



Volume 11 – Fall 2021

“The Beat”

Clinic Announcements

- We are happy to welcome Dr. Melanie Mattson and Dr. Swetha Alluri to our staff. These wonderful doctors are seeing patients in clinic due to Dr. Krishna’s departure. The hospital continues to recruit for a full time advanced heart failure physician.
- The clinic continues to strive to provide quality care. If you are calling the clinic during normal business hours and do not reach a person, please leave a message on the voice mail. Our goal is to return calls as soon as possible, typically on the same day. We appreciate your patience and understanding.

COVID-19 Vaccine Update

- Vaccines were developed to decrease the community spread of COVID-19. They are also proven to reduce severity of disease, reduce death related to illness and reduce hospitalizations. Your team at the heart failure clinic continues to recommend vaccination. If you have not received a vaccine series, please contact your local health department.
- Initially vaccine boosters were recommended for individuals older than the age of 65 years, between the ages of 18 to 64 years at high risk for severe COVID-19 or between the ages of 18 to 64 years with frequent institutional or occupational exposure to COVID-19. The boosters are now recommended for all.
- The CDC and FDA have released the following recommendations for booster vaccines: If you received Moderna or Pfizer two injection vaccine series, you can receive your booster vaccine 6 months after you

completed the series. If you received the Johnson and Johnson single vaccine series, you can receive a booster vaccine within 2 months.

- In addition to these recommendations, the FDA has also authorized a “mix and match” booster dose. This means a single booster dose of any available COVID -19 vaccine may be administered as a heterologous booster dose following completion of the primary vaccination series with a different available COVID-19 vaccine. Please discuss your preference for vaccine with your pharmacy or provider giving your booster vaccine.

Resources

[COVID-19 Vaccine – Virginia COVID-19 Vaccine](https://www.vdh.virginia.gov/covid-19-vaccine)
www.vdh.virginia.gov/covid-19-vaccine

VHD Hotline: 1-877-275-8343; Local office: 540-771-3992

[Coronavirus - Maryland Department of Health – Vaccine](https://coronavirus.maryland.gov/pages/vaccine)

<https://coronavirus.maryland.gov/pages/vaccine>

[COVID-19 Vaccine – West Virginia](https://dhhr.wv.gov/covid-19/pages/vaccine.aspx)

<https://dhhr.wv.gov/covid-19/pages/vaccine.aspx>

West Virginia Department of Health and Human Resources Hotline: 1-800-887-4304

Information from Valley Health:

<https://www.valleyhealthlink.com/patients-visitors/coronavirus-covid-19-updates/>

Tips for Staying Healthy During the Holidays

1. Enjoy your holidays. If it makes you smile, it probably reduces stress.
2. Pace yourself. Everything does not need to be done in one day. Heart failure patients tolerate activity better and retain their strength when activity is spread out.
3. Watch your diet. A lot of holiday food is high in sodium, and we all splurge more around the holidays.
4. Continue your medications as prescribed. Plan ahead so you don't run out over the holidays.
5. Avoid stressful situations if possible. Sometimes family gatherings can be very stressful. It is OK to remove yourself from these situations.
6. Retain your normal sleep pattern if possible. Sneak in an extra nap – you have permission!
7. Continue your exercise program if possible. Take a walk as a way to take a break from family and all of the holiday hustle and bustle.
8. Play table or card games with family members as a way to socialize and share time that doesn't focus on food.
9. Be watchful of your symptoms and weight.

Creamy Pumpkin Soup

Ingredients

- 2 tbsp. olive oil
- 1 onion, finely chopped
- 1½ tsp finely grated fresh ginger
- 1 (1½ pound) pumpkin, peeled, deseeded, coarsely chopped
- 1 medium sweet potato, peeled, coarsely chopped
- 1 tsp ground cumin
- 4 cups of homemade bone broth or stock (low sodium)
- 2 cups water
- 2 tbsp. chopped fresh coriander
- Pinch of red pepper flakes
- 1-2 tbsp. yogurt, to serve (optional)
- Pepper to taste

In a pot heat the olive oil medium heat; add onion and cook for 3-5 minutes or until softened or translucent. Add garlic

and ginger and cook for 30 seconds. Add sweet potato and pumpkin and sauté for 2 minutes. Add the bone broth, water and cumin and bring the soup to a low boil. Cover with a lid and cook for 15-20 minutes or until vegetables are fork tender. Using an immersion blender or food processor or blender, puree the soup until smooth. Season to taste. Serve, garnished with yogurt, cilantro and red pepper flakes.



To contact us:

Advanced Heart Failure & Cardiomyopathy Center

Heart & Vascular Center at Winchester Medical Center

1840 Amherst Street, Winchester, VA

Phone: 540-536-4555 • Fax: 540-536-5529

Online advanced heart failure resources:

www.mylvad.com

www.togetherinhf.com