

# NEWS FROM THE

**Advanced Heart Failure Clinic**



“The Beat”  
Volume 2 – Summer 2018

## **CardioMEMS™**

Winchester Medical Center completed the first implant of a CardioMEMS™ sensor during the month of March. This implantable sensor is used to measure and record the pressures in the pulmonary artery. The reading of pulmonary artery pressure is a good indicator of worsening heart failure and allows for providers to make medication changes before symptoms occur. It has been shown to lower readmission rates. Dr. Krishna and his team at Winchester Cardiology and Vascular Medicine follow the daily data. The sensor is implanted during an outpatient procedure, and patients are able to return home after a few hours of recovery. Dr. Krishna and Valley Health’s advanced heart failure team are excited to offer this patient-friendly, real-time monitoring tool to help patients with heart failure avoid crisis and manage their health.

## **Heart Failure Support Group**

Please consider joining our support group. Speakers/topics quarterly from the heart failure team.

### ***Mended Hearts, Group 173***

Meets the first Tuesday of the month, 7 p.m.

Valley Health Wellness & Fitness Center, Classroom A, on the WMC campus  
Call **540-662-5886** for more information.

## **Infusion Therapy**

The Heart Failure team is now using the WMC outpatient infusion center to provide IV Lasix® medication by push and/or over a longer period of time to help with diuresis. During a visit to the infusion center, you will have lab work, blood pressure and weight checks and be evaluated by the heart failure team prior to your infusion. You may be asked to complete a six-minute walk during your stay.



CardioMEMS team pictured with Drs. Krishna and Gaither, from left to right: Marie Amico, FNP, Clinical Coordinator, Advanced Heart Failure; Heather Hostetler, RN, Clinical Manager, Invasive Cardiology, Cardiac Cath Lab; and Kayla Roberts, CTR, Program Manager, Heart & Vascular Clinical Quality & Innovation

### **Contact Information:**

#### **Advanced Heart Failure Clinic**

Winchester Medical Center  
Heart & Vascular Center  
1840 Amherst Street  
Winchester, VA

Appointment line:  
540-536-0518

Nurse/voicemail line:  
540-536-5116

Fax:  
540-536-5529

## Spinach-Stuffed Baked Salmon

4 servings

Get some heart-healthy omega-3 fats with this vegetable and seafood dish.

### Ingredients

1 tsp. olive oil (extra virgin preferred)  
2 oz. spinach  
1 tsp. grated lemon zest  
1/4 cup chopped, roasted red bell peppers, rinsed and drained if bottled  
1/4 cup fresh basil (coarsely chopped)  
2 Tbsp. chopped walnuts  
Cooking spray  
4 salmon fillets (about 4 ounces each), rinsed, patted dry  
2 Tbsp. Dijon mustard (lowest sodium available)  
2 Tbsp. plain dry bread crumbs, lowest sodium available  
1/2 tsp. dried oregano (crumbled)  
1/2 tsp. garlic powder  
1/8 tsp. pepper

### Directions

1. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the spinach and lemon zest for 2 minutes, or until the spinach is wilted, stirring constantly. Transfer to a medium bowl. Stir in the roasted peppers, basil, and walnuts. Let cool for 5 minutes.
2. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Cut a lengthwise slit in the side of each fillet to make a pocket for the stuffing. Be careful to not cut through to the other side. With a spoon or your fingers, carefully stuff a scant 1/2 cup spinach mixture into each fillet. Transfer to the baking sheet. With a pastry brush or spoon, spread the mustard over the fish.
4. In a small bowl, stir together the remaining ingredients. Sprinkle over the fish. Lightly spray the top with cooking spray.
5. Bake for 12 to 13 minutes, or until the fish is the desired doneness and the filling is heated through.

Tip: Serving size 3 ounces fish and 1/2 cup vegetables

208 calories per serving

1.0 g sat. fat per serving

280 mg sodium per serving

*This recipe is brought to you by the American Heart Association's Go Red For Women movement.*

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*For information on women and heart disease, visit [goredforwomen.org](http://goredforwomen.org).*

