

CARDIAC & PULMONARY SUPPORT GROUP NEWSLETTER

FROM THE DESK OF...

SEE WHAT IS HAPPENING
THIS WINTER

HEALTHY RECIPES

REFRESH YOUR TASTE BUDS
WITH THESE HEALTHY RECIPES



FROM THE DESK OF...

Merry Christmas and Happy New Year! When this newsletter reaches you, it will be after the holidays. How did that happen? I don't know about you, but this year seemed to slip by very quickly.

January, the time for renewal and promises of improved habits and health. Did you make any New Year's Resolutions? I make the same ones every year to be a better version of myself which usually means, eating healthier, weight loss, controlling my stress, and enjoying my life. Does this sound familiar? Most of us strive to do something to improve our life's, but how many of us achieve our goals?

According to Scientific American it can take any where from 18 to 254 days for something new to become a habit with the average being 66 days (Solis-Moreira, 2024). A survey from 2023 stated only nine percent of people stuck with their goals (Solis-Moreira, 2024). So how can we be more successful at achieving our goals?

Recent studies have shown that consistent daily repetition is the biggest factor rather goals become a habit or not (Solis-Moreira, 2024). The type of activity is also a factor, for example exercising a set number of times per week might take six weeks or longer to become a habit versus increasing the number of times you wash your hands might only take a couple of weeks (Solis-Moreira, 2024).

How do we increase our chances of developing new habits? Having a specific plan such as exercising 4 days per week for 30 minutes versus increasing how often I exercise will increase your chances for success. What motivates you is important, do you have an exercise partner you must be accountable to, or will you offer yourself a reward when goals are reached (Solis-Moreira, 2024). Think about what motivates you and how you might use this to help you achieve goals.

The support group topic for January 15th will be sleep apnea, causes, testing, and treatment options. We will also talk about things that you might want to consider for goals in 2026. I hope to see you then.

We conducted a survey earlier this year and asked what might increase the likelihood of you attending the Cardiac/Pulmonary Support Group. Several of you responded that an earlier time would be beneficial. So, we have decided to have support group at **4 pm** instead of at 7 pm. I hope you will join me **January 15th at 4pm** in Sneakers here the hospital.

If you don't visit the hospitals website to view the newsletter, we can email it to you or send a printed copy in the mail. Please let us know your preferences.



Christine Drake BSN, RN

Guthrie County Hospital Diabetes Education Coordinator

Reference

Solis-Moreira, J. (2024, February 20). *How long does it really take to form a habit?*. Scientific American. <https://www.scientificamerican.com/article/how-long-does-it-really-take-to-form-a-habit/>

NSAID Safety

Non-steroidal anti-inflammatory drugs or "NSAIDs" are a common medication class used to reduce inflammation and pain. These medications can either come from a prescription written by a doctor or can be purchased over the counter from your local pharmacy or grocery store. While these medications can be effective in providing pain relief, those with a history of cardiac or respiratory disease should carefully consider taking these medications as there are some risks associated with them.

Over-the-Counter NSAIDs	Prescription NSAIDS
Ibuprofen (<i>Motrin, Advil</i>) Naproxen (<i>Aleve</i>)	Diclofenac (<i>Cataflam</i>) Diflunisal (<i>Dolobid</i>) Etodolac (<i>Lodine</i>) Ibuprofen (higher strength than OTC) Indomethacin (<i>Indocin</i>) Ketorolac (<i>Toradol</i>) Meloxicam (<i>Mobic</i>) Nabumetone (<i>Relafen</i>) Naproxen (higher strength than OTC) Sulindac (<i>Clinoril</i>)

NSAIDs do carry the risk of causing stomach bleeding or ulceration. This risk is increased if you over use these medications or if you take this group of medications at the same time of any of the following medications (not a complete list):

- SSRI's (Antidepressants) - citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, vilazodone (*Viibryd*), vortioxetine (*Trintellix*)
- Antiplatelets - aspirin, clopidogrel, prasugrel (*Effient*) and ticagrelor (*Brilinta*)
- Anticoagulants ("Blood Thinners") - apixaban (*Eliquis*), dabigatran (*Pradaxa*), rivaroxaban (*Xarelto*) and warfarin

Do not take any NSAIDs with the above medications, unless this has been approved by your health care provider. Other risk factors for NSAIDs causing stomach bleeding or ulceration include older age (60 and above) and a history of stomach ulcers. Signs and symptoms of a stomach bleed or ulceration include: black, "tarry" or red blood in stools, vomit that looks like coffee grounds (dark brown) or blood (red), stomach pain or cramping or lightheadedness.

Another side effect of NSAIDs is the increased chance of heart attack or stroke that can lead to death. These medications should also never be taken before or after having a heart surgery called a "coronary artery bypass graft (CABG)". Those who take NSAIDs for a long period of time or who already have a history of heart disease are at higher risk of having further heart complications from the group of medications.

NSAID Safety

NSAIDs can also affect the lungs, this can occur through a reaction called "NSAID Exacerbated Respiratory Disease (NERD)". This reaction can range from increased nasal congestion and facial flushing to itching and angioedema (swelling) to anaphylaxis (difficulty breathing and swelling of throat), which can turn life-threatening. People who have a history of asthma and/or chronic rhinosinusitis (inflammation/congestion of the nose) with nasal polyps are at higher risk of developing NERD.

While NSAIDs do have a place in helping reduce pain and inflammation, this group of medications does also come with some undesirable side effects that should be considered. Before starting any over the counter medication always consult your health care provider or local pharmacist for their expertise.



Jackie Willms, Pharm.D.

Director of Pharmacy

Here are some heart healthy friendly recipes to try.

Heavenly Chicken with Angel Hair Pasta

INGREDIENTS

- 1 C onion, finely chopped
- 1 Tbsp garlic, minced or pressed (about 2-3 cloves)
- 4 C broccoli florets, rinsed (about 1 lb)
- 1 Tbsp olive oil
- 8 oz very thinly sliced chicken breast, cut in ½-inch strips
- 1 jar (26 oz) no-salt-added pasta sauce
- ¼ tsp ground cayenne pepper
- ½ tsp salt
- 8 oz whole-wheat angel hair pasta
- Cooking spray

PREPARATION

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. While the water heats, chop onion, mince garlic, and cut broccoli into tiny florets. Set aside.
3. In a large nonstick pan, heat olive oil until very hot. Add the chicken. Cook and stir until lightly browned on both sides, about 5-8 minutes. Place chicken on a clean plate, and cover to keep warm.
4. Coat pan with cooking spray. Over medium heat, cook and stir the onion for about 3 minutes. Add the garlic and broccoli. Cook and stir for 2 more minutes.
5. Return the chicken to the pan. Add entire jar of pasta sauce, cayenne pepper, and salt. Gently mix to blend ingredients. Cover. Simmer until chicken and vegetables are warmed through, about 4 minutes.
6. Drop pasta into boiling water. Cook according to package directions for the shortest recommended time, about 2 minutes. Drain.
7. Divide pasta among four dinner plates (about 1 cup each). Top each with one-fourth of the chicken and sauce mixture. Serve immediately.

NUTRITION INFORMATION

4 servings per recipe

Serving Size: about 2 C pasta and chicken

Calories: 452 Protein: 31g Sodium: 412mg Potassium: 569mg Total fat: 10g Saturated fat: 1g
Carbohydrates: 66g Fiber: 13g

Homemade Turkey Soup

INGREDIENTS

- 1 turkey carcass—it should have some meat (at least 2 C) remaining
- 2 medium onions
- 3 stalks of celery
- 1 tsp dried thyme
- ½ tsp dried rosemary
- ½ tsp dried sage
- 1 tsp dried basil
- ½ tsp dried marjoram
- ½ tsp dried tarragon
- ½ tsp salt
- Ground black pepper, to taste
- ½ lb Italian pastina or other small pasta

PREPARATION

1. Place turkey carcass in a large 6-quart pot. Cover with water, at least $\frac{3}{4}$ full.
2. Peel onions, cut into large pieces, and add to pot. Wash celery stalks, slice, and add to pot as well.
3. Simmer, covered, for about 2 $\frac{1}{2}$ hours.
4. Remove carcass from pot. Cool soup in the refrigerator (hint: divide soup into smaller, shallower containers for quicker cooling).
5. While soup is cooling, remove remaining meat from turkey carcass. Discard bones and cut meat into bite-sized pieces.
6. After soup has cooled, skim off fat from top. Return soup to pot.
7. Add turkey meat to skimmed soup, along with herbs and spices.
8. Bring to a boil and add pastina. Continue cooking on low boil for about 20 minutes, until pastina is done. Serve at once or refrigerate for later reheating.

NUTRITION INFORMATION

16 servings per recipe

Serving Size: 1 cup

Calories: 226 Sodium: 217mg Total fat: 5g Saturated fat: 1g Cholesterol: 93g

Rainbow Fruit Salad

INGREDIENTS

For salad:

- 1 large mango, peeled and diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, peeled and sliced
- 1 kiwi fruit, peeled and sliced

For honey orange sauce:

- 1/3 C unsweetened orange juice
- 2 Tbsp lemon juice
- 1½ Tbsp honey
- ¼ tsp ground ginger
- Dash nutmeg

PREPARATION

1. Mix the fruit together in a large bowl.
2. In a small bowl, combine all the ingredients for the honey orange sauce and mix well.
3. Just before serving, pour the honey orange sauce over the fruit.

NUTRITION INFORMATION

12 servings per recipe

Serving Size: 4 oz.

Calories: 96 Sodium: 4mg Total fat: 1g Saturated fat: 0g (less than 1 g) Cholesterol: 0g

Summer Breeze Smoothie

INGREDIENTS

- 1 C nonfat plain yogurt
- 6 medium strawberries
- 1 C pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp vanilla extract
- 4 ice cubes

PREPARATION

1. Place all ingredients in blender, and puree until smooth.
2. Serve in frosted glasses.

NUTRITION INFORMATION

3 servings per recipe

Serving Size: 1 cup

Calories: 121 Protein: 6g Sodium: 64mg Potassium: 483mg Total fat: 0g Saturated fat: 0g
Carbohydrates: 24g Fiber: 2g

COPD Friendly Recipes

Upon the diagnosis of chronic obstructive pulmonary disease (COPD) there are numerous lifestyle changes that are in order to live a healthy life, and one of the hardest lifestyle adjustments for patients is changing how and what they eat.

COPD patients can require up to 10 times more calories than a non-COPD patient to complete daily functions, but patients with COPD have to be extremely cautious with what they eat as it can greatly affect their felt symptoms and well being.

Stay clear of sugary and highly caffeinated soft drinks as they can disrupt your ability to fall asleep and stay asleep all throughout the night, while snacks and other junk food has little to zero nutritional value and can lead to unwanted weight gain leading to further health complications.

So as a COPD patient you may ask "what are some delectable and COPD friendly recipes that I can make at home"? For a healthy breakfast, lunch, dinner, and even dessert recipe you will have to continue reading!

COPD Breakfast Recipe

Blueberry Brain Boost Smoothie:

- 1 Cup of Fresh-Pressed Apple Juice
- 1 Fresh, Ripened Banana
- 1 and 1/2 Cups of Frozen Blueberries
- 1/2 Cup of Frozen Raspberries
- 1/4 Cup of Fresh Walnuts, Better when Soaked and Drained

Directions:

Toss the apple juice, banana, blueberries, raspberries, and walnuts into a blender and blend until there is a smooth consistency. This recipe makes 2 and 1/2 cups.

COPD Lunch Recipe

Protein Packed Grilled Cheese Sandwich:

- 1 Cup of Drained and Rinsed Low-Sodium White Beans
- 2 tsp. of Lemon Juice
- 1/4 Cup of Part-Skim Ricotta
- 1 tsp. of Olive Oil
- 1/2 Clove Garlic, Finely Chopped
- 1/8 tsp. of Salt (Substitute your Favorite Herb or Spice if you are Watching Sodium Levels)
- 1/8 tsp. of Pepper
- 4 Slice of Whole Wheat Bread
- 8 Tbsp. of Bean Spread
- 8 Tbsp. of Shredded Part-Skim Mozzarella

Directions:

To make the bean spread place the beans, lemon juice, ricotta, olive oil, garlic, pepper, and salt (or your favorite spice) into a blender and blend until smooth. Next spread 2 tablespoonfuls of the freshly made bean dip on each slice of bread, then divide the cheese evenly between the 4 slices of bread and toast in a toaster oven until the cheese is melted and golden. Any excess bean dip can be stored for up to a week in an airtight container for additional meals. This recipe will make 2 sandwiches.

Nutritional Info:

157 Calories; 20g of Carbohydrates; 10g of Protein; 4.5g of Total Fat; 2g of Saturated Fat; 4g of Fiber; 370mg of Sodium (unless other spices and herbs are used)

COPD Friendly Recipes

COPD Dinner Recipe

Pepper Steak with Rice:

- 1 and a 1/2 lbs. of Lean Steak 1/2 Thick
- 1 tbsp. of Paprika
- 2 Cloves of Garlic, Crushed
- 2 tbsp. of Butter
- 2 Green Peppers Cut in Strips
- 1 Cup of Sliced Green Onions with Tops
- 2 Large Fresh Tomatoes, Diced
- 1 Cup of Beef Broth
- 1/4 Cup of Water
- 2 tbsp. of Cornstarch
- 2 tbsp. of Soy Sauce (Optional)
- 3 Cups of Cooked Brown Rice

Directions:

Cut the beef into thin strips, then sprinkle with paprika letting it sit until other ingredients are prepared. Next, cook the steak and garlic in butter until the meat is at your desired cooking temperature. Place onions and green peppers on the steak, and cook until browned. Add the tomatoes and broth, and let simmer for about 15 minutes. If you chose to use soy sauce, blend it with cornstarch and water. Blend it into the steak and cook until the sauce thickens. Finally, serve the steak over a bed of brown rice, add some veggies for a side dish and enjoy! Any leftovers you can store in a airtight container, which will provide easy to prepare meals later in the week.

Delectable COPD Dessert Recipe

Pumpkin Fruit Cake:

- 1 Cup of Plain Flour
- 1 and 1/2 Cups of Self Rising Flour
- 1 Cup of Sugar (artificial sweeteners can be used)
- 1 Cup of Butter
- 3 Cups of Dried Fruit of your Choice (apricots, cherries, and date palms are tasty)
- 1 Cup of Walnuts
- 3 Eggs
- 1 Cup of Pumpkin (NO PIE FILLING)
- 1 Pinch of Salt
- 1 tsp. of Vanilla

Directions:

Combine the dried fruits and nuts, mixing them with the flour. Cream the butter and sugar, adding the eggs, pumpkin, vanilla, and a pinch of salt, mixing them all thoroughly. Bake the mixture in greased mini loaf pans or a bundt pan for 1 hour at 350 degrees or until golden brown. When using the mini loaf pans, cook it at 325 degrees and check on it after 40 minutes.

All the above recipes are both tasty and COPD friendly, but another added bonus with cooking these delectable recipes is you will often have enough for leftovers. Leftovers are great in the sense that they reduce meal preparation time, and having a meal already cooked will eliminate you from choosing unhealthy meal options.

CARDIAC & PULMONARY SUPPORT GROUP

• SAVE THE DATE •

January 15th, 2026 @ 4:00 p.m.

April 16th, 2026 @ 4:00 p.m.

July 16th, 2026 @ 4:00 p.m.

October 15th, 2026 @ 4:00 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