



Volume 4 – Spring 2019

“The Beat”

## Recognizing Heart Failure Signs and Symptoms

As spring and warmer weather approaches, the Heart Failure Clinic wants to review symptoms that can occur. Remember, symptoms can increase as the muscle weakens, the heart beats faster, vessels narrow to help force blood through the body, and/or the muscle itself thins while the main pumping chamber enlarges. Please call the clinic to discuss new symptoms or an increase in the following symptoms:

- Shortness of breath with everyday activities
- Swollen legs or feet
- A dry hacking cough that does not go away
- Feeling lightheaded
- Fatigue (tiredness)
- Difficulty with sleeping when lying flat on your back
- Nausea or loss of appetite.

Lifestyle changes can help to manage your heart failure symptoms.

- Monitor your fluid intake. Try to limit your daily fluid consumption to less than 2 liters per day or 64 ounces.
- Monitor your weight every day.
- Eat a heart-healthy diet. Avoid foods high in sodium. Eat more fruits and vegetables.
- Stay active! Physical activity can lower blood pressure and boost circulation. It can also help to boost your mood.

- Limit caffeine.
- Avoid alcohol.
- Don't smoke.
- Remember to take your medications as prescribed.

Modified from *Guide to Understanding Heart Failure Health Monitor*

### 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

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

This Simple Cooking with Heart recipe is a yummy twist on traditional chili, switching in chicken for ground beef. It's easy to make in a hurry! Try **Quick Chicken Chili**.

## Ingredients

Servings 4

- Non-stick cooking spray
- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- OR
- 1 lb. ground white meat chicken or turkey
- 1 medium onion (finely chopped)
- 1 medium bell pepper (chopped)
- 3 clove garlic (minced)
- OR
- 1 tsp. jarred, minced garlic
- 2 cup fat-free, low-sodium chicken broth
- OR
- 1 oz. canned, fat-free, low-sodium chicken broth
- 2 15.5- oz. canned, no-salt-added or low-sodium beans (mix or match pinto, red, kidney or navy), drained, rinsed
- 1/2 tsp. pepper
- 1 tsp. cumin
- 1/2 tsp. chili powder (optional)
- jalapeño (optional if you like spicy chili)
- fresh cilantro (optional)
- 1/2 cup low-fat, or, fat-free sour cream (optional)

<b>Calories</b>	344
<b>Total Fat</b>	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
<b>Cholesterol</b>	73 mg
<b>Sodium</b>	174 mg
<b>Total Carbohydrate</b>	41 g
Dietary Fiber	10 g
Sugars	7 g
<b>Protein</b>	39 g

Dietary Exchanges: 4 lean meat, 1 vegetable, 2½ starch

## Directions

1. Remove visible fat from chicken, cut into bite-sized pieces.
2. Spray large pot with cooking spray. Add chicken, onion, garlic, chili powder (optional) or jalapeno (optional), cooking over medium-heat until chicken is no longer pink (about 7 minutes).
3. Lightly mash the drained, rinsed beans with a fork.
4. Add all remaining ingredients to chicken mixture and simmer on high for 10 minutes.
5. Spoon chili into bowls and top with chopped fresh cilantro and/or dollop of sour cream (optional).

## Quick Tips

**Tip:** When buying chicken, tenderloins are often less expensive than breasts – in recipes like this one where you cut the chicken into bit-size pieces the cut makes no difference so pick whatever’s cheaper! Be sure to check for specials or sales.

Recipe obtained from the American Heart Association  
<https://recipes.heart.org/en/recipes/quick-chicken-chili>

Call the Heart Failure Clinic if you have questions.  
**540-536-4555**