

SPECIAL POINTS OF INTEREST:

- Heart Failure Scale
- Heart Failure Tips
- Mahi-Mahi
- Cardiac Rehab for Heart Failure



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What Stage of Heart Failure am I?

In our office we have a huge poster of the New York Heart Association Scale hanging in our rooms. So many patients ask, where do I fall on the scale? What does it mean? Based on the 2013 ACCF/AHA Practice Guidelines for the Management of Heart Failure, there are two recommended scales used in practice to “judge” heart failure. One is a stage of heart failure and the other is an assessment of function in heart failure. Both are used in clinical practice and help guide when certain medical or surgical therapies are indicated. The scales are also used frequently for insurance purposes. The first scale is a staging system of heart failure. The first stage, A, is for people who are at high risk for heart failure but who have not yet developed any structural heart disease or heart failure. For

example, this would include people with high blood pressure and diabetes. Stage B is for people who have structural heart disease but no signs or symptoms of heart



failure. For instance, a person who has had a heart attack in the past but has no heart symptoms would fall under this stage. Stage C reflects people with structural heart disease with prior or current symptoms. Stage D is the last stage

of heart failure and is classified as refractory heart failure requiring specialized interventions. As a person moves thru each stage, survival is lessened by five years. Also, in this staging system, there is no regressing into the previous stage once a person has advanced into the next stage. The second classification system used is the New York Heart Association (NYHA), which is divided into four classes. This is more of a functional assessment based on symptoms. A person can move up and down this scale at different times in their life with heart failure. Someone may be characterized as NYHA I if there are no limitations with physical activity. This person does not have any symptoms from heart failure, like shortness of breath with walking. NYHA class II is characterized by a slight limitation of physical activity. For example, shortness of breath or chest pain may occur with a long walk or going up a couple flights of stairs. (1,3).

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Tip of the Month

Tips to Manage Heart Failure and its Symptoms:

1. **Keep a Daily Weight** (If you go up in weight very quickly like 2-3 lb in 24 hours or 3-5lb in a week, this can be a sign you are holding on to fluid).
2. **Monitor Sodium Intake** (Keep it around 2000mg per day or less. This will help keep your blood pressure lower and keep fluid off!).
3. **Don't forget your medications (especially your water pill!)**
4. **Check your heart rate and blood pressure regularly** (Any change from normal may indicate a problem).
5. **Monitor your legs for swelling** (If you push on the front of your calf, and it stays as an indention, then there is fluid there).



Baked Mahi- Mahi



Recipe from "Breaking the Salt Habit" by Erik Williams. Buy his book on our website www.myhearhelp.com/store.

Ingredients:

4- 4 oz Mahi-Mahi Filets
 1 Lemon
 3 Tb Fresh Grated Parmesan Cheese
 2 Tb Unsalted Butter
 1 1\2 Tb Light Mayonnaise
 2 Tb Green Onions chopped
 1\8 tsp Black Pepper
 1\3 cup Plain Panko Bread Crumbs

Directions:

1. Place fish in large shallow baking dish and squeeze lemon juice over fish.
2. Place in oven and bake for 5 minutes at 350 degrees.
3. Combine cheese, butter, mayonnaise, onions, pepper in a small bowl and brush over fish.
4. Sprinkle bread crumbs over fish evenly and cook for additional 5-7 minutes or until fish flakes evenly.
5. An internal temperature of 145 degrees F is needed.

Health Information

Serving size: 4 oz. fish
 Calories: 211
 Total Fat: 10 g
 Sat Fat 5 g
 Sodium 253 mg
 Cholesterol 122 mg
 Carbs 2 g
 Protein 29 g
 Sugars <1 g
 Fiber <1 g
 Potassium 26 mg

Quote of the Month: "I am not a product of my circumstances. I am a product of my decisions." Stephen Covey

Bible Verse of the Month: "Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble" Matthew 6:34.

Did you Know?

Did you know that last month Medicare decided to cover cardiac rehabilitation for heart failure patients. This is a huge win for patients. Previously, Medicare only covered cardiac rehabilitation for the following reasons:

- A heart attack in the last 12 months
- Coronary Artery Bypass Surgery
- Stable Angina
- A Heart Valve Repair or Replacement
- A Coronary Angioplasty or a Stent
- A Heart or Heart Lung Transplant

That really limited the amount of people that could benefit from cardiac rehabilitation. So...who can go now?

Medicare's criteria for payment of cardiac rehabilitation for heart failure patients include:

- Stable, chronic heart failure
- Ejection Fraction (EF) of 35 percent or less
- Persistent New York Heart Association Class II-IV symptoms despite being on stable heart failure medications for 6 weeks
- No recent procedures or hospitalizations in the last 6 weeks
- No planned procedures or hospitalizations in the next 6 months.

Contact your health care provider to see if you might qualify for cardiac rehabilitations! (2).



The next stage, III, is applicable if there is marked limitation in physical activity. There are no symptoms at rest but less than ordinary activity causes symptoms of heart failure. This would include walking a short distance, doing house hold chores, and going up one flight of stairs. NYHA IV symptoms are characterized by heart failure symptoms at rest or with any physical activity at all. With the NYHA classification system, you may move up and down the scale because it is based on symptoms and how you are functioning. Things that may improve your status on this scale may be medications, procedures, exercise, and weight loss.

I will leave you with an example. There is a 66 year old female who has a history of congestive heart failure from a leaky heart valve. Her ejection fraction (EF) is around 35 percent. Six months ago she could not walk down the street without getting short of breath and stopping. Her heart failure Stage is C because she had symptoms of heart failure. At that time, her NYHA class was III. She underwent a surgery to fix her mitral valve. Now she is able to walk about 3 miles without any symptoms at all. She is still Stage C because you cannot move backward but she is currently NYHA I because she no longer has symptoms of heart failure.

(1,3).

