

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

What to do when your CAD treatment plan stops working

It's normal for your treatment plan to need an update.

Your coronary artery disease (CAD) treatment plan is designed to manage symptoms and prevent complications. But over time, your condition may change. What once worked well may no longer be effective. Recognizing when it's time to adjust your plan is key to keeping your heart healthy.

Signs your treatment may need to change

If you experience any of the following, it may be time to revisit your treatment plan with your doctor:

- **More frequent chest pain (angina).** This can signal

that your heart is working harder than it should.

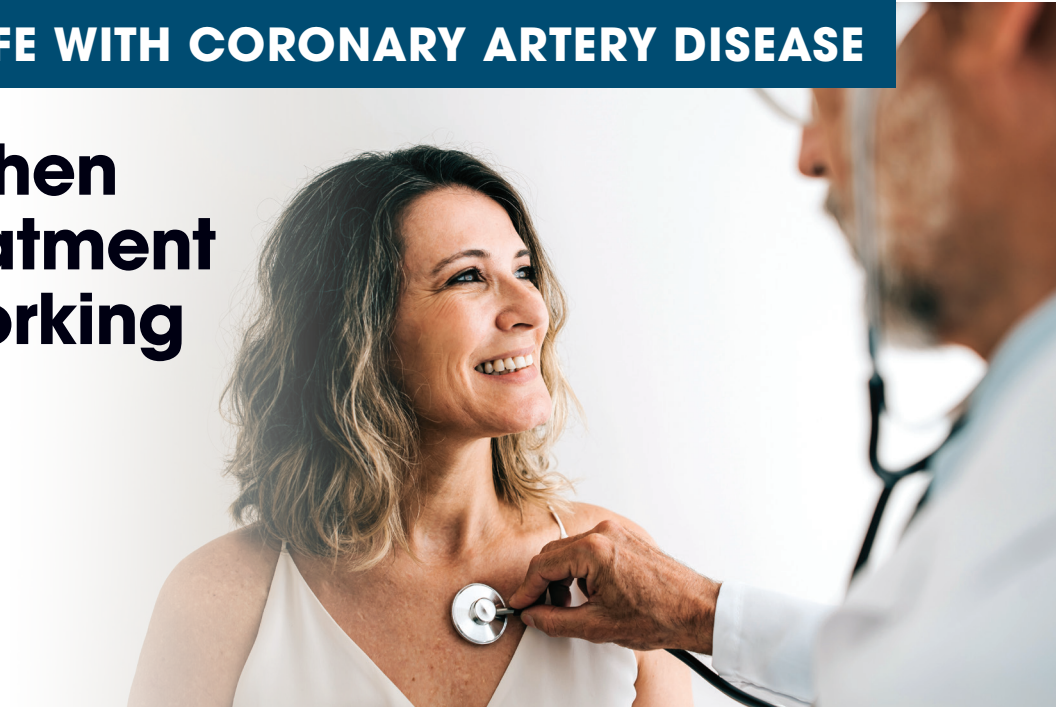
- **Shortness of breath.** Feeling winded during everyday activities, like climbing stairs, could signal that your heart isn't pumping as effectively as it should.
- **Increased fatigue, even with rest.** This could be a sign that your heart isn't getting enough oxygen.
- **Worsening blood pressure or cholesterol levels.** If your numbers aren't improving despite medication and lifestyle

changes, it may be time to explore other options.

Next steps

If your symptoms are changing, your doctor may recommend that you:

- **Adjust your medications.**
- **Explore new procedures,** such as angioplasty, stenting, or bypass surgery.
- **Make lifestyle changes.**
- **Keep a symptom journal.** Tracking your symptoms can help your doctor identify patterns.





Have an easier recovery after heart surgery

Discover practical tips to help you heal, regain strength, and get back to doing what you love.

Recovering from heart surgery takes time. With the right approach, you can heal comfortably and safely while rebuilding your strength. Here's what to do.

IMMEDIATELY AFTER SURGERY:

- **Follow your doctor's instructions.** This includes attending follow-up

appointments and adhering to your treatment plan.

- **Manage pain.** Take pain relievers as directed to stay comfortable.
- **Get moving — but take it slow.** Gentle movement, such as short walks, can help prevent blood clots and support circulation.
- **Take care of your incisions.** Keep wounds clean and dry. Avoid rough

scrubbing. Follow your doctor's instructions on changing dressings.

IN THE WEEKS AND MONTHS AFTER SURGERY:

- **Eat a balanced diet.** Focus on heart-healthy foods like lean proteins, whole grains, fruits, and vegetables.
- **Stay physically active (as approved by your doctor).** Gradually increase activity levels with gentle exercises like walking and stretching.
- **Manage stress.** Deep breathing and meditation can help reduce stress, which plays a crucial role in heart health.
- **Track your symptoms.** Keep an eye on new or worsening symptoms, such as swelling or dizziness.

Remember: Recovery is a gradual process, and everyone heals at their own pace. Be patient with yourself as you follow your care plan.



To reach a Case Manager

Simply call 1-833-609-0735 or email DM@AvMed.org or scan the QR code provided.



Healthy Eating Made Simple

Your inflammation-fighting shopping list

Here's what to add to your plate to help reduce inflammation and support better health.

Chronic inflammation has been linked to serious health conditions like heart disease, diabetes, and arthritis. Eating these foods can help reduce inflammation and support overall well-being.



Fatty fish. Salmon, tuna, and mackerel are rich in omega-3 fatty acids, which may help reduce inflammation.



Berries. Blueberries, strawberries, and blackberries are packed with antioxidants that combat inflammation.



Leafy greens. Spinach, kale, and Swiss chard are high in vitamins and

polyphenols, which support immune health and reduce inflammation.



Nuts. Almonds and walnuts contain healthy fats and antioxidants that may help lower inflammatory markers.



Olive oil. A staple of the Mediterranean diet, extra virgin olive oil is loaded with anti-inflammatory compounds.



Tomatoes. Rich in lycopene and vitamin C, tomatoes help fight inflammation and protect against chronic diseases.



Turmeric. This bright yellow spice contains

curcumin, a powerful anti-inflammatory compound that may help relieve joint pain.

Whole grains.



Brown rice, quinoa, and whole wheat contain fiber that supports gut health and may lower inflammation.

Green tea.



Loaded with antioxidants called catechins, green tea has been shown to reduce inflammation and support heart health.

Pair these additions to your eating plan with a balanced lifestyle that includes regular exercise, stress management, and adequate sleep for the best results.

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Recipe



Springtime Chopped Salad

Serves 4 | Prep time: 5 min
Cook Time: 10-12 min

Ingredients

2 fennel bulbs, sliced into
¼" pieces
1 teaspoon light olive oil
4-5 cups mixed greens

1 cup alfalfa sprouts
¼ cup raw almonds,
chopped
¾ small white onion, cut into
rings
1-ounce goat cheese
crumbles

Dressing:

2 ½ teaspoons light olive oil
1 tablespoon water
1 tablespoon apple cider
vinegar
¼ small white onion, grated
finely
1 teaspoon poppyseeds
½ teaspoon Dijon mustard
1 teaspoon honey

Directions

1. Heat olive oil in a non-stick skillet on medium-high and stir in fennel. Cook for 10-12 minutes until lightly browned, flipping halfway through. Set aside to cool.
2. Toss fennel and salad ingredients in a large bowl, minus goat cheese.
3. Chop salad to desired texture. Whisk dressing ingredients in a separate bowl. Toss with salad.
4. Arrange in bowls and top with goat cheese and crusty wholegrain bread.

Nutrition facts Calories 154.2 | Fat 9.7 g | Saturated fat 2.3 g
Polyunsaturated fat 1.6 g | Monounsaturated fat 5.3 g | Cholesterol 5.6 mg
Sodium 131.1 mg | Fiber 5.5 g | Protein 5.4 g