

SPECIAL POINTS OF INTEREST:

- **Exercising with Heart Failure**
- **Low Vitamin K Foods**
- **Broiled Salmon**
- **Pacemaker/ ICD safe items**

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Can I exercise with Heart Failure?

First, before anything else, please consult your cardiologist if you have heart failure and would like to start exercising. Now, many people that have been diagnosed with heart failure think that they are destined to a life of no activity, no dancing, no gardening, no sex, and on and on. However, that is just not the case. In fact, there are many individuals who do all the above. Many studies have shown exercise training in individuals with heart failure is safe and beneficial. The American College of Cardiology and the American Heart Association both state "exercise training is recommended as safe and effective for patients with heart failure who are able to participate to improve functional status" (4). Furthermore, they go on to recommend "cardiac rehabilitation can be useful in clinically stable patients with heart

failure to improve functional capacity, exercise duration, health related quality of life, and mortality" (4). In fact, in one of the larger studies that compared over 2000 exercising vs. non



exercising heart failure patients, there was an eleven percent reduction (when adjusted for risk factors) in all cause mortality, cardiovascular disease mortality, and hospitalizations in the exercise group over a three month time period. Now that safety and benefit has been established, how

do I get started? Most of studies at least started the exercise in a controlled and monitored setting. The most common form of this in the United States at least is cardiac rehabilitation. The problem is cardiac rehabilitation is not covered by the insurance unless there has been a recent heart attack, stent, or have undergone valve or open heart surgery. This is unfortunate and hopefully one day will change. Until then, you can pay out of pocket to attend a cardiac rehab program in your area at least for a month or two and make sure that you do not have any problems during exercise. Cardiac nurses are present during exercise and monitor you closely. A documented average costs of cardiac rehab per month could not be found. After looking at several programs, the range appeared to be around \$40-100 per month if insurance does not cover the program. To find a certified program in your area, go to www.aacvpr.org and click on resources. Under the resource tab click on

Continued on pg. 3 (4,5,6).

Tip of the Month

Low Vitamin K foods (Safe and healthy options if you are on Coumadin):

1. Bananas, Oranges, Strawberries, Watermelon, Pineapple
2. Corn, Beets, Raw Tomatoes, Squash, Mushrooms, Onions
3. Navy Beans, Almonds, Peanut Butter, Tofu, Refried Beans
4. Salmon, Crab, Tuna, Oyster, Cod, Clam
5. Most Dairy products (Yogurt, Cheese, Low fat milk, Eggs)
6. Lean Ground Beef, Chicken breast, Pork Loin, Ground Turkey



Remember, this is not an all inclusive list, just a few ideas to help get you started. We are always saying what you can't eat, so I thought a list of foods you CAN eat would be nice! (3).

Broiled Salmon



Recipe taken from "Breaking the Salt Habit" by Erik Williams. Visit www.myhearhelp.com and click on store to purchase a copy!

Ingredients:

4- 4 oz. Salmon Filets
4 Tb. Jalapeno Jelly

Directions:

1. Spray broiling rack with non stick spray.
2. Align salmon filets on rack.
3. Place salmon in oven and broil for 8-9 minutes or until fish reaches and internal temperature of 145 F.
4. After fish is done, add a Tb. Of jelly to each piece of salmon.
5. Broil and continue to cook another 30 seconds or until the jelly starts to melt.

Health Information

Serving size: 4 oz salmon
Calories: 256
Total Fat: 9g
Sat Fat 1 g
Sodium 63 mg
Cholesterol 81 mg
Carbs 11 g
Protein 29 g
Sugars 8 g
Fiber 0 g
Potassium 712 mg

Quote of the Month: "The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not" Mark Twain.

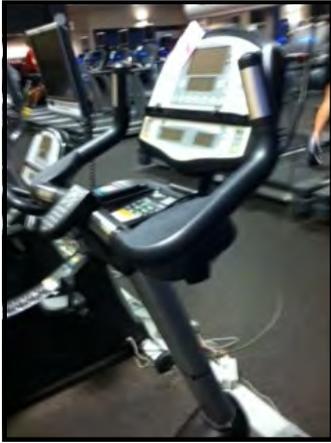
Bible Verse of the Month: "Commit your way to the Lord; trust in Him and he will act" Psalm 37:5.

Did you Know?



Do you have a pacemaker or a defibrillator? Have you ever wondered what items you can and cannot be around? Electromagnetic interference with today's implantable devices are probably less often than you might think. Most household items have little to no interference. Microwave ovens, computers, radios, TVs, kitchen appliances, and electric blanket have little to no interaction and are deemed to be safe. Cell phones are safe if kept 6 inches away from the device and same with cordless phones. What about outside equipment? Can I still mow my yard? Sure you can. Most motorized items such as lawnmowers that run on gasoline should be safe as long as the motor part stays 12 inches from your device. Other outdoor equipment that is electric run such as a leaf blower, sander,

and weed whacker should be safe at 6 inches. So what can I not do outside? Generally, using a chainsaw and welding are not recommended. If absolutely necessary, the device company may be able to give you specific guidelines. Then we are left with the random items that many people do not think about. Bingo game magnetic wands should be safe at 6 inches. If you are a gambler, slot machines are considered safe at a distance between 0-12 inches (It varies among device companies so check with yours). CB and police radio antennas should stay 24 inches from the device to be safe. Security systems found in airports, jails, etc. have little to no interference unless you decide to spend the day camped underneath one. It is recommended to just walk through normally. Notify security of your device if a wand is needed. (1,2).



Searchable program directory and find your state. Please note we do not endorse this website or any of the rehab programs listed. It was felt this would be a good resource for you. Your cardiologist or family doctor can probably make a recommendation for you as well. If cardiac rehabilitation is not an option for you because of money, distance, or other reasons, exercise is still recommended. If there are no significant lower extremity problems, brisk walking is advised. If walking is prohibitive, a stationary bicycle, elliptical machine, or swimming may be an option. In an unmonitored setting, the best way to know if the exercise intensity is high enough is the “breathing” or “talking” test. The pace or intensity should bring on a mild degree of shortness of breath. Another test is to exercise at the fastest pace that you can still talk and hold a short conversation. Individuals with heart failure should exercise a minimum of three times a week for at least 20-30 minutes per session. (7).

Good luck with starting on your exercise. Remember, don't give up. Give it time. Meet new friends along the way.

Have a Joyous January

January. The start of a new year. New diets and gym memberships. New resolutions. Push the start over button. Clean the slate. What a great month. We can do any of these things any month or any day but for some reason it seems like the start of a new year is the best time. I challenge you to set a goal or two and give yourself a timeline to reach that goal. Remember the quote by Steve Smith “The difference between a goal and a dream is a deadline”? What is that “thing” you wish you were or dream about? You can make that happen. Take a step. Set a goal. Set a deadline. You can do it! Share your future plans with me on facebook, I would love to hear them. We can inspire each other.

In the meantime, stay warm. As always, thank you for letting us “keep you in rhythm”.



Sincerely,

Kacy Jones and the HeartHelp team

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