worth mentioning to your doctor, but setbacks like money problems, food or housing insecurity, and a lack of transportation can all affect your heart.

3. Anything unusual happening with your body

Many seemingly unrelated issues can signal heart disease or raise your risk

of getting it. For example, people with gum disease are up to three times more likely to have a heart problem. Swollen feet can signal a worsening of CHF symptoms. A recent study found that people with irregular sleep patterns are more likely to have heart problems.

So, instead of thinking of those forms as a pain, think of them as a puzzle: The more pieces your doctor has, the clearer the overall picture becomes.





3 tips to stay hydrated — without overdoing it

Drinking enough liquids can be especially challenging when summer temps soar. When the air outside is higher than your body temperature, your heart has to beat faster and pump harder. Your chance of heart attack and heart arrhythmias (irregular heartbeat) increases.

If you're overhydrated, your heart has to work too hard to pump. If you're underhydrated, your kidneys may not get the fluid they need to do their job. These recommendations can help you keep to a perfect hydration level:

1. Satisfy your thirst.

Heart failure patients were once told to just get used to feeling thirsty all the time. But those days are gone, says Van Crisco, M.D., a cardiologist and partner at First Coast Heart & Vascular Center based in Jacksonville, Florida. Being dehydrated activates your thirst center, so go ahead and drink when you're

thirsty. Your increased urine and sweat production will balance it out. If you are told to restrict or track fluids, remember that most of your hydration should come from water — not sports drinks, soda, juice, or coffee.

2. Track your weight.

Weigh yourself at the same time every day, suggests Dr. Crisco. Tape a piece of paper on the wall to write down your daily weight. It'll be easier to spot a trend and adjust your fluid intake for the day.

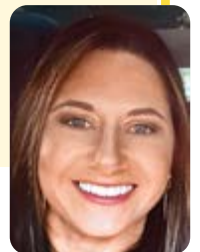
3. Know the signs.

It's important to recognize symptoms of a hydration problem. If your rings feel tighter or your belt buckle digs in more than usual, you may be overhydrated. If you're thirsty all the time, your blood pressure dips, or you feel lightheaded, you may be dehydrated.

Case Manager Spotlight

Gracelynn Harris has been with AvMed for two years and a Registered Nurse for 20 years.

"My favorite thing about being a case manager is educating and empowering our members to achieve optimal health and wellbeing."



To reach us, please call 1-833-609-0735.



Healthy Eating Made Simple

We're sharing our favorite tips for happier, healthier meals — without feeling deprived.

How to decode a nutrition label

You don't need to spend precious minutes at the grocery store poring over labels. Once you know what to look for, you can scan the back of a packaged food item and decide whether it's healthy enough. Here's what to know.

If you eat more than 1 serving, double or triple the number of calories.

5% or less is low. 20% or more is high.

You want these numbers to be as low as possible.

Keep daily sodium intake below 2,300 mg. If the amount of sodium is greater than the total calories, it's too high.

There's no DV for protein. Aim for 50 g a day.

Nutrition Facts

Serving Size 1 cup (240g)
Serving Size per container 4

Amount Per Serving

Calories 280 Calories from Fat 120

% Daily Value*

Total Fat 9g **12** %

Saturated Fat 4.5g **23** %

Trans Fat 0g

Cholesterol 35mg **12** %

Sodium 850mg **37** %

Total Carbohydrate 46g **17** %

Dietary Fiber 7g **25** %

Sugars 12g

Protein 10g

Vitamin D 0mcg 5% ● Iron 6mg 35%

Calcium 260mg 20% ● Potassium 240mg 6%

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

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

This is the typical amount most people eat. It's not a portion recommendation.

Not all fats are bad. Try to limit saturated and trans fats.

You want this to be under 5% if possible.

The higher the fiber, the better. Try to get at least 5 g or more per serving.

Aim for less than 50 g of added sugar a day.

These are good nutrients, so the higher the amount the better.

***Nutrients to eat less of: saturated fat, sugar, sodium**

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Recipe



Chickpea pasta and veggies

Serves 6 | Prep time: 30 min

This is a delicious way to add fiber to your meal. And the leftovers are just as yummy served up as a cold pasta salad.

Ingredients

- 1 box (8 oz.) Banza chickpea penne pasta
- 2 tsp olive oil
- 2 bell peppers, chopped
- 1 small zucchini, chopped
- 3 garlic cloves, minced
- 2 medium tomatoes, chopped
- 1 cup frozen edamame

Instructions

- 1.** Cook pasta according to package directions. While it's cooking, warm the olive oil in a skillet over medium heat.
- 2.** Add the peppers and zucchini and cook until

tender, about 10 minutes.

- 3.** Add the garlic and cook until just fragrant, about 1 minute.
- 4.** Add the tomatoes and cook for 5 minutes.
- 5.** Transfer the skillet contents to a food processor or blender, puree until smooth and return to the skillet.
- 6.** Add the cooked and drained pasta to the skillet and toss to coat. Add the edamame and stir, until heated through, about 2 minutes. Season to taste.

Nutrition facts Calories 410 | Fat 19 g | Carbs 46 g | Fiber 12 g | Protein 20 g