



Volume 3 – Winter 2018

“The Beat”

Our Program Earns Accreditation

The American College of Cardiology has recognized Winchester Medical Center for our demonstrated expertise and commitment in treating patients with heart failure. WMC was recently awarded Heart Failure Accreditation based on rigorous onsite review of our team’s ability to evaluate, diagnose and treat heart failure patients.

Thank you for allowing our team to care for each of you. We hope you have a safe and healthy holiday season.

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.

Modified from www.aahfnpatienteducation.com

Heart Failure Support Group

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.

To contact us:

Advanced Heart Failure & Cardiomyopathy Center
Winchester Medical Center
Heart & Vascular Center
1840 Amherst Street
Winchester, VA

Phone:
540-536-4555

Fax:
540-536-5529

What to Eat

Special occasions and holidays are typically associated with food and a time of over-indulging. Don't let eating too much or salty foods land you in the hospital by following these tips:

- If sharing a meal with friends and family, be sure to bring a low-sodium, healthy dish to share.
- Steer clear of ham, brined, smoked or pickled meats, gravies (unless prepared with a low sodium chicken or vegetable broth), sauces, dressing, boxed mashed potatoes, canned vegetables, casseroles, and macaroni and cheese. If you must eat, have just a tablespoon for taste.
- Stick to fresh turkey breast, fresh vegetables, baked white or sweet potato. Fill half your plate with fruit and fresh vegetables.
- When snacking, avoid the deli, olive and pickle tray, along with salty chips and dips/ salsa.
- You may want to budget your food choices during the day if you know you are going to be tempted with a large meal later in the evening. Eat primarily fresh fruits and vegetables during the day so you can enjoy a few higher sodium content items at the party.
- Remember that holiday leftovers count in your sodium budget! Get back to eating your normal diet as soon as possible.

Low-Sodium Holiday Choices:

- Cranberry sauce, whole or jellied, 1/4 cup 10mg
- Turkey breast, 3 oz 51mg
- Baked potato, 1 medium 8mg
- Snap green beans, boiled without salt (add chunks of potato and top with almonds instead of cream soup and fried onion rings), 1/2 cup 3mg
- Baked fish, 3 oz 60-80mg
- Mixed nuts without salt, 1/4 cup 6mg
- Matzo plain crackers, 1 oz 0-3mg
- Original Hawaiian sweet roll, 1 roll 90mg

For Holiday Toasting:

- Try club soda with a splash of orange juice as a refreshing and sparkling alternative to an alcoholic beverage.
- Be sure to discuss alcohol intake with your doctor; an occasional drink may be allowed. Remember: A drink is five ounces of wine, 12 ounces of beer or 1.5 ounces of hard liquor.

Modified from www.aahfnpatienteducation.com

