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HUMANA MILITARY
HEALTHCARE SERVICES
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winter 2008 TP-0000

Have You Had Your Flu Vaccination This Season?

According to the Centers for Disease Control and Prevention (CDC), influenza activity has peaked in February during 43% of the flu seasons surveyed by the CDC. The message here is that it is not too late to get a flu shot. Vaccination as late as February can prevent a lot of influenza. If you have not already received a flu vaccine this season, talk to your doctor about getting a flu vaccine today!

Infuenza (flu) is the most frequent cause of death from a vaccine preventable disease in the United States. Although persons 65 years of age and older are at the highest risk of dying from the flu, other age groups are at nearly as high a risk for flu-associated hospitalizations.

Flu poses a greater danger for people who have heart failure or any type of heart condition. When someone has a lung infection (like the flu), the heart has to work harder. People with heart failure should avoid putting this extra stress on their heart.

It is also important to vaccinate all persons living within the household. As much as possible, people with heart failure should avoid spending time with anyone who has a cold or the flu. They also should stay out of crowded locations during the height of the flu season.

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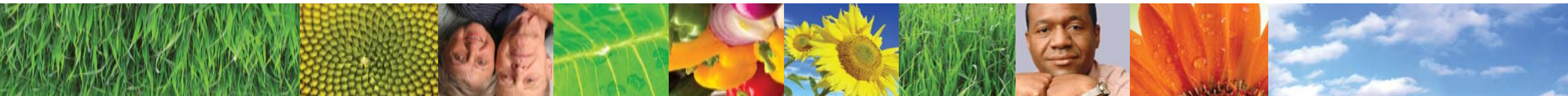

Heart Failure Disease Management Newsletter

winter 2008

What You Can Do to Manage Your Heart Failure

The list below shows how to monitor and manage heart failure. Not every item may apply to you, so ask your health care team to go over the list and check the important items for your care plan.

Diet
- Reduce salt in your diet. Be aware of foods with "hidden" salt such as hot dogs, salami, canned foods, and cheese. Do not add salt to your food or when cooking. Ask your doctor about using salt substitutes.
- Reduce saturated fats, especially whole milk products and fatty meats.
- Reduce total cholesterol.
- Eat more fruits and vegetables.
- Limit water or other fluids based on your health care provider's recommendation.

Exercise
- Get some exercise (for example, walking, cycling, swimming, yard work) almost every day for at least 30 minutes based on your health care provider's recommendation.

Weight
- Weigh yourself daily, at the same time of day (morning is preferred, after emptying your bladder).
- If you gain more than two pounds overnight or three to five pounds in one week, call your health care provider.
- Reduce your weight to within 10% of your ideal weight.

Alcohol, smoking, and other drugs
- Limit alcohol use to one drink per day.
- Stop tobacco use.
- Do not use street drugs.

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Other Important Things to Know

It is important to follow the medical management plan you and your health care team have put together. Your health care team follows nationally recognized guidelines. These guidelines recommend the best and most proven treatments for heart failure.

Some important things to remember are:
- See your provider regularly and keep all your appointments. If you cannot make an appointment, call ahead to re-schedule.
- Get a pneumonia vaccine (one time only for most people).
- Get a yearly flu vaccine.
- Explain your condition to your family or other caregivers so they know how to help you.
- Fill out an Advanced Directive form so your provider and family will understand your wishes in case you become seriously ill.
- Choose someone to make important health care decisions for you in case you become seriously ill and unable to make decisions for yourself.

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The Heart Healthy Recipe Corner

Omelettes (serves 1)

Vegetable oil spray
2 teaspoons acceptable margarine (without trans fats)
Egg substitute equivalent to 2 eggs
Pinch salt
Dash pepper

Lightly spray a small nonstick skillet with vegetable oil spray. Add margarine and place over medium-high heat.

In a small bowl, combine remaining ingredients, beat and pour mixture into pan. With one hand, move the pan back and forth. Use other hand to stir eggs in a circular motion with a fork. Do not scrape bottom of pan.

When omelette is almost cooked, add 1 of the fillings listed under variations. Fold omelette over with fork while holding pan at a 45 degree angle.

Roll omelette onto plate to serve.

Variations:
Add the filling ingredients just before folding the omelette. Then proceed as directed above.
Variation 1: Broccoli and cheese omelette ½ cup chopped cooked broccoli and ½ ounce shredded low-fat cheddar cheese.
Variation 2: Tomato and Jack cheese omelette ½ cup seeded chopped tomato, ½ ounce shredded low-fat Monterey Jack cheese, and 1 teaspoon freshly chopped cilantro. Add hot pepper sauce to taste.

Source: American Heart Association

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What You Can Do to Manage Your Heart Failure

Medications
- Take your medicines as directed.
- If you forget to take your medicine, take it as soon as you remember if it is within a few hours of the missed dose. If you do not remember until your next dose, just take the next dose as prescribed. Do not double the next dose.
- Do not stop or start medicines without talking to your provider first.
- Remember to order refills at least one to two weeks before your pills run out.
- Take enough pills with you when you travel, and keep them with you in a carry-on bag.
- Write down the name and dose of each medicine you take, including the non-prescription medicines you buy at the drug store. Write down the times you take each medicine. Carry the list with you everywhere you go.
- Pill organizers can make it easier to take your medicines. They are available at most pharmacies and food stores if not available at your MTF or VA pharmacy.

Source: VA Employee Education System
www.oqp.med.va.gov/cpg/CHF

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Other Important Things to Know

Call your provider if you start to have any of the following symptoms, or if the symptoms you have become worse:
- Increasing shortness of air, especially when you exercise or are active.
- Shortness of air if you lie flat at night.
- Breathing difficulty that wakes you up from sleep.
- Need to sleep using more pillows or sitting up in a chair to breathe easier.
- Chest pain or pressure.
- Fast or irregular heart beat.
- Fatigue or weakness.
- Swelling of the ankles, legs or abdomen (belly).
- Persistent (frequent) coughing.

Go to the emergency room or call 911 if you have any of the following:
- Chest pain that does not go away with rest or after taking nitroglycerin.
- Severe trouble breathing.
- Severe dizziness or fainting.

Source: VA Employee Education System
www.oqp.med.va.gov/cpg/chf

What Are Trans Fats?

Trans fats are formed when liquid oils are made into solid fats like shortening and hard margarine by a process called hydrogenation. Trans fat began to be added to foods when consumers wanted products low in saturated fat and cholesterol, and when manufacturers needed a way to add shelf life to their products. Food producers hydrogenated vegetable oil, causing it to become a solid fat.

Trans fats, like saturated fats, can increase cholesterol levels and increase your risk for heart disease. Trans fat raises the low density lipoprotein (LDL or "bad") cholesterol in the blood and, at the same time, lowers high density lipoprotein (HDL or "good") cholesterol in the blood. An elevated LDL cholesterol level increases the risk for coronary heart disease.

Products containing shortening, partially hydrogenated vegetable oil, or hydrogenated vegetable oil will contain some trans fat. The majority of trans fats found in the American diet are from vegetable shortenings and some margarines. Trans fat can also be found in crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils. Small amounts of naturally occurring trans fat can be found in butter, milk products, cheese, beef, and lamb.

The 2005 Dietary Guidelines for Americans recommends consuming less than 10 percent of calories from saturated fats while keeping trans fat consumption as low as possible. The best way to limit intake of trans fats is to read food labels, the Nutrition Facts panel, and select products that are low in both trans fats and saturated fats. Good sources of heart-healthy alternatives include monounsaturated fats (like olive and canola oils) and polyunsaturated fats (such as soybean, corn, sunflower oils and foods like nuts and fish). You can reduce your trans fat intake when eating out by ordering salads with fat free dressing, avoiding beef, pork, or deep-fried foods, using mustard instead of mayonnaise, and choosing grilled fish or chicken breast.

Reference: U.S. Food and Drug Administration
"Revealing Trans Fats"

The Food and Drug Administration (FDA) requires food manufacturers provide information on the amount of trans fats in their products in the Nutrition Facts Label. FDA and other health experts advise consumers to keep their intake of saturated fat, trans fat, and cholesterol as low as possible while consuming a nutritionally adequate diet.

An example of the Nutrition Facts Panel listing cholesterol, saturated and trans fats is displayed to the right. Read and compare labels. Soon you will be making informed and healthier food choices.

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 260 — Calories from Fat 120

	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Major Food Sources of Trans Fats for American Adults

The average daily trans fat intake for American adults is 5.8 grams or 2.6% of calories. The sources of these trans fats are listed at right. You can greatly reduce the trans fats in your diet by reading labels and choosing products with no trans fats.

Source: U.S. Food and Drug Administration
"Revealing Trans Fats"

Cakes, cookies, crackers, pies, bread, etc.	40%
Animal products	21%
Margarine	17%
Fried potatoes	8%
Potato chips, corn chips, popcorn	5%
Shortening	4%
Salad dressing	3%
Breakfast cereal	1%
Candy	1%