

A Newsletter for AvMed Members

How therapy can help you manage your heart failure

YOUR HEALTHIEST LIFE WITH HEART FAILURE

Managing this chronic condition involves more than just caring for your physical health.

hen you think about your heart failure care team, you probably picture your cardiologist and primary care doctor. But when it comes to managing a chronic condition, your mental health plays a big role too. Untreated depression and anxiety can make it harder to follow your care plan. Here's how adding a mental health professional to your care team may help.

Recognizing the signs

It's not always easy to notice when your

mental health begins to decline. You might dismiss persistent feelings of sadness or worry as just part of dealing with a chronic condition. A therapist can help identify these concerns and provide treatment.

Managing stress

Heart failure can be overwhelming, and stress can make symptoms worse by raising blood pressure. A mental health provider can teach you stressmanagement techniques

like mindfulness and relaxation exercises.

Maintaining a healthy lifestyle

Diet, exercise, and medication adherence are key parts of managing heart failure. A therapist can help you work through barriers, develop motivation, and set achievable goals.

Addressing your emotional well-being can make a real difference in how you manage your heart failure.



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Check these health metrics to monitor your CHF symptoms

We'll guide you through which symptoms to monitor, how to track them, and why they matter.

hen you have congestive heart failure
(CHF), small changes in your body can signal a shift in your condition.

Tracking key health metrics can help you and your doctor catch problems early and adjust your care as needed.

Key metrics to monitor.

- Heart rate: A faster or irregular heartbeat could indicate worsening heart function.
- Blood pressure: High or low readings can signal problems like fluid buildup.

- Weight: Sudden weight gain can be a sign of fluid buildup, a common CHF symptom.
- Swelling (edema): Watch for swelling in your feet, ankles, or legs, which may indicate fluid retention.
- Breathing: Increased shortness of breath, especially when lying down, can mean your heart is struggling to pump effectively.

How to track your symptoms. Keeping a daily log of your readings and symptoms can help you notice trends. Share this information with your healthcare provider at regular appointments. If you experience rapid changes, such as sudden weight gain or severe shortness of breath, seek medical attention promptly.

By staying on top of these health metrics, you can take an active role in managing your CHF.



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 inflammationfighting shopping list

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

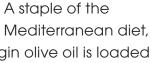
hronic inflammation has been linked to serious health conditions like heart disease, diabetes, and arthritis. Eating these foods can help reduce inflammation and support overall well-being.

polyphenols, which support immune health and reduce inflammation.

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

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

Olive oil.



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 antiinflammatory 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.



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



Leafy greens.

Spinach, kale, and Swiss chard

are high in vitamins and

Less paper.

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Reduce paper waste and get the same great health content delivered straight to your inbox. To switch, scan the QR code and log into your member portal. Under Email Preferences, select Yes, I want to receive emails.







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 4 cup raw almonds, chopped

34 small white onion, cut into rings

1-ounce goat cheese crumbles

Dressing:

 $2\,\%$ 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

Health and wellness or prevention information.