

# Achieve

A Newsletter  
for AvMed  
Members

## ▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

### Essential steps to keep your heart healthy

**A** heart disease diagnosis can be a wake-up call to get into some healthy habits. Making a few key changes can help you live a longer, happier life. Here are five important things to do:

**Get active.** Work your way up to two and a half hours of moderate activity each week. Every minute counts! You can start by breaking up periods of sitting with a few minutes of movement every hour. Or schedule a 20-minute walk every day. Get active with family and friends for motivation.

**Eat well.** You don't have to change your whole diet overnight. Adding more

fruits, vegetables, and whole grains to your meals is a great place to start. Ask your doctor about seeing a dietitian to assess your current eating habits and help you set more specific goals.

**Take your medications.** Talk to your doctor if you're having a hard time keeping up with your medicines or struggling to pay for them. He or she can make adjustments to help you be successful.

#### **Monitor your health.**

Get your blood pressure, cholesterol, and blood sugar checked regularly. It will help you track progress toward your goals and catch problems early.

**Quit smoking.** If you currently smoke, talk to your doctor about strategies to quit.

Remember, you don't have to do everything at once. Start with one thing at a time.





## 5 surprising signs of a heart attack

**C**hest pain is the most common sign of a heart attack. But it can sneak up on you in other ways. “Pay attention to some of these early signs — you may be able to prevent a severe heart attack,” says Angela Turner, D.O., a cardiologist at Bayfront Health in St. Petersburg, Florida. Here are some warning signs:

### Shortness of breath

If you notice a sudden change in your exercise tolerance, that’s something to pay attention to, says Dr. Turner. For example, if you feel out of breath walking a short distance or even while sitting down.

### Feeling tired

Fatigue is most often caused by a lack of sleep. However, “if you’ve been sleeping well and you’re suddenly extra tired, that may be a sign of heart disease,” says Dr. Turner.

### Pain in your arms, chest, or back

Pain from a heart attack can travel down your arms

or into your back, neck, or jaw, says Dr. Turner. “If it happens when you’re moving and gets better when you stop, that could mean a heart problem.”

### Indigestion

Take note if you have heartburn that won’t go away with treatment. Dr. Turner says she’s seen patients complaining of indigestion that doesn’t get better with antacids, and it turned out to be a heart blockage.

### Flu-like symptoms

Sometimes heart disease in women can show up as fatigue, nausea, and chills. You might go to the doctor for a flu and discover you’re having a “silent” heart attack. “Listen to that feeling that says ‘I know something’s not right,’” says Dr. Turner. It could save your life.

### Case Manager Spotlight

**Donna Lynn** has been with AvMed for almost two years and a Registered Nurse for 22 years.

“My favorite thing about being a case manager is meeting our members where they are in life and being a part of their journey of managing their condition and achieving their health goals.”





## Healthy Eating Made Simple

Elizabeth Ferrer, R.D., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

### What to snack on?

Fiber and protein are the keys to a satisfying snack. These nutrients help keep you full. And, when paired with carbs — like fruit or crackers — they lessen the impact on blood sugar.

Look for packaged snacks that are lower in salt and added sugar. Trail mix, peanut butter crackers, or a granola bar are healthier options with protein and fiber.

Or try one of these simple, DIY snacks:

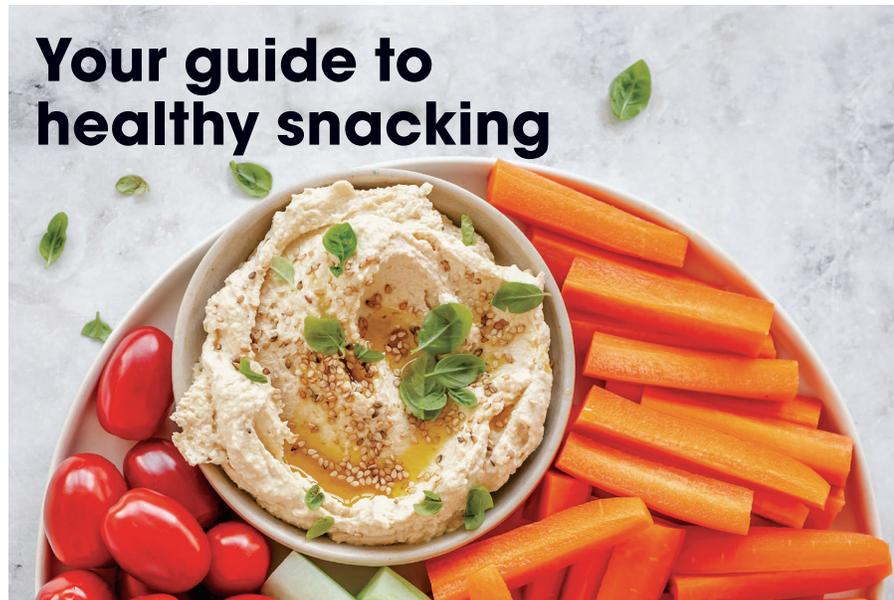
**½ cup cottage cheese  
+ ½ cup sliced peaches  
(120 calories)**

**¼ cup hummus  
+ ½ cup baby carrots  
(125 calories)**

**1 tbsp nut butter  
+ 1 apple (200 calories)**

### Unencrypted email makes it easier to communicate with your case manager!

To opt in, scan the QR code with your phone. Log in or register to the member portal and select "Set My Preferences."



## Your guide to healthy snacking

**Y**ou know you need three square meals a day — but what about snacks? The truth is snacks are not a mandatory part of a healthy diet.

In fact, if you're trying to lose weight, cutting out snacks can be a good place to start. But if you tend to get a bit hungry between meals, add a small snack (100 to 200 calories) so you're not starving (and prone to overeating) when your next meal comes around.

If you're trying to gain weight or are struggling to eat enough calories (for example, if you have COPD), adding high-calorie snacks (300 to 500 calories) like nuts, avocado, and Greek yogurt can help you meet your goals.

Snacks can also help if you have diabetes. Blood sugar-lowering medicines can cause hypoglycemia if you go too long without eating. Small snacks can help keep your blood sugar in range.

## Recipe



## Chocolate Peanut Butter “Nice Cream”

Serves 2 | Prep time: 5 minutes

Frozen bananas blend into an ice cream-like treat with no added sugar or dairy.

### Ingredients

2 ripe bananas, frozen  
2 tbsp no-salt-added peanut butter  
1 tbsp unsweetened cocoa powder

### Nutrition Info

Calories 171 | Fat 9g (Sat Fat 2g) | Cholesterol 0mg | Sodium 5mg  
| Carbs 19g | Fiber 3g | Sugar 12g (inc. 0g Added Sugar) | Protein  
5g | Vit D 0µg | Calcium 15mg | Iron 1mg | Potassium 340mg

### Directions

Break the frozen banana into small pieces. Add to a food processor or blender with the peanut butter and cocoa powder. Blend until smooth. Serve immediately or freeze for later.

### TIP:

Got bananas that are past their prime? Bananas get sweeter and softer as they ripen, so those brown, overripe bananas are perfect for this recipe. Peel them and break them into small pieces, then stash them in the freezer for later.