



Volume 7 – Late Winter-Spring 2020

“The Beat”

## Sniffles and Sneezes

### Dos and Don'ts

Our clinic prepared a guide for over-the-counter products to help treat common symptoms for cough and colds at home and limit the chance of increasing your heart failure symptoms.

Prevention is key! As Benjamin Franklin once said, “an ounce of prevention is worth a pound of cure.” If you don't get sick, you can avoid having to decide which over the counter medications could be helpful to your symptoms and not harmful to our chronic illness. Remember to get plenty of sleep. Wash your hands frequently. Eat well-balanced meals. Increase the humidity in your home and put a humidifier in your bedroom. Continue to exercise regularly to help your general well-being. Try “breathe right” strips at night to help with stuffy noses. You can also use a steamy shower to help relieve congestion.

### Pain Relievers

**Avoid NSAIDs.** Common names are ibuprofen, naproxen, Aleve, Motrin. These medications can increase water retention, raise blood pressure and could cause irritation and/or bleeding in your stomach. This recommendation does not include aspirin. If your provider has advised you to take aspirin daily, please do not stop it.

### If you are having pain, try Tylenol (acetaminophen).

Remember you cannot take more than 3,000-4,000 mg of Tylenol in 24 hours. Too much Tylenol can damage your liver.

## Guidelines for Sniffles, Sneezes or Cough

**Avoid medicines with “D”** – Pseudoephedrine (Sudafed) or phenylephrine (Sudafed PE). These medicines can increase your blood pressure and heart rate. That can add stress to your heart. Avoid frequent use of oxymetazoline nasal spray (Afrin). You can develop rebound congestion if used longer than 3 days.

**Avoid medicines with high sodium levels** – Alka Seltzer, Vicks 44 cough syrup, Vicks 44 cough relief. All of these medicines have a high salt (sodium) content.

### Medications to try:

Try saline nasal spray to help reduce nasal congestion. To relieve a scratchy throat, gargle with warm water with lemon juice or honey.

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### To contact us:

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*Online advanced heart failure resources:*  
[www.mylvad.com](http://www.mylvad.com)  
[www.togetherinhf.com](http://www.togetherinhf.com)

You can try over the counter allergy medications without “D” like Claritin (loratadine) or Zyrtec (cetirizine). For cough with thick sputum, you can try Mucinex (Guaifenesin). It is the package in the blue box. You can try Coricidin. Topical Vick’s Vapor rub is safe and may also help to relieve congestion.

Remember that your pharmacists can be a great resource. Call your primary care provider if your symptoms do not improve or resolve.

## Sad News to Report

We are sad to report that Julie Wert has accepted a promotion within Valley Health. She will be with our clinic to help transition a new team member. Please join us in wishing Julie well on her promotion!

## Homestyle Chicken Noodle Soup

A bowl of chicken noodle soup always equals comfort. The vegetables add nutrition and an aromatic flavor. This soup can be prepared at a moment’s notice and turns mealtime into a warm and satisfying experience.

### Ingredients:

- 2 teaspoons **olive oil**
- 3 medium **carrots** (thinly sliced)
- 2 medium ribs of **celery**, leaves discarded, thinly sliced
- 1 small **onion** (diced)
- 4 cups fat-free, low-sodium **chicken broth**
- 1 1/2 pounds boneless, skinless **chicken breasts**, all visible fat discarded, cut into bite-size pieces.
- 3 cups **water**
- 3 tablespoons fresh Italian (flat-leaf) **parsley**, minced.
- 1/2 teaspoon dried **thyme** (crumbled)
- 1/4 teaspoon **salt**
- 1/4 teaspoon **black pepper** ((coarsely ground preferred))
- 6 ounces dried **no-yolk noodles**

1. Heat the oil in the pressure cooker on sauté. Cook the carrots, celery, and onion for 3 minutes, or until the carrots and celery are tender and the onion is soft, stirring frequently. Stir in the broth, chicken, water, parsley, thyme, salt, and pepper.
2. Secure the lid. Cook on high pressure for 12 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Remove the pressure cooker lid.
3. Set the pressure cooker to sauté. Heat until the soup comes to a simmer. Stir in the noodles. Cook for 8 to 10 minutes, or until the noodles are tender, stirring frequently.

### Nutritional information:

<b>Calories:</b> 282	Trans Fat 0 g	<b>Cholesterol:</b> 73 mg	Dietary Fiber 3 g
<b>Total Fat:</b> 5 g	Polyunsaturated Fat 0.5 g	<b>Sodium:</b> 324 mg	Sugars 4 g
Saturated Fat: 1 g	Monosaturated Fat: 2 g	<b>Total Carbohydrate:</b> 27 g	Protein: 30 g

Call the Heart Failure Clinic if you have questions.

**540-536-4555**

