

FALL 2025

CARDIAC & PULMONARY SUPPORT GROUP NEWSLETTER

FROM THE DESK OF...

SEE WHAT IS HAPPENING
THIS FALL

HEALTHY RECIPES

REFRESH YOUR TASTE BUDS
WITH THESE HEALTHY RECIPES



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FROM THE DESK OF...

Happy Fall!!!! The days of summer are now behind us for the year, although it may not feel like it. There have been some warm days recently, but it's only a matter of time before the cool crisp days will show up. We should slow down and enjoy each of the seasons. Cool rainy days are good for reading a good book while curled up on the couch or for taking that afternoon nap. Speaking of napping, how many of you have been tested for sleep apnea? That's what we are going to discuss at the support group meeting this month.

Did you know that sleep apnea is associated with an increased risk of heart disease, stroke, and metabolic health like diabetes? Sleep apnea can even shorten your life expectancy.

So, what is sleep apnea? There are two types of sleep apnea, one is called obstructive sleep apnea and is where air can't flow through the nose or mouth with either inhalation or exhalation even though you're trying to breathe. The second type is Central Sleep apnea and is caused when the brain doesn't send the right signal to your muscles so you will start breathing.

What are the symptoms? Pauses in breathing during sleep, snoring (although snoring doesn't mean you have sleep apnea), unexplained fatigue, mood swings, dry mouth from sleeping with your mouth open, and a headache that may be caused by low oxygen or high carbon dioxide levels during sleep. Obesity can also play a role in sleep apnea.

There are many things to learn about sleep apnea including testing, treatment, and equipment needed. What your insurance may and may not cover. To answer these questions our Respiratory Therapist Catie Gardiner will be at the support group meeting to provide you with information about sleep apnea and answer any questions you may have.

I look forward to seeing you on October 16th at 7 pm in Sneakers Café here at the hospital.



Christine Drake BSN, RN

Guthrie County Hospital Diabetes Education Coordinator

Reference

John Hopkins. (2025, August 12). *The dangers of uncontrolled sleep apnea*. Johns Hopkins Medicine. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-dangers-of-uncontrolled-sleep-apnea>

Sleepy Solution

Insomnia is one of the most common medical problems adults in the U.S. report to their health care providers. There are many different factors that can play a role in having trouble falling asleep or being able to stay asleep at night.

Side effects from medications to treat other diseases could be the cause of your lack of sleep.

Common prescription medications that can cause insomnia include:

- Antidepressants
 - SSRIs: Citalopram (Celexa), Escitalopram (Lexapro), Fluoxetine (Prozac) , Fluvoxamine (Luvox), Paroxetine (Paxil), Sertraline (Zoloft)
 - SNRIs: Desvenlafaxine (Pristiq), Duloxetine (Cymbalta), Levomilnacipran (Fetzima), Milnacipran (Savella), Venlafaxine (Effexor)
- Glucocorticoids
 - Oral tablets: prednisone, methylprednisolone, budesonide
 - Inhalers: Arnuity, Asmanex, Flovent, Pulmicort, Qvar, Advair, Wixela, Breo, Dulera, Symbicort, Anoro, Bevespi, Stiolto, Trelegy, Breztri
- Decongestants: pseudoephedrine
- Beta Blockers: metoprolol, carvedilol, propranolol, bisoprolol
- Medications to treat dementia: donepezil, galantamine, rivastigmine
- Theophylline
- Levothyroxine
- Nicotine patches, gum, lozenges

Taking these medications in the morning or lowering your dose with your health care provider's permission, may help lessen the insomnia you are experiencing. However, if you are experiencing insomnia with levothyroxine, it is best to take your dose at night instead of the morning. It is also a good idea to notify your doctor if you are experiencing insomnia while taking thyroid supplements as your doctor might want to recheck your thyroid levels to make sure your levothyroxine dose does not need adjusted.

If your current medications aren't causing your insomnia and you have tried non-drug therapies such as avoiding caffeine, avoiding naps, optimizing comfort of sleep environment, etc., you might want to talk with your health care provider about taking a medication to help with sleep. Your provider will most likely recommend an over-the-counter medication or supplement prior to starting any prescription sleep-aids.

Melatonin is the most common supplement to take for sleep. It works by supplementing your body's natural melatonin which regulates your circadian rhythm (the sleep-wake cycle). Common doses for insomnia are 1 mg - 5 mg, taken a few hours before bedtime. Melatonin is usually well tolerated but can cause vivid dreams or nightmares, dizziness, daytime sleepiness or headaches. Other supplements may also be marketed as sleep-aids, but their effectiveness has not been proven yet.

Sleepy Solution

Diphenhydramine (Benadryl) and Doxylamine (Unisom) are two over the counter sleep-aids you can find at most stores. These medications are also the sleep-aid ingredient found in Tylenol PM and Advil PM. They work on histamine-1 (H-1) receptors and cause sedation (sleepiness). These medications should be used with caution as long-term use can cause tolerance to develop (needing a higher dose to achieve the same effect) and could increase the risk of confusion in older adults. Diphenhydramine doses for insomnia are 25 - 50 mg taken at bedtime and doxylamine doses are 25 mg taken 30 minutes before bedtime. Using the lowest dose possible is best to help lessen potential side effects. People who have asthma or COPD should talk to their doctor before taking these medications as diphenhydramine and doxylamine can cause a thickening of bronchial secretions which can worsen respiratory symptoms. Other side effects include over-sedation, dizziness, and coordination issues.

If changing your sleep habits and trying over the counter medications or supplements still does not solve your insomnia, your provider may then prescribe a prescription strength medication to help you sleep. Always let your health care provider know if you are experiencing sleep problems so they can assist in finding the best solution for you.



Jackie Willms, Pharm.D.

Director of Pharmacy

Here are some heart healthy friendly recipes to try.

30-Minute Mini Meatloaves with Whipped Cauliflower & Green Beans

INGREDIENTS

Meatloaves

- 1 tablespoon ketchup
- 1 teaspoon packed light brown sugar
- ½ teaspoon cider vinegar
- 1/3 cup whole-wheat panko bread-crumbs
- ¼ cup nonfat plain Greek yogurt
- 1 large egg, beaten
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound 93%-lean ground beef

Whipped Cauliflower & Green Beans

- 20 ounces frozen cauliflower florets
- ¼ cup nonfat plain Greek yogurt
- ½ teaspoon salt, divided
- 1 tablespoon chopped fresh chives
- 1 16-ounce package steam-in-bag fresh green beans
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon lemon zest



PREPARATION

1. To prepare meatloaves: Preheat oven to 400°F. Lightly coat 8 muffin-tin cups with cooking spray. Stir ketchup, brown sugar and vinegar together in a small bowl; set aside.
2. Combine panko, yogurt, egg, Worcestershire, garlic powder, onion powder, paprika and 1/4 teaspoon each salt and pepper in a large bowl. Add beef and gently mix until just combined. Divide the mixture between the prepared muffin cups (avoid packing too tightly). Brush the top of each mini meatloaf with some of the ketchup mixture. Bake until an instant-read thermometer inserted in the center registers 160°F, 18 to 20 minutes.
3. Meanwhile, prepare whipped cauliflower & green beans: Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add cauliflower and steam until very tender, 10 to 12 minutes. Drain and return to the pot. Add yogurt and 1/4 teaspoon salt. Using an immersion blender (or food processor), puree until smooth. Sprinkle with chives.
4. Steam green beans in the microwave according to package directions. Drain well and transfer to a bowl. Add oil, lemon zest and the remaining 1/4 teaspoon salt; toss to coat.
5. Serve the meatloaves with the beans and cauliflower.

NUTRITION INFORMATION

4 servings per recipe

Serving Size: 2 mini meatloaves, 1 cup green beans & 2/3 cup whipped cauliflower

Calories: 332 Protein: 33g Sodium: 658mg Potassium: 640mg Total fat: 12g Saturated fat: 4g
Carbohydrates: 24g Fiber: 6g Sugars: 9g

Everyone's Favorite Taco Soup

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped yellow onion
- 1 pound lean ground turkey breast
- 1 tablespoon tomato paste
- 1 (1-ounce) package 25%-less-sodium taco seasoning
- 2 ½ cups water
- 1 cup frozen corn kernels
- 1 (15 ounce) can unsalted black beans, rinsed
- 1 (15 ounce) can unsalted pinto beans, rinsed
- 1 (15 ounce) can unsalted diced tomatoes, undrained
- 1 (10 ounce) can mild red enchilada sauce
- ¾ cup shredded Mexican-style cheese blend
- 6 tablespoons plain whole-milk strained (Greek-style) yogurt
- 1 medium avocado, pitted and chopped
- 1 ½ cups tortilla chips, coarsely crushed
- 2 tablespoons chopped fresh cilantro



PREPARATION

1. Heat oil in a large saucepan over medium-high heat. Add onion; cook, stirring occasionally, until translucent, about 4 minutes. Add turkey; cook, stirring often to crumble, until browned, about 5 minutes. Stir in tomato paste and taco seasoning; cook, stirring constantly, until the turkey and onion are coated, about 1 minute. Stir in water, corn, black beans, pinto beans, tomatoes and enchilada sauce; bring to a boil over high heat. Reduce heat to medium-low and simmer until slightly thickened, about 10 minutes. Divide the soup among 6 bowls; top evenly with cheese, yogurt, avocado, chips and cilantro.

NUTRITION INFORMATION

6 servings per recipe

Serving Size: 1 1/2 cups soup, 2 Tbsp. cheese, 1 Tbsp. yogurt, 3 Tbsp. avocado & 1/4 cup chips

Calories: 509 Protein: 29g Sodium: 620mg Potassium: 940mg Total fat: 23g Saturated fat: 6g
Carbohydrates: 49g Fiber: 11g Sugars: 6g

Anti-Inflammatory Lemony Salmon & Orzo Casserole

INGREDIENTS

- 1 small lemon
- 1 pint cherry tomatoes
- 2 medium leeks, light green and white parts only, thinly sliced (about 1 1/4 cups)
- 2 cloves garlic, minced
- 6 tablespoons extra-virgin olive oil, divided
- 2 tablespoons capers, rinsed, divided
- 4 cups lower-sodium vegetable broth
- 2 cups whole-wheat orzo
- 2 teaspoons salt, divided
- 1 1/2 pounds skinless salmon fillet, cut into large chunks
- 1 pound fresh asparagus, trimmed and cut into 1-inch pieces (3 cups)
- 1/2 teaspoon ground pepper
- 2 tablespoons chopped fresh dill plus 1/4 cup, divided



PREPARATION

1. Preheat oven to 425°F. Cut lemon in half crosswise. Thinly slice 1 lemon half; remove and discard seeds and lemon end. Juice the remaining lemon half to yield 1 tablespoon juice; set aside. Place the lemon slices, tomatoes, leeks, garlic, 2 tablespoons oil and 1 tablespoon capers in a 9-by-13-inch baking dish; toss to combine.
2. Bake, uncovered, until the tomatoes have begun to burst and the lemon has softened, 15 to 18 minutes. Remove from oven; gently stir in broth, orzo and 1 teaspoon salt. Cover with foil. Bake until most of the liquid has been absorbed and the orzo is al dente, 20 to 26 minutes.
3. Meanwhile, season salmon and asparagus with pepper and the remaining 1 teaspoon salt; drizzle with 2 tablespoons oil.
4. Once the orzo is al dente, remove the baking dish from the oven; stir in the asparagus and 2 tablespoons dill. Nestle the salmon into the orzo mixture. Bake, uncovered, until the salmon is cooked through and flakes easily when tested with a fork, about 10 minutes.
5. Meanwhile, combine the reserved 1 tablespoon lemon juice and the remaining 2 tablespoons oil, 1 tablespoon capers and 1/4 cup dill in a small bowl. Serve the sauce alongside the casserole.

NUTRITION INFORMATION

8 servings per recipe

Serving Size: 1 1/4 cups casserole & 1 Tbsp. sauce

Calories: 391 Protein: 25g Sodium: 717mg Potassium: 487mg Total fat: 16g Saturated fat: 2g
Carbohydrates: 37g Fiber: 9g Sugars: 3g

Arugula & Cucumber Salad with Tuna

INGREDIENTS

- 3 tablespoons chopped fresh basil
- 1 tablespoon white-wine vinegar
- 1 ½ teaspoons lemon juice
- ½ teaspoon salt
- 3 tablespoons extra-virgin olive oil
- ¾ cup thinly sliced celery
- ¾ cup thinly sliced Persian or English cucumber
- 1 (5 ounce) package baby arugula
- 8 medium pitted Castelvetrano olives, quartered (about 1/3 cup)
- 2 (6.7-ounce) packages no-salt-added tuna fillets in water, drained



PREPARATION

1. Whisk basil, vinegar, lemon juice and salt together in a large bowl. Add oil; whisk to combine. Add celery, cucumber, arugula and olives; toss to coat.
2. Divide among 4 bowls; flake tuna on top of each bowl.

NUTRITION INFORMATION

4 servings per recipe

Serving Size: 1 1/2 cups

Calories: 232 Protein: 26g Sodium: 519mg Potassium: 431mg Total fat: 13g Saturated fat: 2g
Carbohydrates: 2g Fiber: 1g Sugars: 1g

CARDIAC & PULMONARY SUPPORT GROUP

• **SAVE THE DATE** •

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

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