

SUMMER 2025

CARDIAC & PULMONARY SUPPORT GROUP NEWSLETTER

FROM THE DESK OF...

SEE WHAT IS HAPPENING
THIS SUMMER

HEALTHY RECIPES

REFRESH YOUR TASTE BUDS
WITH THESE HEALTHY RECIPES



An Affiliate of  UnityPoint Health

FROM THE DESK OF...

I think the dog days of summer came early this year as we are still in June and had a weekend that was toasty to say the least. The weather is constantly changing and nothing stays the same. Well except that the leading cause of death for both men and women is still heart disease. Let's not leave out lung disease, chronic lower respiratory disease is the 6th leading cause of death. Unfortunately, the number of people dying from lung disease is on the rise.

When we look at treatment options for heart and lung disease there have been a lot of advances over the years. An angiogram wasn't an option when my grandfather had his first heart attack. Bypass surgery was the only option he was given, and it did not have a very high survival rate at the time. When I started my career as a nurse on a heart floor at a hospital, stents were not an option, they only did angioplasty, which was ballooning the artery, there weren't stents being used. Pacemakers were put in your upper chest, but if you had a defibrillator this was placed in a pouch created in your abdomen and was about the size of a deck of cards. Now the pacemaker and defibrillator are combined into a smaller device placed in your upper chest just below your collar bone.

Valve replacements can be done with an angiogram instead of bypass surgery for some people, who might not otherwise be a surgical candidate. There are heart transplants and lung transplants, vibration vest, inhalation therapies, and new medications to treat heart and lung disease.

With all these advances is there anything new? Yes, there is. That's the wonderful thing about people who want to solve problems. If they are interested in learning more about what causes problems with our health that in turn leads to new ways to treat our health issues. Of course there are things that we can do ourselves, such as eating healthy foods, decreasing our portion sizes, exercising, getting annual checkups, managing our stress, watching environment exposures, and of course not smoking, drinking excessively, or using drugs, and taking our prescription medications as prescribed.

For this support group we are going to discuss what new treatments are being developed and how they might shape how our heart and lung diseases are managed. Of course, prevention is always the best treatment, so don't forget to talk to your kids or grandchildren about healthy choices when it comes to their health as this is when our chronic health issues start. See you July 17th at 7:00 PM.



Christine Drake BSN, RN

Guthrie County Hospital Diabetes Education Coordinator

Nitroglycerin Safety Tips & Reminders

If you have ever come to the emergency department or a clinic due to chest pain, you most likely received at least one dose of nitroglycerin or “Nitrostat” (the brand name). Nitroglycerin is a medication used to help reduce chest pain. It is a “vasodilator” which means the medication works by relaxing your veins and arteries and making them larger so that blood may flow more easily to your heart and other parts of your body. This is helpful when you are having a heart attack to make sure enough blood is getting pumped throughout your body.



Nitroglycerin is available in a few different forms: a sublingual tablet, an oral spray, an ointment or patch applied to your skin, and intravenously. This medication is mainly used when you are having chest pain due to a heart attack, but can also be used if your blood pressure gets dangerously high. If you have already experienced a heart attack, your provider may have prescribed the sublingual tablets for you to keep at home in case you would have more chest pain in the future. The oral spray and patches can also be prescribed after a heart attack, but are not as common. Sublingual tablets should be placed underneath your tongue and allowed to dissolve instead of swallowed like a normal tablet or capsule.

Sublingual

- Placed under the tongue and left to dissolve slowly



Sublingual tablets are very sensitive to moisture and should be kept away from damp or humid areas, such as the bathroom to maintain their effectiveness. You will also want to make sure that you handle these tablets with dry hands so that the tablet doesn't start dissolving before it is placed in your mouth. This type of tablet is very beneficial as it dissolves and starts working in your body very quickly.

It is also important to know the side effects of nitroglycerin. The most common side effects are headache and low blood pressure, which are due to your veins and arteries opening up and causing your blood pressure to decrease. That is why it is very important to be sitting if you have to take nitroglycerin in case your blood pressure goes down quickly and causes you to faint. Nitroglycerin also interacts with

Nitroglycerin Safety Tips & Reminders

several other medications, but the most serious interaction includes phosphodiesterase 5 (PDE-5) inhibitors which include: sildenafil (Viagra), tadalafil (Cialis), avanafil (Stendra) and vardenafil (Levitra). If you take nitroglycerin while taking any of these medications, it can cause your blood pressure to drop dangerously low. Be sure to share a list of all of your medications, even the ones you take as needed, with all of your medical providers, specialists and pharmacists so that serious interactions like these can be caught and addressed ahead of time.

See the attached nitroglycerin handout to learn more about how to best take nitroglycerin sublingual tablets and their storage requirements.



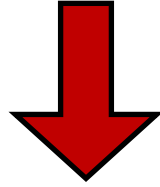
Jackie Willms, PharmD

Director of Pharmacy

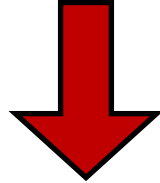
Using Your Nitroglycerin

MOST IMPORTANT: Make sure that you always carry your nitroglycerin with you!!

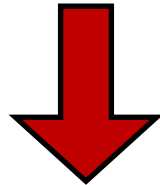
You experience chest pain or discomfort



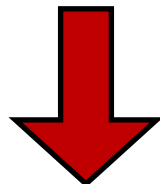
Stop doing any activity and rest in a seated position (preferably by a phone) and place **ONE** nitroglycerin tablet under your tongue and allow it to dissolve - **DO NOT SWALLOW.**



Make sure that your nitroglycerin is in the glass container it came in and that the medication inside is not past its expiration date.



After using your one tablet, make sure to close the bottle tightly because if air gets in the bottle, the humidity in the air will cause the medication to become less effective.



Wait 5 minutes after using the one nitroglycerin dose under your tongue and remember to stay seated during these 5 minutes because the nitroglycerin may cause lightheadedness, dizziness, and lower your blood pressure quickly when standing up.



If the chest pain/discomfort is unimproved or has worsened

THEN

Call 9-1-1 immediately

OR

Have someone take you to the nearest hospital quickly and safely



If the chest pain has improved and is resolving

THEN

Contact your physician as soon as possible and explain the incident

Storing Your Nitroglycerin

- Store your nitroglycerin tablets in the **original glass container** that you received them in.
- Store at room temperature (**68°F - 77°F**).
- **Do not** store this medication in the bathroom. Store this medication in a dry place. Moisture in the air can cause nitroglycerin tablets to break down sooner.
- **Keep the lid of the container tightly closed** to prevent loss of potency.
- Once the bottle is opened, unused sublingual nitroglycerin tablets should be discarded after **six months** after opening.
- **Unopened** bottles of sublingual nitroglycerin tablets can be kept until the original expiration date on the package.

Here are some heart healthy friendly recipes to try.

Buttermilk Blueberry Muffins

INGREDIENTS

- 1 cup (250 mL) buttermilk
- 1 cup (250 mL) pitted prunes
- 3 tbsp (45 mL) canola oil
- 1 tsp (5 mL) vanilla
- 1 cup (250 mL) whole wheat flour
- 2 tbsp (25 mL) wheat germ
- 1 tsp (5 mL) ground ginger
- 1 1/2 tsp (7 mL) baking powder
- 3/4 tsp (4 mL) baking soda
- 1 cup (250 mL) fresh blueberries



PREPARATION

1. In a food processor or small food chopper, puree 3/4 cup (175 mL) of the buttermilk with prunes until prunes are in very small pieces and mixture is thickened. Pulse in oil and vanilla.
2. In a large bowl, whisk together flour, wheat germ, ginger, baking powder and soda. Pour buttermilk mixture over top and remaining buttermilk and stir gently to combine. Fold in blueberries.
3. Scoop batter into greased or paper lined muffins tins and bake in 375 °F (190 °C) oven for about 15 minutes or until tester inserted comes out clean.

NUTRITION INFORMATION

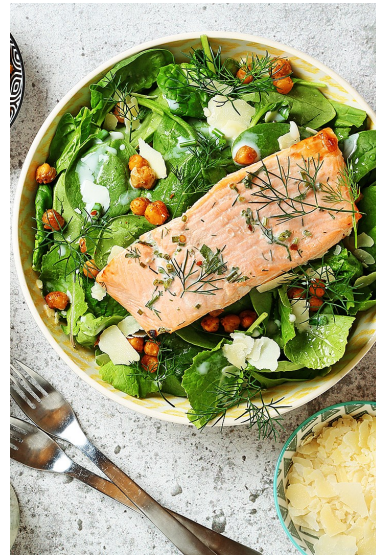
12 servings per recipe **Serving Size: 1 muffin**

Calories 121 Protein 3 g Sodium 139 mg Potassium 202 mg Total fat 4 g Saturated fat 0 g Carbohydrates 20 g Fibre 3 g Sugars 8 g

Kale Chickpea Salad with Trout

INGREDIENTS

- 1 can (19 oz/540 mL) no salt added chickpeas, drained and rinsed
- 2 tbsp (25 mL) canola oil, divided
- 1 tsp (5 mL) chili powder
- 1 tub (10 oz/300 g) baby kale or baby spinach and kale mix
- 1 tbsp (45 mL) lemon juice
- 1/4 cup (50 mL) buttermilk
- 2 tbsp (25 mL) apple cider vinegar
- 1/2 tsp (2 mL) granulated sugar
- Pinch hot pepper flakes
- 2 tbsp (25 mL) each chopped chives and dill
- 1 tbsp (15 mL) chopped parsley (optional)
- 2 trout fillets (about 680 g total)
- 1/3 cup (75 mL) shaved parmesan cheese



PREPARATION

1. Preheat oven to 400 F (200 C). Line baking sheet with parchment paper.
2. In a bowl, toss chickpeas with 2 tsp (10 mL) of the oil and chili powder. Spread onto prepared pan and roast for about 20 minutes or until golden and slightly crisp. Set aside to cool completely.
3. Meanwhile, in another bowl, using your hands, rub kale with lemon juice and set aside.
4. In a small bowl, whisk together remaining oil with buttermilk, vinegar and hot pepper flakes. Stir in chives, dill and parsley if using. Remove 2 tbsp (25 mL) and spread over trout fillets.
5. Place trout on baking sheet and roast for 10 minutes or until fish flakes when tested.
6. Toss remaining dressing with kale and chickpeas. Toss in parmesan and divide among 6 dinner plates. Top each salad with a piece of trout to serve.

NUTRITION INFORMATION

6 servings per recipe

Calories 320 Protein 29 g Sodium 160 mg Potassium 800 mg Total fat 12 g Saturated fat 3 g Cholesterol 60 g Carbohydrates 22 g Fiber 5 g Sugars 1 g

Roasted Eggplant Lentil Mash with Carrots and Peppers

INGREDIENTS

- 4 carrots (about 12 oz/360 g), peeled and cut in half crosswise
- 1 small eggplant (about 1 1/2 lb/750 g)
- 3 green onions, cut into 2 inch (5 cm) pieces
- 1 red bell pepper, sliced
- 1 large clove garlic, minced
- 1/4 cup (50 mL) chopped fresh cilantro
- 1 tbsp (15 mL) canola oil
- Pinch pepper
- 1 can (19 oz/540 mL) no salt added lentils, drained and rinsed
- 2 tbsp (25 mL) tahini paste or other nut or seed butter
- Dash hot pepper sauce (optional)



PREPARATION

1. Scrub carrots with a clean vegetable brush under cool running water. Also, gently rinse eggplant, green onions, bell pepper, garlic clove and fresh cilantro under cool running water before preparing the ingredients.
2. Cut the eggplant in half lengthwise and spray with cooking spray. Place on parchment paper lined baking sheet.
3. Cut carrots into 1/2 inch (1 cm) thick strips and toss with green onions, pepper, oil, garlic and half of the cilantro and pepper. Spread around the eggplant and roast in 400° F (200° C) oven for about 35 minutes or until eggplant is soft and carrots are golden.
4. Scoop flesh out of eggplant into a bowl and stir in lentils, remaining cilantro and tahini. Spoon into shallow serving dish and top with roasted carrot mixture. Serve warm.
5. Store any leftovers away in the fridge within two hours, or sooner if they're in a warm location.

NUTRITION INFORMATION

6 servings per recipe

Calories 170 Protein 8 g Sodium 181 mg Potassium 505 mg Total fat 6 g Saturated fat 1 g Carbohydrates 25 g Fibre 6 g Sugars 6 g Added sugars 0 g

Sweet Potato Maple Pudding

INGREDIENTS

- 1 large sweet potato (about 1 lb/454 g), peeled and cubed
- 1/3 cup (75 mL) skim milk
- 1 pkg (7 g) unflavoured gelatin
- 1/2 cup (125 mL) plain non fat yogurt
- 2 1/2 tbsp (37 mL) pure maple syrup
- 8 pecan halves



PREPARATION

1. In small saucepan, cover sweet potato with water and bring to a boil. Cook for about 15 minutes or until very tender. Drain well and press through fine mesh sieve into bowl.
2. Meanwhile, sprinkle gelatin over milk and let stand for 1 minute. Place in microwave for 45 seconds until liquid and whisk until smooth. Pour into sweet potato with yogurt and maple syrup.
3. Divide among 4 ramekins, parfait or wine glasses and refrigerate for at least 1 hour or until firm and set. (Can be wrapped and refrigerated for up to 1 day.)
4. Garnish with pecans before serving.

NUTRITION INFORMATION

4 servings per recipe

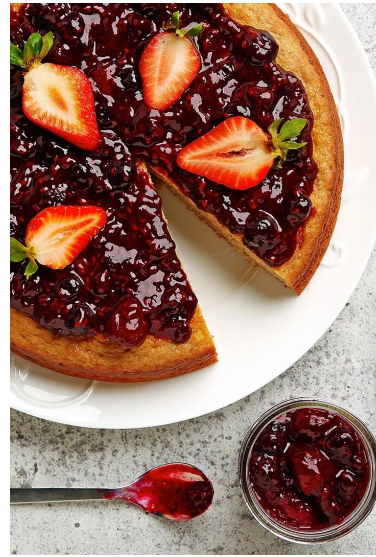
Serving Size: 1/4 servings

Calories 166 Protein 6 g Sodium 65 mg Potassium 401 mg Total fat 2 g Saturated fat 0 g Cholesterol 1 mg
Carbohydrates 32 g Fibre 3 g Sugars 18 g Added sugars 7 g

Yogurt Lemon Cake with Berry Sauce

INGREDIENTS

- 3 cups old-fashioned rolled oats
- 1 cup crispy brown rice cereal
- 1 cup dried cranberries
- ½ cup almonds, toasted and chopped
- ½ cup pecans, toasted and chopped
- ¼ teaspoon salt
- 2/3 cup brown rice syrup or light corn syrup
- ½ cup smooth almond butter
- 1 teaspoon vanilla extract



PREPARATION

1. In a saucepan, combine berries, orange juice and sugar. Bring to a simmer over medium heat, stirring occasionally. Simmer and cook for about 7 to 10 minutes or until berries are soft.
2. In a small bowl, whisk together water and cornstarch. Stir into berries and cook for 1 minute or until thickened. Remove from heat to cool. (Make-ahead: cover and refrigerate for up to 5 days.)

CAKE PREPARATION

1. Preheat oven to 350°F (160°C)
2. In a large bowl, whisk together whole wheat and all-purpose flours, sugar, baking powder and baking soda. In a bowl, whisk together yogurt, oil, lemon zest, egg and egg white. Stir into flour mixture until combined. Pour into an 8-inch (20 cm) parchment paper lined round baking pan.
3. Bake in preheated oven for about 20 minutes or until tester inserted in center comes out clean. Let cool in pan on rack for about 15 minutes before removing from cake pan.
4. Cut into wedges and spoon berry sauce over top to serve.

NUTRITION INFORMATION

12 servings per recipe **Serving Size: 1 piece**

Calories 170 Protein 4 g Sodium 125 mg Potassium 275 mg Total fat 6 g Saturated fat 0.5 g Cholesterol 0 mg Carbohydrates 28 g Fibre 2 g Sugars 13 g Added sugars 8 g

CARDIAC & PULMONARY SUPPORT GROUP

• SAVE THE DATE •

July 17th, 2025 @ 7:00 p.m.

October 16th, 2025 @ 7:00 p.m.

Facilitated by Christine Drake, RN, BSN

Join us at Sneakers Café located in Guthrie County Hospital for the cardiac & pulmonary support group. This is a great way to share your experiences and expand your knowledge about cardiac & pulmonary rehab in a relaxed educational setting.

CARDIAC & PULMONARY SUPPORT GROUP

710 N. 12th Street
Guthrie Center, Iowa 50115
641-332-3802

www.guthriecountyhospital.org