

# Heart Failure Disease Management Newsletter

summer 2007

## Health Care Preventive Services for Heart Failure Patients

Preventive care is not directly related to specific illness, injury, or symptoms but rather is performed as a periodic health screening. The Defense Authorization Acts for fiscal years 1996 and 1997 gave TRICARE beneficiaries a benefit for many preventive care services.

As a cardiovascular patient, you probably require more frequent tests and laboratory studies due to your current condition and the medications you are taking. These are not considered preventive care services.

In addition to the services required to manage your condition, good preventive care includes an assessment of:

- Diet and nutritional counseling if needed
- Physical activity and exercise
- Cancer surveillance
- Safe sex practices
- Tobacco, alcohol and substance abuse
- Dental health
- Accident and injury prevention
- Stress, bereavement and suicide risk assessment

These are expected, normal components of good

Sources: [www.humana-military.com/south/bene/TRICAREResources/handbooks.htm](http://www.humana-military.com/south/bene/TRICAREResources/handbooks.htm).  
American Heart Association  
TPM Chapter 7, section 2.1

## Self Assessment Tools

How many calories do you think you need each day to maintain your weight and fuel your physical activity? Perhaps you would like to lose some weight? Self assessment tools can help you. You will be able to determine your ideal body weight range, your body mass index, and calorie needs by accessing these tools.

Your ideal weight range may be somewhat broad. Depending on your build and whether you are male or



clinical practice. They should be included into your regular office visits or provided as a comprehensive health promotion and disease prevention office visit.

The American Heart Association recommends cardiovascular patients receive an annual influenza vaccine. Be sure to ask your primary care manager about scheduling a "flu" vaccine for you this fall.

To learn more about your preventive care benefits reference your Beneficiary Handbook on-line at [www.humana-military.com/south/bene/TRICAREResources/handbooks.htm](http://www.humana-military.com/south/bene/TRICAREResources/handbooks.htm).

female, an ideal weight for you may fall anywhere within that range. To calculate your ideal body weight, you will need to provide your height.

Your Body Mass Index (BMI) provides a good assessment of weight status for most people. According to government guidelines, a BMI of 25.0 to 29.9 indicates overweight and a BMI of 30.0 or more indicates obesity. BMI is a measurement of body mass that takes into account both height and weight

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## The Heart Healthy Recipe Corner



### Minestrone

1 cup dried white navy beans  
1/2 cup whole-wheat pasta (shells or elbow macaroni)  
2 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, chopped  
2 medium carrots, chopped  
2 stalks celery, chopped  
2 potatoes, peeled and cubed  
4 tomatoes, cubed  
1 small zucchini, cubed  
1/2 pound fresh green beans, sliced  
1 teaspoon freshly ground black pepper, or to taste  
8 cups water  
1 tablespoon dried basil  
1 clove garlic, whole  
2 tablespoons grated Parmesan cheese

Source: [American Heart Association](#)

Rinse and soak navy beans according to package instructions. Discard water and add fresh water. Cook according to package instructions, omitting salt. Set aside.

Cook pasta according to package instructions, omitting salt. Drain and set aside.

Heat oil in a large, heavy pan over medium-high heat. Add onion, chopped garlic, carrots and celery. Saute until onion is translucent.

Add potatoes, tomatoes, zucchini, green beans, pepper and water. Reduce heat and simmer 30 minutes. Add navy beans and pasta. Add more water if soup is too thick.

In a blender or the work bowl of a food processor fitted with a metal blade, combine basil, 1 whole clove of garlic and 1 cup of soup from the pot. Process until smooth. Return this mixture to the soup, mix well and serve hot. Top each serving with a sprinkling of Parmesan cheese.

Makes 10 Servings: 1 cup per serving

Calories: 143  
Protein: 6 g  
Carbohydrates: 24 g  
Total Fat: 3 g  
Saturated fat: 1 g

Polyunsaturated fat: 0 g  
Monounsaturated fat: 2 g  
Cholesterol: 1 mg  
Sodium: 48 mg

## Role of the Primary Care Physician

Years ago, many people had one doctor for most of their family's healthcare needs. This doctor treated the whole family and had extensive knowledge of the physical and psychosocial issues that affected each member's health. Often referred to as the "family doctor," these general practitioners provided care for the family for decades. This doctor treated colds, backaches, set broken arms, and also delivered babies.

Today, a primary care manager or PCM is a family practice physician, internal medicine physician, general

practitioner or pediatrician who acts as an individual's gatekeeper to the medical system. They still get involved in most aspects of patient care, provide assessments, and treat many symptoms and ailments. Primary care managers see patients regularly to keep close tabs on their health and their use of specialty care. Sometimes treatment involves referring the patient to a specialist or a diagnostic facility for tests, if the tests are not available at the physician's office. Like their predecessors, primary care managers play an integral role in helping patients live healthy lives.

Source: [NortonHealthcare.com](#)

## Laughter is the Best Medicine for Your Heart



Laughter, along with an active sense of humor, may help protect you against a heart attack, according to a recent study by cardiologists at the University of Maryland Medical Center in Baltimore. The study, which is the first to indicate that laughter may help prevent heart disease, found that people with heart disease were 40 percent less likely to laugh in a variety of situations compared to people of the same age without heart disease.

“The old saying that ‘laughter is the best medicine’ definitely appears to be true when it comes to protecting your heart,” says Michael Miller, M.D., director of the Center for Preventive Cardiology at the University of Maryland Medical Center and associate professor of medicine at the University of Maryland

Source: <http://www.umm.edu/features/laughter.htm>

School of Medicine. “We don’t know yet why laughing protects the heart, but we know that mental stress is associated with impairment of the endothelium, the protective barrier lining our blood vessels. This can cause a series of inflammatory reactions that lead to fat and cholesterol build-up in the coronary arteries and ultimately to a heart attack.”

In the study, researchers compared the humor responses of 300 people. Half had a history of heart disease and half did not have heart disease.

“The ability to laugh—either naturally or as learned behavior—may have important implications in societies such as the U.S. where heart disease remains the number one killer,” says Miller. “We know that exercising, not smoking and eating foods low in saturated fat will reduce the risk of heart disease. Perhaps regular, hearty laughter should be added to the list.”

Miller says it may be possible to incorporate laughter into our daily activities, just as we do with other heart-healthy activities. “We could perhaps read something humorous or watch a funny video and try to find ways to take ourselves less seriously,” Miller says. “The recommendation for a healthy heart may one day be exercise, eat right and laugh a few times a day.”

## Improving Your Sense of Humor

Judy Goldblum-Carlton, a humor therapist at the University of Maryland Hospital offers the following creative ways to incorporate humor into your everyday routine:

- Figure out what tickles your funny bone. Some people like slapstick while others prefer a more intellectual type of humor. Once you know what makes you laugh, you can go out and search for those things.
- Rent a funny movie.
- Add comedy to your commute. Listen to a funny CD or audiobook when driving to relieve road stress.
- Start a humor library. Clip funny cartoons, collect calendars, mugs, pictures, funny greeting cards, books, or anything else that makes you laugh.
- Laugh with others.
- Find humor in seemingly ordinary everyday things.
- Learn the basics of humor. Improve your sense of humor by taking a class.
- Remember a funny moment.
- Laugh at yourself.
- Make fun of your fears.
- Act silly.
- Learn to play.
- Visit the zoo and watch the animals, especially the monkeys.
- Lighten up!

Source: **University of Maryland Hospital**

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## Self Assessment Tools



your body burns when at rest, but awake, over the course of one day. Height, weight, age, sex, and physical activity level all factor into your daily calorie needs.

Your primary care physician can help you determine your ideal body weight and daily calories needed to maintain or lose weight. You can achieve and maintain an ideal body weight by eating a healthful diet and exercising regularly. Patients with heart conditions should check with their doctor before beginning an exercise program.

You can access these self assessment tools at <http://www.humana-military.com/south/bene/healthandwellness.htm>.

and is used by doctors to identify people that may be overweight and therefore at risk for certain health problems, such as heart disease, diabetes, high blood pressure, and stroke. However, BMI does not take into account the ratio of muscle to fat in your body. People with a lot of muscle mass may have a high BMI although they are at a healthy weight.

Your calorie/energy needs represent the number of calories

Source: <http://www.humana-military.com/south/bene/healthandwellness.htm>

**Health Information Audio Library**  
**Available 24 hours a day,**  
**7 days a week at: 877-217-7946**

**Health and Wellness web site:**  
**[www.humana-military.com](http://www.humana-military.com)**

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Humana Military Healthcare Services  
P.O. Box 740017  
Louisville, KY 40201

